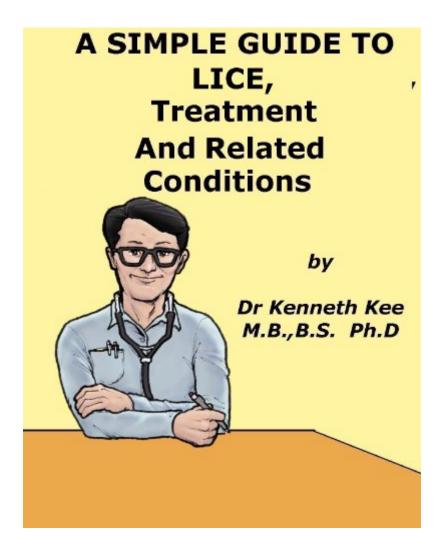
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A Simple Guide To Lice, Treatment And Related Diseases (A Simple Guide To Medical Conditions)





Synopsis

IntroductionOde to LiceLice is a parasitic disease which live on the human skinlt is associated with personal contact and poor hygiene. Body lice live in the seams and folds of clothingPubic lice grows in the hair region of the pubic skinHead lice live on the skin covering the top of the headlt produces nits on the hair shafts that are small ovoid eggsAll lice cause intense skin rash and itchingLice and eggs can be seen on underwear or clothingPubic lice are best treated with permethrin Other pesticides are benzyl benzoate and malathionThey can be applied on the hair and the skinThey are be used as a wash, shampoo or creamIn most cases the lice are killed with the above lotionsFor hair lice nits need to be removed by fine metal combsSexual contacts and family members should all be treated While clothing and bedding should be machine dried or heated-An original poem by Kenneth Keelnteresting Tips about the LiceA Healthy Lifestyle1. Take a well Balanced Diet2. There are various topical medications used to treat lice: a. Benzyl Benzoate lotion applied to affected areas and washed off after 30 minutes b. Pyrethrum 1% cream rinse applied to affected areas and washed off after 10 minutesc. Malathion 0.5% lotion applied for 12 hours and washed off Resistance to pediculcides is widespread and increasing. Nits should be removed with a fine comb. Bedding and clothing should be machine-washed, machine-dried using the heat cycle and allowed to dry in the sun.Patients should avoid sexual contact with their sex partner until all have been treated.All family members should be treated in order to eradicate the lice.3. Keep bones and body strongBone marrow produces our bloodEat foods rich in calcium like yogurt, cheese, milk, and dark green vegetables.Eat foods rich in Vitamin D, like eggs, fatty fish, cereal, and fortified milk.Eat food rich in Vitamins B and C such as green vegetables and fruitsZinc and other minerals are important to the body4. Get enough rest and SleepAvoid stress and tension5. Exercise and stay active. It is best to do weight-bearing exercise such as walking, jogging, stair climbing, dancing, or lifting weights for 2Â hours a week. One way to do this is to be active 30 minutes a day at least 5 days a week. Begin slowly especially if a person has not been active.6. Do not drink more than 2 alcohol drinks a day for a man or 1 alcohol drink a day for a woman. Alcohol use also increases the chance of falling and breaking a bone. Alcohol can affect the neurons and brain cells. 7. Stop or do not begin smoking. It also interferes with blood supply and healing. Cigarettes contain more than forty types of hazardous and possibly cancer causing chemicals which can harm the smokers and those around them Chapter 1LiceLice infestation is more commonly especially in the 1970 and 1980 where the nits are present on the hairs of many schoolgirls and rashes present on the under part of the thighs especially when sitting on wooden chairs or benches. The Louse (singular for Lice) is a parasite called Pediculosis which can live on the skin. It can occur at the 1. Head or Pediculosis Capitis

Pediculosis Capitis (hair lice) grows on the skin of the scalp. It causes itchiness of the scalp and produce nits (small ovoid eggs) on the hair shafts. 2. Body or Pediculosis corporisPediculosis corporis (body lice) grows on the hairy areas of the body especially the hairs of the chest, arm pits groin and limbs. It also causes itchiness of the skin of the bodylt is also spread by personal contact, clothing and is associated with poor personal hygiene3. Pubis or Pediculosis PubisPediculosis pubis (pubic lice) usually grows in the hairy areas of the pubic area and causes itchiness IntroductionChapter 1 LiceChapter 2 Interesting Facts of Li

Book Information

File Size: 451 KB Print Length: 86 pages Simultaneous Device Usage: Unlimited Publication Date: March 25, 2014 Sold by: Â Digital Services LLC Language: English ASIN: B00J9HK0A0 Text-to-Speech: Enabled X-Ray: Not Enabled Word Wise: Enabled Lending: Enabled Enhanced Typesetting: Enabled Best Sellers Rank: #3,161,904 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #67 in Books > Health, Fitness & Dieting > Children's Health > Lice #113 in Kindle Store > Kindle eBooks > Medical eBooks > Internal Medicine > Infectious Disease > Parasitology #232 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Diseases & Physical Ailments > Contagious Diseases

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