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# DISCOVER-WELLNESS

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## YOU MAY HAVE MRSA ALREADY!

Methicillin-resistant Staphylococcus Aureus, MRSA, a SUPERBUG, kills more Americans than AIDS, Parkinson's disease or emphysema today. With data from 2005, government researchers have estimated that are 94,000 American deaths contributed to MRSA. MRSA is a strain of a staph, Staphylococcus Aureus, which most of us have in the nose or on the skin. MRSA, USA 300, is an advanced form. A JAMA study, conducted at the CDC, found that about 85% of MRSA cases are connected with hospitals and other health-care facilities.

1. The Veterans Administration in Pittsburg recently reported a four-fold increase in emergency room treatments for skin and soft-tissue infections caused by MRSA.
2. A New England Journal of Medicine study found that nearly 60% of skin and soft-tissue infections at eleven university-affiliated emergency rooms were caused by MRSA.
3. In 2005, researchers investigated an outbreak of skin infections among the St. Louis Rams. 42% of the nasal swabs taken from the players and staff tested positive for MRSA.
4. Studies indicate that 1% of healthy Americans are colonized with MRSA—bacteria but haven't caused infection yet. In group-living situations, such as prisons and military training camps, the colonization rate is as high as 2-3%.

### MRSA, USA 300 looks like a spider bite

MRSA infection usually starts on the skin with a small, swollen area with a halo of redness around it. The area will be tender, could become a large abscess and the middle area might turn black. The bacteria can sometimes remain on the skin, but also go deep into the body, causing a potentially life threatening infection

situation. Hopefully, a local emergency room could diagnose should you think you have such an infection.

The CDC gives the 5 C's conditions, which increase risk for MRSA. They are: crowding, contact (skin to skin), compromised skin, contaminated surfaces and cleanliness (or lack of it).

### Common Sense for Prevention

1. Wash your hands, at least four times a day, apply friction to all surfaces, especially before meals.
2. Dry your hands with an air blower or disposable paper towels. Sharing a towel spreads germs.
3. Use an alcohol-based hand cleaning gel. This can be better than washing.
4. Cover wounds, and keep covered until completely healed.
5. Stay safe in gyms and locker rooms. Equipment should be wiped down with a disinfectant. Children play areas must be disinfected.
6. Don't take unnecessary antibiotics is suggested by Dr. Susan Kellie, Author of, "How NOT to Get a Deadly Infection," Bottom Line Person, December 15, 2007.
7. Dr. Kellie also suggest getting vaccinated because the common flu also makes people vulnerable to post-influenza MRSA pneumonia.

### Natural Prevention and Healing

Vancomycin is still used against USA 300. Naturally, we would be wise to take an herbal immune builder all the time, like Nature's Sunshine Products Nature's Immune Support. In clinic studies, Dr. Gordon Pederson, Ph.D. has shown Silver Shield Solution kills MRSA. Viral herbs like VS-C would help with the flu. Olive leaf, or liquid Oregon Grape, will help with staph and pneumonia. We have talked about these same herbal remedies in reference to the Bird Flu epidemic and thus it makes good sense to make sure you have extra bottles in house.

Reference: *"How NOT to Get A Deadly Infection,"* Dr. Susan Kellie, M.D., Bottom Line Personal, December 15, 2007. Dr. Kellie is located at the University of New Mexico, Health Sciences Center.