

Hair Not Enough To Protect Scalp From Sun Danger

Baylor College of Medicine

HOUSTON – (March 2, 2009) – Whether your scalp is covered with a full head of hair or not, dermatologists at Baylor College of Medicine in Houston say play it safe when it comes to skin cancer on the scalp.

“While most cases of skin cancer on the scalp are found in balding men, a full head of hair doesn’t mean you are fully protected,” said Dr. Ida Orengo, professor of dermatology at BCM and director of the Mohs Surgery Center at the Baylor Clinic.

Dark thick hair gives more protection compared to blond wispy locks, but some type of extra protection should be used at all times. Drug stores now carry shampoo or leave-in conditioners that include sunscreen, Orengo said.

“The best prevention method is to wear a hat with at least a three-inch brim around the entire head,” she added. “If not a hat, which can be uncomfortable in the heat, then carry an umbrella for shade.”

Treatment for skin cancer on the scalp is the same as treatment for cancer on any other part of the skin – it must be cut out. Since there is not a lot of extra skin on the scalp, it is more difficult to close a hole left behind after removal, and there is a chance for a bald spot. However, there is a large blood supply found on the head so incisions usually heal well, Orengo said.

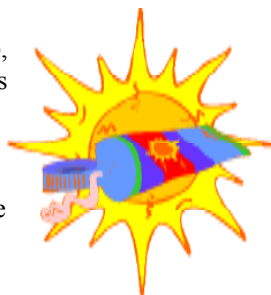
The most common forms of skin cancer found on the scalp are basal, squamous and melanoma, which can be deadly.

“Early detection is important, so if you have a regular hair dresser you might want to ask him or her to keep an eye out for any new moles or bumps,” Orengo said. “Most patients say it’s their hair dresser or barber that finds the skin cancer first.”

Those at risk for skin cancer should also have an annual full-body skin check, which includes the scalp.

Orengo cautions that it’s not just the scalp, but also the skin along the hairline and ears that is sometimes forgotten when sun block is applied.

“You have to be diligent,” Orengo said. “Even if you have protection with shade always wear sun block.”



Healthier Homes

By Charles & Michelle Bubnis

Have you ever walked around the neighborhood and looked at some lawns and thought “I wish my yard looked that good”? Well, here are some tips to get your yard looking great by creating a healthier turf.

Don’t use Weed and Feed. 2,4-D the pesticide in most Weed and Feed product is neurotoxic and contains half of the ingredients found in Agent Orange. Studies have shown that lawn chemicals are tracked or drift inside where they remain on surfaces or in the carpet for up to a year when they are not exposed to direct sunlight (little children spend lots of time playing/crawling on carpet). Also, Weed and Feed can actually hurt the health of the lawn by killing beneficial microorganisms, insects and earth worms that maintain a healthy grass.

Instead, consider building up the health of the soil through yearly aeration and organic compost application (ex. Farm Style Compost from Natural Gardener). Corn Gluten can be applied for pre-emergent weed control. Biological controls for insects can be used if necessary such as nematodes to get rid of grubs. Apply annually a slow release nitrogen organic fertilizer as commercial fertilizers frequently contain toxic herbicides such as 2, 4-D mentioned earlier.

You are on your way to transitioning to a natural lawn care with these easy steps. If you are looking for or currently have a lawn care service, ask them to adopt these methods. If they wish to use IPM (Integrated Pest Management) be wary because these usually include the use of toxic pesticides.

Within a short time you too will have a robust looking lawn but more importantly, you will know that it truly is healthier and safer for your family too.

Resources:

Natural Gardener 288-6113
www.beyondpesticides.org
www.grassrootsinfo.org

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Diabetes is epidemic. It affects an estimated 21 million Americans and is growing at an alarming rate. Nationwide, 1 in 12 adults has diabetes, and type 2 diabetes, formerly known as adult-onset diabetes, has become a commonplace childhood disease as well.

But, there is some good news: You can delay or prevent the onset of the disease by losing a modest amount of weight, getting 30 minutes of physical activity 5 days a week, and making healthier food choices.

In addition to making these preventive lifestyle changes, you should also ask your doctor to screen for diabetes if you are at risk for the disease, because the first symptoms are either insidious or negligible. Risk factors are: having a family history of diabetes, being age 45 or older, being overweight, having high cholesterol or high blood pressure, not exercising regularly, being a woman who had gestational diabetes or a baby weighing 9 pounds or more at birth, and being a member of certain racial and ethnic groups, e.g., Non-Hispanic Blacks, Hispanic/Latino Americans, Asian Americans and Pacific Islanders, American Indians and Alaska Natives.



