



October



You don't have to be great to get started, but you have to get started to be great.
—Les Brown

Top Ten Trick or Treat Safety Tips

1. Children should always be accompanied by a responsible adult.
2. Children should have flashlights or glow sticks so that others can see them coming.
3. Instruct children to never go inside another person's home, they are to remain outside the front door.
4. Inspect all candy before it is eaten.
5. Children should walk in groups or in pairs, never alone.
6. Have a preplanned route and go over with your child. Mark spots where you can rejoin if separated.
7. Always look both ways. Better for your child to walk than ride their bike.
8. If your child is wearing a mask, make sure it fits properly and does not obstruct their view.
9. Go over stranger danger safety tips.
10. Stay in well lit areas and on the sidewalks.

Have a fun and safe Halloween!



Nebulizers & Spacers

Fall allergy and asthma season is fast approaching. We have pediatric and adult nebulizers and spacers/holding chambers in stock and ready to go if your patients need them.



Nebulizers

A nebulizer changes medication from a liquid to a mist so that it can be easily inhaled into the lungs. Nebulizers are effective in delivering asthma medication to infants and small children and to anyone who has difficulty using an asthma inhaler. It is also convenient when a large dose of an inhaled medication is needed. Nebulized therapy is often referred to as a "breathing treatment."

Spacers/Holding Chambers

Spacers/holding chambers are used with metered dose inhalers. They help by allowing the patient to take in the medication slower therefore almost eliminating the coughing that can occur with rapid inhalation and the possible loss of medication before its absorbed. Available with and without a mask.



BREAST CANCER AWARENESS MONTH

October is not only a month for haunted houses and trick or treating. October is also Breast Cancer Awareness Month. Breast Cancer is the most common cancer among women, except for skin cancer and it is the second leading cause of cancer deaths in women. Please visit the following websites for more information:

Susan G. Komen Breast Cancer Foundation at www.komen.org

National Breast Cancer Foundation at www.nationalbreastcancer.org



If **disposable medical supplies** is what you need, we can help!
We supply pediatric and adult diapers, pull-ups, underpads, wipes, liners, catheters, gloves,
and much more.

We also supply formula and enteral feeding bags.
Let us know how we can help you!

HOW TO ROAST PUMPKIN SEEDS

Part of the fun of pumpkin carving is roasting and eating the seeds.

Here's How:

1. Scoop the seeds of our pumpkin into a bowl. Clean the seeds as soon as possible in cold water. It is easier to clean them when they are still wet from the inside of the pumpkin.
2. Dry the seeds with a paper towel.
3. Place on a cookie sheet in a single layer.
4. Spray a light coating of non-stick cooking spray
5. Shake on some table salt
6. Bake at 325 degrees for about 25 minutes.
7. Let them cool down and ENJOY!

ALIENADE HALLOWEEN DRINK

One glass of your favorite lemonade and add one drop of blue food coloring and one drop of green food coloring.

The mixing colors will create a type of iridescent glow. Perfect easy alien drink.

Fax your recipes to 361-808-7367



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

