

REAL LIFE LESSONS

FROM TRUCK DRIVERS INJURED AT WORK



This for That

One recommended cure for poison ivy is to soak a brown paper sack in vinegar and wrap it around the affected area. A recommended cure for the common cold is to eat a hot bowl of chicken soup. And, a recommended cure for a urinary tract infection is to drink cranberry juice.

Can you list any recommendations for the cure of such things as back aches, migraine headaches, hiccups, or arthritis? The internet is filled with recommendations, as are our parents and grandparents. At times, considering our pain or the person offering the advice, we are willing to try anything to cure the ailment or lessen our pain. That is the topic of this newsletter – pain and willingness to try anything for relief. Not to begin a debate in eastern versus western medicine or home-remedies versus clinical remedies, what Tyler did to remedy a burn on his arm a few months ago is a good example of how, at least this time, a home-remedy was not effective and actually complicated the healing process.

Tyler sustained a pretty good burn (pretty means ugly) on his right forearm when he was under his truck trying to pull a piece of highway trash out from his undercarriage. It appeared to be a simple task except for the awkward positioning and the discomfort. When his arm made contact with the underside of his engine he sustained a bad burn to his arm.

Like so many burns, prevention of secondary infection is of the utmost importance. Tyler was not aware of this medical situation, but he did remember a burn remedy that his grandmother had taught him many years ago. Instead of seeking professional medical attention, Tyler bought him some raw bacon and wrapped strips of uncooked bacon around his forearm. And, because he had just begun a long dispatch, he kept those strips of raw bacon wrapped around his arm for several days. The hickory flavored smell of the bacon kept him from smelling his infected, decaying arm.

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Perhaps there is some merit to wrapping strips of raw bacon around a burn if you are in a desolate area with no access to medical supplies or treatment. But that was not the case with Tyler. His burned arm became infected – seriously infected because he thought that further medical attention was not necessary. Consequently, his medical treatment was more extensive, painful and expensive.

So, if someone gets the hiccups the same time that they have a poison ivy rash on their face then it could make sense for them to stick their head in a paper bag, but only if the bag had been soaked in vinegar. You never know, but remember that not all home remedies are effective, or even safe.



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