If you do have diabetes, treating the disease comprehensively – that is, managing not only blood glucose, but also blood pressure and cholesterol, and maintaining a healthy diet and exercise program – can help to prevent complications of the disease.

~~~~~ Household Tips ~~~~~

Want to do your part for the environment without spending a lot of money? Here are some frugal ways to incorporate eco-friendly, green living into your lifestyle while minding your bottom line.

- Make a conscious effort to reduce your garbage and increase your recyclables – donate toys, clothes, old computers, cell phones and extra food to charities.
- Get a reusable water bottle and a water filter for your kitchen faucet. You'll save a bundle of money on bottled water, and prevent the plastic bottles from ending up in the landfill.
- Plan your meals before grocery shopping to limit impulse buys. The money you save can be spent to purchase organic, locally grown fruits and veggies. Also, aim for two or three meatless meals a week. Fruits, veggies and grains require fewer resources to grow than meats, and can help you stay trim and healthy.
- Think before you print – do you really need that hard copy? You can also reduce the environmental impact of your paper usage by purchasing recycled office paper, and printing on both sides. And remember to recycle used paper at home!



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SUMMERWOOD

How to Start Playing Tennis

Submitted by Fernando M. Velasco

Spring time is a good time to start playing the “game of a lifetime”: TENNIS!! As I play in many tournaments all over the country, it is nice to see people actively playing not only competitive, but also socially. The USTA even offers National and International Tournaments in both singles and doubles in the ages 30 through 90 in increments of 5 years.

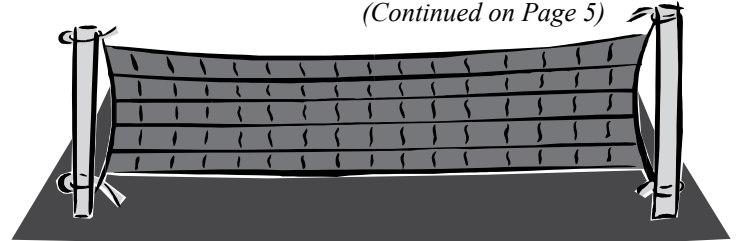
The first thing to do is to contact a tennis center or club and find out the beginner classes they offer. Even if someone has played a few years ago, this is a good way to get back into the game again. A good program may last from six to 10 weeks, meeting once a week for about one hour each. The pro, would start with the basic grips on forehand and backhand, and also work with the proper footwork.

Once the player feels comfortable with moving and

hitting the ball at the same time, the next step would be to teach the volleys, overhead and serve. At this point, advise would be given to the players to practice with each other and simply rally back and forth as many times as possible.

All players need is a good pair of tennis shoes and comfortable clothing. Walking/running shoes have a tendency to turn ankles, develop “plantar fasciitis”, or hurt the “tennis calf” muscle. They also leave black marks on the tennis court.

A good club will provide with demo rackets for the
(Continued on Page 5)



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How to Start Playing Tennis - (Continued from Page 4)

players to try out. A player should find the proper grip size and the proper weight and thickness of frame to fit their game.

In order to get used to the different bounce of the ball, one needs to spend a great deal of time just hitting balls. I recommend practicing against a wall, or use a ball machine that feeds balls. Players will learn to adjust to the depth, height and power of the ball by spending as much "court" time as possible.

In future articles, I will give you advice on how to select the proper racket, strings and shoes, and will provide you with information on how to get involved in leagues and tournaments. Get a "spring" start on your game and contact your local tennis club or park district to get started as soon as possible.

Submit Information for Publication in the Newsletter

Please help fill the Summerwood Newsletter with news of interest to Summerwood residents. If you have some information that you would like to have published in the newsletter, please visit our web-site: www.PEELinc.com. Articles and/or photos must be received by the 9th of the month for the following month's issue. (Advertising deadline is the 10th of the month.)

Sudoku

The challenge is to fill every row across, every column down, and every 3x3 box with the digits 1 through 9. Each 1 through 9 digit must appear only once in each row across, each column down, and each 3x3 box.

		2				1		
		1		5	4			
	9	7		6		3		
9	3				5		6	
					7			
			9			2		
5		6	2	3				
2								
			7		6			5

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Women and Finance

Submitted by Rich Keith

If you've not stopped to consider what your life could be like in retirement, consider these facts:

Women live longer. The average life expectancy for baby girls in the U.S. is now 80 years old, compared to 75 for boys. Some estimates show more than one-third of America women will live to at least age 90, meaning today's women will spend more time in retirement and need more resources.

