

the healthy swimmer



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Stay Safe This Summer

It's summer, and it's time for a few important health and safety reminders. Stay safe and comfortable this summer with these five essential tips:

••• Don't swim alone.

Accidents can happen anywhere. If you swim in an unsupervised area, you may not have qualified rescue personnel in the event of an emergency. Always swim in a supervised swimming environment.

••• **Wear sunscreen.** Toss last year's leftover sunscreen and use fresh product. Look for the highest sun protection factor (SPF). Apply thoroughly and correctly 15 to 30 minutes before sun exposure. Reapply frequently, especially after swimming, perspiring or towel drying. Remember, if the weather is overcast, you still need to use sunscreen.

••• **Stay hydrated.** When the weather warms up, it's easier to become dehydrated. Drink lots of water—at least 64 ounces, or eight 8-oz. glasses

per day. Drinking water does not add calories to your diet and can be great for your overall health.

••• Don't over indulge.

Alcohol is a central nervous system depressant. It is rapidly absorbed from the stomach and small intestine, passes into the bloodstream and is then widely distributed throughout the body. Adverse effects can include impaired judgment, reduced reaction time, slurred speech, unsteady gait and dehydration. Hot weather can accelerate the adverse effects.

••• **Watch the weather.** When swimming outdoors this summer, be sure to keep an eye on the weather. In many areas of the country, electrical storms are more common in the summertime. In the event of thunder and lightning, exit the pool immediately and seek shelter. Follow the lifeguard's instructions, and wait at least 30 minutes after hearing the last roll of thunder before entering the water. <<<

reader recipe

Tom Ellison of Louisville, Ky., contributes this recipe for Southern Barbecue Vinegar Chicken.

"My great friend, Coy Wehunt, who is a vice president with Orkin Pest Control in Atlanta, Ga., turned me onto this recipe 25 years ago. Trust me, it's a great way to barbecue chicken. I've never had anyone tell me they didn't like it—not one time."

Southern Barbecue Vinegar Chicken Marinade

- _____ 1 quart brown vinegar
- _____ 1-2 limes, juiced
- _____ 1 t Worcestershire sauce
- _____ 1 t Tabasco sauce
- _____ 1 t salt
- _____ 1 T cracked black pepper

Mix all ingredients together and chill chicken in marinade overnight. Grill to perfection and enjoy! <<<

>>> DO YOU HAVE A RECIPE OUR READERS WOULD ENJOY?

Send it to editor@usms.org, or mail to: Reader Recipe, c/o Bill Volckening, 1220 NW 119th Place, Portland, OR 97229.

Take Charge of Asthma

Do you have asthma? If so, are you in control of it? Asthma is a respiratory condition marked by spasms in the bronchi of the lungs, causing difficulty in breathing. Asthma often results from an allergic reaction or other forms of hypersensitivity, and may be brought on by exercise, allergens, pollutants, airway irritants and upper respiratory infections.

For swimmers who suffer from the condition, asthma is a serious concern. Under the leadership of USMS past president Jim Miller, M.D., the USA Swimming Network Task Force on Asthma developed an informative guide for swim coaches on managing asthma.

Originally published as a special edition of *Coaches Quarterly*, the guide addresses the incidence of asthma in swimming, proper use of medications and doping control rules. It also includes sections on pool chemicals and air quality, sample action plans for preventing and managing asthma attacks on deck, tips for timing medications on training and competition days and a list of resources.

The publication (#6010) is available for \$2 per copy through the "Shopping" section of USA Swimming web site (www.usaswimming.org). <<<



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'Super Oxygenated' Water Research Tests Placebo Effect

The American Council on Exercise (ACE) recently announced the results of an exclusive research project designed to measure what happens when athletes think they are getting "super oxygenated" water.

Led by Jennifer Otto, John P. Porcari, Ph.D., and Carl Foster, Ph.D., at the University of Wisconsin, La Crosse, the study targeted 32 healthy individuals who participated in both competitive and recreational running.

Subjects ran a minimum of 7.3 miles per week, and were told that they were involved in a study to measure the effects of super-oxygenated water (SOW) on exercise performance. Participants watched a short video detailing the purported beneficial effects of SOW and its performance enhancing effects when consumed before running—and after preliminary fitness tests,

each subject ran three separate non-paced 5K time trials. Half of the study subjects drank 16 ounces of bottled water, while the other half drank 16 ounces of what they thought was SOW (but was, in fact, tap water).

