

RussMed Informer

RUSSELL MEDICAL
4410 Dillon Lane #17
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JULY

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Happy Fourth of July! We hope everyone has a fun and safe holiday!

July is National Ice Cream Month

President Ronald Reagan designated July as National Ice Cream Month and the third Sunday of the month as National Ice Cream Day in 1984. Reagan recognized ice cream as a fun and nutritious treat that is enjoyed by almost 90% of the nation's population.

Pediatric Walking Boots

Summer is in full swing and no matter how hard we try to prevent injuries, it seems inevitable sometimes. We now carry in stock a line of pediatric size walking boots (cam boot). We have sizes that fit from a child's shoe size 8 all the way to an Adult Men's 12.5 +. If you or your patients are in need of a walking boot please let us know. We will fit them in the correct size, instruct them on the use of the boot, maintenance and cleaning. Let us serve your patients needs.

Folding Commode

If portability, convenience and functionality is what you need in a commode, this product is for you. This commode offers many features that provide comfort and stability including:

- A snap on seat and lid,
- Plastic armrest for comfort,
- Removable back
- Non-marking rubber tips,
- Anti-rattle collars to reduce noise,
- Adjustable height legs, and
- Folds flat for easy storage and transportation.



If you are interested in learning more about this product please give us a call at 361-808-7382.

We will be happy to answer all of your questions.

July is UV Safety Month



The same UV rays that are harmful to our skin are also harmful to our eyes. When you grab your sunscreen, grab your sunglasses and a wide brimmed hat. UV radiation is three time greater in summer months than in winter months. Extensive or intense exposure to UV rays can cause a "sunburn" on the surface of your eye. The sunburn is similar to a skin sunburn, eye surface burns usually disappear within a couple of days, but may lead to further complications later in life so be proactive and protect your eyes.

To protect your eyes, wear a wide brimmed hat and sunglasses that block 100% of UV-A and UV-B rays. Sunglasses do not have to be expensive to offer the right kind of UV protection. Don't forget to protect your kids eyes with hats and sunglasses too.

It is important to protect your eyes when UV light is most intense. UV light is at its greatest level at midday. Remember, just because the sun isn't out doesn't mean there are not any UV rays; protect your eyes when its gray and overcast too. Reflected sunlight off of the water and pavement are more dangerous because the UV light is intensified. The sun is not the only light source with UV rays. Tanning beds are very popular these days but remember to protect your eyes when using these beds because tanning beds give off invisible, high energy UV rays.



Visit us online at www.russellmedical.com

At Russell Medical we provide our customers with high-quality equipment and personalized service. We are in the people business and, as a result, we make customer care our number one priority! We have a wide variety of product lines and equipment available to suit your needs. We do not just offer products, we have a highly trained service department that is willing and able to assist with equipment issues! Let our team help you!!!

Please fax or email me your recipes and they will be featured in an upcoming newsletter.

Attention to Crystal.

Fax: 361-808-7367

Email: russellmedicalrep@sbcglobal.net

Ice Cream Cake

We all love the Ice Cream Cakes from the store. Well now we can make our own!

Here is what you need:

- 1 (10 in) prepared angel food cake
- 3 quarts of desired ice cream, softened
- 2 1/2 cups of whipping cream
- 2 tablespoons confectioners' sugar

Directions:

Bake the cake according to directions on box. After the cake has been baked and cooled cut the cake horizontally into four equal layers. Place the bottom layer on a serving plate; spread with 1 quart of ice cream. Immediately place in freezer. Spread second cake layer with 1 quart of ice cream; place over the ice cream layer in the freezer. Spread the third cake layer with remaining ice cream; place over ice cream layer in freezer. Top with remaining cake layer.

In a mixing bowl, beat cream until soft peaks form. Add sugar; beat until stiff peaks form. Frost the top and sides of the cake. Freeze until serving.

Note: There are many variations to this cake. You can change the type of cake used, use 2 or 3 layers instead of 4. You can also use a combination of ice creams and decorate the cake to fit any occasion. Most of all have fun baking and ENJOY!



"WE'RE NOT THE OLDEST OR THE LARGEST, JUST THE BEST"

