

Teen-agers getting tattoos risk infection if sharing needles

At the beginning of the year, I had a column about tattoos and piercing, and last week I had a call from a concerned parent asking if I could put that information out again.

It so happens that her daughter and her daughter's friends had thought of getting small tattoos and figured they could save money by using the same needle. Now, any licensed tattoo parlor cannot do this legally due to the possible transmission of disease and infections.

But some may allow it to save money themselves. So, to the parents(s) and children who are considering getting a tattoo, please read about the risks and the proper care of body art.

Body art is on the increase. What was once limited to a select population, now includes both sexes and spans many socioeconomic and occupational groups.

Before getting a tattoo, consider the complications of body piercing and tattooing which includes infectious disease transmission, i.e., HIV, Herpes, HPV (warts), Hepatitis, Tetanus and Toxic Shock Syndrome, if needles are shared or not stored properly.

Non-infectious complications of tattoos and piercing include tooth damage from tongue piercing, urethral or labial tears, allergic reactions, speech



cris lovington

● prevention center

impairments, keloid formations, basal carcinomas, malignant melanoma, rejections and migration of jewelry.

Regulations of tattoo parlors or piercing places is unregulated in most states. Cleanliness and sterilization will depend on the ethics of the individual. Things to consider are cleanliness of the place, reputation of the shop, sterilization of equipment and surrounding surfaces, etc.

Check to see if the instruments are individually wrapped and sterilized. A reputable shop will not mind you asking these questions. They will be proud of their shop and invite questions.

The use of piercing guns increases incidence of infection. Piercing guns are used mostly in mall complexes, etc. Sterilization and cleanliness is also a problem with piercing guns.

Issues that should be discussed between client and owner include:

- Body site selection — tattoos applied where rubbed, i.e. on foot where

shoe rubs, will have to be re-inked yearly. Hands and feet are least desirable places to apply body art, as the image wears off and jewelry is irritated when rubbed by a

- Jewelry should be nickel free.
- Body piercing and incidence of infection on certain body sites.
- Care of sites after application.
- Obtain dye lot numbers of dyes used in tattoos, as some dyes become sensitive to sunlight later on.

Post care is equally important. Always wash hands before caring for the fresh tattoo. Remove bandage in 2-4 hours, do not re-bandage.

Wash tattoo with warm, soapy water, rinse with cold water. Pat dry, but do not rub with towel.

Prevent drying by applying vitamin A and D ointment 3-4 times daily until healed. Apply sun block to tattoo after healing to prevent fading of the dyes.

Do not apply Neosporin or triple antibiotic ointment to area. These tend to cause an allergic reaction.

Wash hands before caring for piercing. Avoid alcohol or hydrogen peroxide, Neomycin and cosmetics.

Regular cleansing with antibacterial soaps or salt water soaks will remove crusting. Avoid the irritation of tight clothing, which can promote migration/rejection.

Keep piercing away from partners' body fluids, such as saliva, blood or sexual fluids.

Avoid swimming until piercing is healed. Oral piercing should be rinsed with salt water or an antiseptic mouthwash after eating.

Avoid hydrogen peroxide rinses. Genital piercing, urinate after cleaning the piercing (urine is sterile). Abstain from vigorous contact until healed. A condom or dental dam should always be used.

Site specifics: ear infection is least likely when the piercing is on the earlobes. Rates increase on other parts of the ear.

Average healing time is 6 weeks. Dangers increase when piercing is applied on cartilage of the ear. Cartilage necrosis is a danger and sometimes results in "floppy ear."

Eye brow — Average healing time is 6 weeks. If piercing is done correctly, there is a slight curve to eye brow jewelry so that brow will lay flat. Eye brow should not be pushed out by jewelry.

Nose — Average healing time is 6 weeks to 9 months. Area is especially

susceptible to infection as some people normally carry nasal Staph.

Mouth/Tongue/Lip — Average healing time is 8 weeks. Sites are prone to infection because of oral pathogens. It is especially important for tongue applications to fit snugly. Greatest complications of jewelry applied to these sites is dental fractures. Usually around 4 months after piercing, teeth become fractured, especially by jewelry that is too large for the individual's tongue. In this type of piercings, use salt water gargles only. Do not use hydrogen peroxide.

Nipple — Healing time is 6-8 weeks. Females should consider the possibility of future breast feeding. Some individuals develop tissue at the site.

Belly button — Healing time is greater than six months. This piercing takes longest to heal. There is a 50 percent rejection/migration average at 1 year. Tetanus has been documented in some of these piercing.

Genitalia — Varied healing times. Strongly consider the danger of STD's, and oral pathogens that can contaminate the site.

Complications of tattooing are rare. Piercing complications are more common. The most important thing to remember — your safety is the prime consideration.