Women earn less. It's a sad reality that women still earn 76 cents for every dollar a man makes. The average Social Security check for men and women reflects the disparity in income and working years: Women received \$867 in December 2006, while men received \$1,148. 30% of unmarried women 65 and older currently live on Social Security alone.

Women take time off to care for others. Not only are women more likely to take time off to have and raise children, they are also more likely to interrupt their working years to care for ailing parents or other relatives. Seven out of ten unpaid caregivers are women, and more than 50% of caregivers modify their work status because of it. This includes working fewer hours or taking unpaid leaves of absence – all of which affect their career paths, contributions to retirement

accounts and accumulated Social Security benefits.

Women aren't saving enough – if at all. Even though women will spend more years in retirement than men, women still lag behind in their retirement savings. According to new studies from the Employee benefit Research Institute, just 53% of women are currently saving for retirement, compared to 62% of men. And 37 of women are currently participating in a company 401(k) or other workplace plan, compared to 41% of men; and just 37% of women are likely to hold an IRA or other non-workplace retirement account, compared to 46% of men.

Women are more likely to retire in poverty. For all of the reasons listed above, is it really a surprise that women are 71% more likely than men to live below the poverty line in retirement?

It's critical for women to have a plan. Women need to save more money than men because they cycle in and out of the workplace more often. Over 75% of women are widowed at an average age of 56, and 1 in 4 of these women are broke within two months of being widowed. What do you want your retirement years to look like? Do start now. The earlier you start, the easier it will be to reach your retirement goals. Time is a powerful key to achieving financial security.

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Spring Is In the Air - *Time to Start Your Own Organic Garden*

Submitted by LCRA

In a world of iPod's, computer games, and DVDs, gardens are our nearest gateway to nature. Planting an organic garden with your family or friends builds relationships as well as stronger connections to the land, weather, and plants of Texas.

When looking for a garden site in your yard, choose an area with a good six to eight hours of sunlight and access to water. If you have shallow or poor soil, consider creating raised beds. Decide the garden's design by drawing shapes on paper and thinking about how you might arrange flowers, herbs, and vegetables within those shapes.

You may want to read through regional gardening books

and seed catalogs when choosing plants. Native plants will be much easier to grow and keep healthy, and native flowering plants attract hummingbirds and butterflies. Avoid toxic plants, and consider aromatic herbs and edible plants. If you choose to start some plants from seed, create garden markers using either names or drawings to help recognize the plants when they germinate.

Find sturdy gardening tools. Many nurseries and garden centers sell spades and rakes in various sizes - make sure you find one that fits you best. Avoid digging with hand trowels

(Continued on Page 9)



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Spring is in the Air - (Continued from Page 8)

unless the soil is very friable, or you are working in pots—small hands and wrists tire easily.

Use soaker hoses with timers to keep soil moist while your seeds are germinating. Keep a calendar to record when you plant seeds and when they germinate. Place a rain gauge in the garden to keep track of showers. Find a magnifying glass to peer at leaves, flowers, and insects in your garden.

Keep your garden safe for everyone by avoiding the use of toxic landscape chemicals. Visit www.growgreen.org for information on less toxic landscaping.

Finally, celebrate your harvest of wildflower bouquets, herbs for cooking, and tasty vegetables. Organic gardening is a lot of fun and very rewarding.

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Recipe of the Month:



Fresh Broccoli Salad

Ingredients

1 bunch fresh broccoli	6 green onions
½ lb. fresh mushrooms	1 (2 oz.) jar pimentos
1 green pepper	1 tomatoe
1 cucumber	Salt & Pepper
1 (8 oz.) can water chestnuts (drained)	
1 (8 oz.) bottle Zesty Italian salad dressing	

Directions

Chop vegetables. Add salt, pepper, and salad dressing. Chill 8 hours or overnight.

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Health Briefs

Baylor College of Medicine

SYMPTOMS POINT TO DIABETES