After measuring heart rate, rating of perceived exertion, blood lactate concentration and 5K finishing time, researchers found that subjects ran an average of 83 seconds faster when they thought they were drinking SOW.

"Over the years, placebo studies have shown that subjects who believe that they are receiving beneficial treatment often experience a variety of positive outcomes," said Cedric Bryant, ACE chief exercise physiologist. "There clearly is a strong connection between the mind and body as it relates to physical performance." <<<

>>> To read the complete study results, visit the ACE web site at www.acefitness.org/getfit/PlaceboStudy2006.pdf

READERS ASK: Chlorine Reactions

The November/December 2005 issue of *SWIMMER* included a Readers Ask question about allergic reactions to chlorine that has continued to trigger follow-up questions from readers. On the *USMS SWIMMER* web site, Mary Pohlmann, assistant professor of clinical medicine at Southern Illinois University School of Medicine and a member of the USMS Sports Medicine Committee, offers additional tips for swimmers who have experienced allergic reactions to pool chemicals. <<<

>>> See www.usmsswimmer.com for details.

Contact Lenses and Swimming Don't Mix

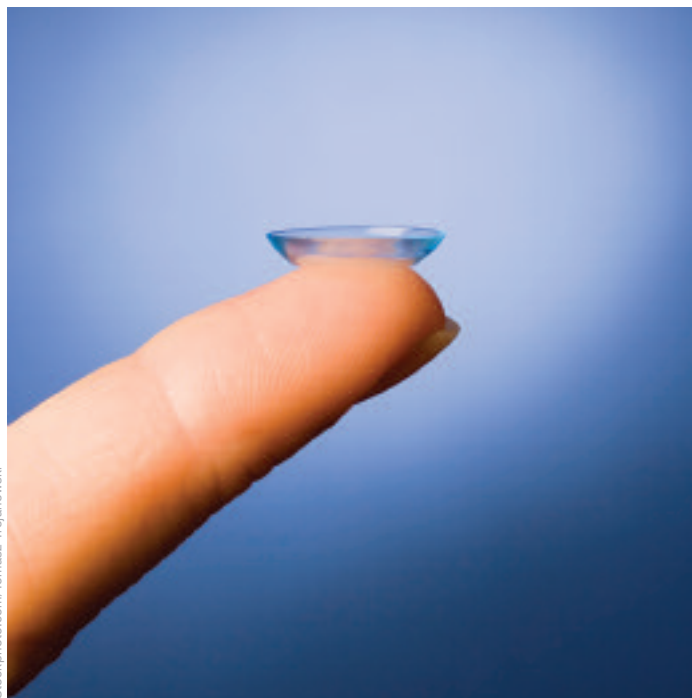
Earlier this year, Bausch & Lomb suspended shipments of its contact lens solution ReNu with MoistureLoc, following reports of fungal keratitis infections in people who used the solution. Fungal keratitis is a serious eye infection accompanied by symptoms that include eye pain and discomfort, a decrease in vision and light hypersensitivity. The April 10 announcement from Bausch & Lomb triggered questions from swimmers who wear contacts while in the water.

Should you wear your contacts while swimming? Bausch & Lomb advises against it. Contact lenses become contaminated during use, and the accumulation of pathogenic germs beyond a critical limit can cause eye infections. For that reason, daily disinfection of contact lenses is recommended. Although Bausch & Lomb discourages people from wearing contact lenses while swimming, the company offers some safety tips for those who do.

To avoid exposure to microorganisms, swimming with tightly sealed goggles is recommended. Remove and rinse lenses with the appropriate care solutions after swimming, or use disposable, daily use lenses that can be discarded after swimming.

The Cooperative Research Centre for Eye Research and Technology (CRCERT) at the University of New South Wales, Australia, concurs, and offers another important tip. According to CRCERT, people wearing contacts should avoid exposure to heated spas, which have higher levels of bacteria and chemicals. <<<

>>> For more information about the safe uses of contact lenses, visit the CRCERT web site at www.crcert.org/research/do_you_wear.htm



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