Ruby Lance

Ruby Lance, 77, died at the Goodland Regional Medical Center Wednesday morning, Nov. 6, 2002.

Services are pending with Bateman Funeral Home. A full obituary will follow.

Doctor honored at game

Dr. Robert McCullough was honored before the start of the Goodland versus Scott City game Thursday, Oct. 30, at Cowboys Stadium.

Dr. McCullough has been in attendance and on the sideline at high school football games for over 40 years, providing coaches, parents and players with medical advice and assistance in case of injury during the game.

A lifetime Northwest Kansas League pass and personalized stadium jacket were presented to Dr. McCullough in recognition of his dedication to Goodland football.

Each school in the league is allowed each year to give a lifetime pass to an individual who has provided exemplary service to schools in the league.

Coaches, players, parents and school personnel wanted to express appreciation for Dr. McCullough's dedication and hope to see him on the sidelines for years to come.



McCullough

about our friends

calendar

North and Central **Elementary Schools** will be having a **book fair from 7:30 a.m.-8 p.m. Thursday and from 7:30-10 a.m. Friday.** The book fair provides money and books for the library.

Jodi Tubbs of the **Kansas Commission on Veterans Affairs** will be in Goodland from **1-2:15 p.m. Thursday** in the Assembly Room on the third floor of the courthouse to help veterans and dependents with claims. Call the office in Colby any Monday, Wednesday or Friday at (785) 462-3572.

SHARE sign up for the November distribution of food will be until **Friday** at the Sherman County Health Department, Harvest America, the Regional Prevention Center or the Kanorado Senior Center. **Pick up** will be **Saturday, Nov. 23**, for the November distribution.

Good-Land Daughters of American Revolution will meet at **11:30 a.m. Saturday** at Sugar Hills Golf Club.

St. Paul's Episcopal Church, 13th and Center, will have its annual home-made **chicken noodle dinner** and Aunt Fannie's Emporium **bake sale** from **11 a.m.-2 p.m. Saturday.** Handicap access is at the southwest corner of the church.

The **Sunflower Quilt Show Committee** is planning its 2003 annual quilt show. Call the chamber of commerce at 899-7130 with ideas or to help plan the show. The first **organizational meeting** will be at **4 p.m. Wednesday, Nov. 13**, in the chamber boardroom.

A **free pre-school screening** will be from **8 a.m.-noon and 1-3 p.m.**

Thursday and Friday, Nov. 14 and 15, at the Catholic Church, 307 W. 13th, for children birth to school age.

The screening includes a hearing exam, vision test, speech assessment and development screening and will be used to fill the openings in the school district's pre-school classes and the Head Start program.

Each child must be accompanied by an adult. The screening and registration will take 60-90 minutes. Enrollment is by appointment only. **Call Bill Young**, special services secretary, at **899-6558.**

"How to Get More Customers Who Will Pay You More Money, More Often" seminar will be from **6:30-9:30 p.m. Tuesday, Nov. 19**, in the Murray Center at the Northwest Kansas Technical College. **Register** at the Goodland Area Chamber of Commerce by **Thursday, Nov. 14.**

The Goodland High School Vocal music department will perform the musical **"Pirates of Penzance"** at **7 p.m. Friday, Nov. 15, and Saturday, Nov. 16, and at 2 p.m. Sunday, Nov. 17**, in the high school auditorium. Tickets go on sale Monday, Nov. 4.

activities

Tours of the 1907 Victorian House at 202 W. 13th are from **1-5 p.m. Wednesday-Sunday.**

"Prairie Past Times," a photographic history of entertainment in Sherman County, is on **display from 9 a.m.-5 p.m. Monday-Friday and from 9 a.m.-4 p.m. Saturday** at the museum, 1717 Cherry Ave.

The **Carnegie Arts Center** is open from **10 a.m.-5 p.m. Tuesday through Friday** and from **1-4 p.m. Saturday, Sunday and Monday.** Anna Seeber

Shaw's watercolors, gouache and pastels will be on display from Sunday until Nov. 30.

Born to Read will be at **10 a.m. Fridays** and **Story time** will be at **10 and 11 a.m. on Wednesdays and Thursdays** at the Goodland Public Library. Call 899-5461.

Emotions Anonymous meets at **7:30 p.m. Wednesdays** at the Goodland Regional Medical Center board room.

Century Families, for people whose family came to Sherman County more than 100 years ago, meets at **7 p.m. the second Monday** of the month at the Senior Center. For information, call 899-2835.

Aerobics Classes - 7:45 a.m. aerobics classes are offered daily at the Goodland Activities Center. Tena Tompkins leads a step aerobics class at **5:30 a.m. Monday, Wednesday and Friday.** On Tuesday and Thursday, a less intense class is offered. Call 899-7242.

