Pointers For Parents
Stop Blaming The Frog

by David Bank, M.D.

(NAPSA)—An estimated 10 percent of the nation’s 30 million children ages 2 through 11 suffer from warts each year. And despite what the old wives’ tales say, frogs have nothing to do with it.

The culprit is the human papilloma virus (HPV), a virus that causes skin cells to multiply rapidly, resulting in benign growths that are more embarrassing than serious—yet they are contagious and occasionally painful.

Since HPV is more prevalent in areas that are warm and moist, children are at increased risk for contracting it during the summer, when they spend time at pools and public showers. Also, as kids are in constant contact with one another, the virus often spreads among them.

To help keep children wart-free, parents should teach kids to: avoid biting and chewing finger-nails and cuticles; moisturize dry, cracked skin; and avoid walking around barefoot in damp showers, locker rooms or on swimming pool decks.

Even though warts may disappear on their own, children should have them treated to avoid spreading the virus to new areas of the body and to other people.

Over-the-counter treatments, such as the new Maximum Strength Compound W® Water-Proof One Step Fads, are the first line of defense. The medicine in this product is incorporated in a one-step medicated pad within a color- adhesive bandage featuring Garfield the Cat, so children will think it’s fun—and will keep it on. Bigger kids and adults who get warts can use new Maximum Strength Compound W® Waterproof One Step Pods.

For additional information, visit www.compoundw.com.

Dr. Bank is director of The Center for Dermatology, Cosmetic and Laser Care in New York City.

What Do You Need?

A multivitamin is the foundation of any nutritional supplement program. It typically contains a variety of vitamins, minerals, and other nutrients that work together to help support normal metabolism, growth, and physical well-being. The key is identifying the right mix for you.

Health food stores offer a greater variety of multivitamin formulas than other stores. More people are choosing from these options to supplement their diets.

For example, Solgar Vitamin and Herb, the maker of Formula VM-75®, a leading multivitamin brand in health food stores, offers over 20 different multivitamin formulas to address specific wellness areas. In addition to age and gender issues, Solgar formulas consider the specific needs of vegetarians and those who observe Kosher. The company also offers products that are free of sugars, starches and GMOs (Genetically Modified Organisms). Multivitamins offer convenience, balance, and economy and help minimize the possibility of certain nutritional deficiencies.

Find A Store Near You

To find the health food store nearest you, simply log onto Solgar’s Web site at www.solgar.com. The company has partnered with MapQuest® to offer consumers up-to-date information (complete with driving directions) on more than 2,000 Health Food Stores in the United States. For more nutrition information, visit www.nutrition.focus.com.

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