

June 2009

2009  
**healthy living**  
BY DR. JEANETTE PINNACE

## Handle Bee Stings



**W**ith the increase in outdoor activities comes the danger of being stung by bees, wasps, hornets, and yellow jackets. Insects can cause more than an innocuous bump when they land on your skin. They cause at least 50 deaths a year and send many people to the emergency rooms, according to the American College of Allergy, Asthma and Immunology (ACAAI).

Some of the symptoms to look for after an insect sting are hives, itching and swelling in areas other than the sting site; tightness in the chest and difficulty in breathing; swelling of the tongue, throat, nose and lips; dizziness and fainting or loss of consciousness, which can lead to shock and heart failure.

Immediate medical attention is required by anyone who is stung by an insect. However, there are some precautions that can be taken to prevent stings. Dr. Richard Gower, M.D., president of American College of Allergy, Asthma and Immunology has advice on how to have a safer summer and avoid insect stings:

- Keep food covered when eating outdoors.
- Don't drink from cans.
- Cover outdoor garbage cans with tight-fitting lids.
- Avoid sweet-smelling perfumes, hair sprays, colognes, and deodorants.
- Avoid wearing bright-colored clothing.

"Without taking the proper precautions, the next sting could be a life and death situation," says Dr. Gower.

For more information visit [www.AllergyandAsthmaRelief.org](http://www.AllergyandAsthmaRelief.org). ■