TOPS Meetings - Take Off Pounds Sensibly meets at **5:30 p.m. Mondays** in the small board room at Goodland Regional Medical Center. Weigh-in is at 5 p.m.

Hanging by a Thread will meet from **7-9 p.m. the second Thursday** of the month at Wheat Ridge Acres.

Goodland Women of Faith monthly celebrations will be from 9:30-11 a.m. **the second Saturday of the month** at Wheat Ridge Acres. Babysitting provided.

area events

Admission to the **Prairie Museum of Art and History** will be free from **1-5 p.m. Central Time Sundays** at 1905 S. Franklin in Colby. The museum is also open from 9 a.m.-5 p.m. Central Time Monday-Friday and 1-5 p.m. Saturday.

The Eller House displays furniture, clothing and objects representing farm life in the "Dirty Thirties;" the Cooper Barn, one of the largest barns in Kansas, houses an exhibit of machinery,

tools and photographs telling over 100 years of agricultural and settlement history; and the Kuska Collection includes glass, ceramics, dolls, silver, toys, textiles, furniture, clothing, stamps, clocks, lamps, coins and jewelry.

Dr. Don Udell will be the instructor at a **foundation workshop Tuesday-Thursday, Nov. 12-14**, in the conference room at the Thomas County Office Complex, 350 S. Range, **Colby.** The workshop is to help groups start their own foundation to seek grant money. Call the Western Prairie RC&D at 785-462-2602.

school activities

Thursday: Black day. Seminar — GAA and G-Club. Parent/teacher conferences 4-8 p.m. in the high school gym. **Friday, Nov. 8:** No school — parent/teacher conferences 8 a.m.-noon. Musical practice evening in the auditorium. **Saturday, Nov. 9:** All-Star Volleyball matches all day in the Max Jones Fieldhouse. Regional football.

school lunch menu

Thursday: Cooks' choice. **Friday:** No school — parent/teacher conference.

senior center menu

Thursday: Beef stew, Jell-o with bananas and mandarin oranges, crackers and bread pudding. **Friday:** Baked fish, baked corn, asparagus, bread and plums.

health department

The Sherman County Health Department at 1622 Broadway is open from 8 a.m.-noon and 1-5 p.m. Monday-Friday.

Thursday: Staff meeting 8-9 a.m., office closed. WIC in Goodland 9 a.m.-4:30 p.m. Voucher pickup and scheduled appointments. Blood pressures 9-10:30 a.m. at Wheat Ridge Acres. **Friday:** Scheduled appointments.

Children's physicals, immunizations, fasting blood sugar and hemo-

globin, family planning and toenail clipping available by appointment. Sharps containers are available free of charge. Call 899-4888.

If you have questions, concerns or complaints about child care, call the health department.

Water Testing — The Northwest Local Environmental Protection Group does free well evaluations, including testing for bacteria and nitrates. To schedule an evaluation or discuss environmental concerns, call the Health Department at 899-4888.

today in history

Nov. 6, 1902: Dr. Smith, the only Democrat winning an office, beat Dr. Gandy by 19 votes to be the representative from Sherman County.

From *The Goodland News*, provided by the Sherman County Historical Society.

food drive

Harvest America Corporation, 212 E. 17th, needs non-perishable food, personal hygiene items and household supplies to distribute to low income, elderly and disabled people in Sherman County. Harvest America is also looking for a freezer. Bring donations to the office on Mondays or call 899-3878 for pick up.

family shelter

The Northwest Kansas Family Shelter provides services day or night to victims of domestic violence and sexual assault. Weekly support groups are available for women and children. For information or help, call (800) 794-4624.

animal shelter

Lost a pet? Call the Goodland Police Department at 899-4570. Interested in adopting a pet? Call the Northwest Kansas Animal Shelter at 899-6464.

U.S. veterans highway to be dedicated in Oakley

U.S. Highway 83, from Cedar Bluffs to Liberal, has been named Veterans of Foreign Wars Memorial Highway.

An official dedication ceremony will be held at 2 p.m. Monday, Nov. 18, at the Kansas Department of Transportation district headquarters at the junction of U.S. Highway 40 and 83 in Oakley.

Veterans of Foreign Wars Past National Commander-in-Chief Thomas Pouliot of Montana will be the guest speaker along with State Senator Stan Clark of Oakley.

Clark was instrumental in getting

the bill passed in the legislature to memorialize the highway.

Officials from the Veterans of Foreign Wars, the State of Kansas, Logan County and Oakley will participate in the ribbon-cutting.

Veterans of Foreign Wars State Commander Steven Phelps of Ransom said the effort to memorialize the highway from the United States border with Canada to the Mexico border has been accomplished in North and South Dakota, Nebraska, Oklahoma and now Kansas. Efforts in Texas are expected later.

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