HOUSTON – Maintaining a healthy weight, eating a low-fat diet and exercising regularly can help prevent the onset of diabetes and the many side affects of the disease, say experts at Baylor College of Medicine. Those with a higher risk of diabetes, which include people who are overweight and those who have a family history of the disease, should also have their blood glucose levels screened regularly.

A fasting glucose level of 70 to 100 mg/dL is considered normal, 100-125 mg/dL is considered pre-diabetes condition and 126 mg/dL or above indicates type 2 diabetes.

SYMPTOMS OF DIABETES INCLUDE:

- Frequent urination
- Excessive thirst
- Increased hunger
- Weight loss
- Fatigue
- Lack of interest and concentration
- Blurred vision



- Vomiting and stomach pain

FASHION CONSCIOUS MUST WEIGH HIGH-HEELED HAZARDS

HOUSTON – Does looking chic leave your feet screaming for help? Listen to them – not fashion pundits – for a change, says a foot and ankle expert.

Dr. John Marymont, associate professor of orthopedic surgery at Baylor College of Medicine in Houston, said that wearing a two-inch heel subjects the ball of your foot to 50 percent more pressure than flat shoes. High-heeled shoes do not usually have a foot-friendly design.

THE AMERICAN ORTHOPEDIC FOOT AND ANKLE SOCIETY, OF WHICH MARYMONT IS A MEMBER, SUGGESTS THE FOLLOWING WHEN CONSIDERING HIGH-HEELED SHOES:

- Don't choose a shoe based on its marked size; sizes vary among types of shoes and brands.
- Select a shoe similar to the shape of your foot.
- Try on high heels at the end of the day when your feet are at their biggest.

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Health Briefs - (Continued from Page 10)

- The shorter the heel, the better.
- Limit wearing high heels to special occasions.
- Make sure your heel fits comfortably within the shoe with minimal slippage.

In other words, put your best foot forward by lending an ear to those podiatric pleas. Your feet will thank you for listening.

WITH SEASONAL ALLERGIES, THE EYES HAVE IT

HOUSTON – Eye allergies often show up at this time of year, but they don't have to keep you from enjoying spring, says a doctor at Baylor College of Medicine.

Symptoms of eye allergies, called seasonal allergic conjunctivitis, include itching, swollen eyes along with burning, tearing and discomfort. Yvonne Chu, assistant professor of ophthalmology at BCM, has some tips to ease eye allergies.

Use over-the-counter artificial tears to dilute and flush out allergens and to relieve itching and redness. Apply a cold compress to the eyes to ease discomfort and reduce puffiness.

Over-the-counter antihistamines that are designed to help nasal allergies can also help treat eye allergies. For more severe seasonal allergic conjunctivitis cases, an ophthalmologist can prescribe eye drops that block histamines from being released.

She also said to avoid rubbing your eyes. Even though it's a natural

reaction, it will only make matters worse.

Don't let this time of year get you irritated: preventative measures and topical treatments can help allergy sufferers get the "spring" back in their step.

MANY EAR INFECTIONS CLEAR UP WITHOUT ANTIBIOTICS

HOUSTON – Many children with ear infections are now being sent home from the doctor's office without a prescription for antibiotics.

While the traditional treatment for ear infections has been antibiotics, studies have shown that many ear infections improve without any treatment and with no complications, said Dr. Ellen Friedman, professor of otorhinolaryngology and pediatrics at Baylor College of Medicine in Houston.

"Decreasing a child's exposure to antibiotics is important because of the threat of antibiotic resistance caused by overexposure," said Friedman, also chief of pediatric otolaryngology at Texas Children's Hospital. "And with many ear infections, we're finding that a pain reliever to control fever and pain is all that's needed."

Fluid that stays in the ear after an ear infection can affect hearing and language, so Friedman recommends that a child who has been diagnosed with an ear infection be seen gain six to eight weeks after the diagnosis to make sure the fluid is gone.

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	Sep 08	Oct 08	Nov 08	Dec 08	Jan 08	Feb 09
\$300,000+	2	2	5	3	1	5
\$250 - 299,999	1	1	3	1	0	0
\$200 - 249,999	3	3	4	7	2	2
\$170 - 199,999	1	1	1	2	1	2
Under \$170,000	2	0	3	3	5	3
TOTAL	9	7	16	16	9	12
New Construction	2	2	8	7	8	3
Resales	7	5	8	9	1	9
Avg \$/Sq Ft	78.22	78.12	76.08	78.06	60.42	76.40
Avg Days on Mkt	59	77	113	143	162	139



Shalene Fox
Summerwood Resident
Broker

Summerwood is the Greater Houston Builder's Association Community of the Year for 2006. **

Is your realtor providing this information to potential buyers? Are they even aware of it?

Make sure your realtor knows the neighborhood so you don't miss out on potential sales.

Direct: 832-338-8586 • Email: sfox16@entouch.net

* All figures based off MLS data 3/10/09 **For communities 2500 acres