

HEALTHY, WEALTHY & WISE

APRIL 2016

Published exclusively for clients of Professional Carpet Systems

"We must let go of the life we have planned, so as to accept the one that is waiting for us." – Joseph Campbell

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Asbestos: Understanding the Risks

It isn't always easy to distinguish fact from fiction these days. We have greater access to information than ever before. The challenge is how to determine what information is reliable and what is not. When it comes to the facts on asbestos, be sure to get your information from professionals and authoritative sources, not hearsay.

Let's start with a basic understanding of what asbestos is and how it has been used in home construction over the years.

What Is Asbestos? Where Is It Found?

Many people are surprised to learn that asbestos is a natural material, not manmade. It is a mineral fiber found in the soil or rocks. The fibers are naturally heat resistant and can offer an insulation factor as well. These two benefits are why asbestos began to be used in building materials.

Between 1930 and 1950, asbestos became a popular insulating material for homes, replacing the flammable

types of insulations used previously. But that was just the beginning. Asbestos also made its way into roofing and siding, pipe insulation, flooring tiles and various patching materials for ceilings and walls. Its fire resistance made it perfect for protecting areas around wood burning stoves.

What Health Risks Are Posed by Asbestos?

First of all, having asbestos in your home or workplace is not a cause for alarm. According to the U.S. Consumer Product Safety Commission:

"The mere presence of asbestos in a home or a building is not hazardous."

The asbestos in building products only becomes a health issue when the fibers are disturbed and released into the air where they can be inhaled. Factory workers who were exposed to significant amounts of asbestos in their environment have shown an increased risk for lung cancer and mesothelioma. The risk increases in proportion to the amount of fibers inhaled.

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Strawberry Spinach Salad

Ingredients:

- 2 tablespoons sesame seeds
- 1 tablespoon poppy seeds
- 1/2 cup white sugar
- 1/2 cup olive oil
- 1/4 cup distilled white vinegar
- 1/4 teaspoon paprika
- 1/4 teaspoon Worcestershire sauce
- 1 tablespoon minced onion
- 10 ounces fresh spinach - rinsed, dried and torn into bite-size pieces
- 1 quart strawberries - cleaned, hulled and sliced
- 1/4 cup almonds, blanched and slivered

Directions:

1. In a medium bowl, whisk together the sesame seeds, poppy seeds, sugar, olive oil, vinegar, paprika, Worcestershire sauce and onion. Cover, and chill for one hour.
2. In a large bowl, combine the spinach, strawberries and almonds. Pour dressing over salad, and toss. Refrigerate 10 to 15 minutes before serving.

recipe courtesy allrecipes.com

► *Continued from cover*

When this health risk posed by the inhalation of asbestos fibers was discovered in the 1970's, the use of asbestos in building products was greatly reduced and warning labels instituted for products being sold that contained asbestos fibers.

Do You Have an Asbestos Problem?

Most people who have asbestos products in their home or business property don't even realize it. As long as those products remain intact, there should be no reason for concern. An issue usually arises when a property owner decides to perform renovations or any type of demolition. Sawing, scraping and other actions that might release particles from building materials can create an asbestos hazard.

If your building was constructed prior to 1980 or has materials in it that were made in an earlier time period, it is possible that asbestos might be present. In those cases, please take these safety warnings seriously:

- You cannot identify asbestos material simply by appearance. If you are not sure, contact an asbestos inspection professional to test your materials.
- Never sweep or vacuum dust that may include asbestos particles. Asbestos fibers cannot be seen by the naked eye. Any disturbance can send them into the air and into your lungs.
- The harmful health effects of inhaling asbestos can take many years to surface. A lack of immediate symptoms does not mean you have not been exposed.

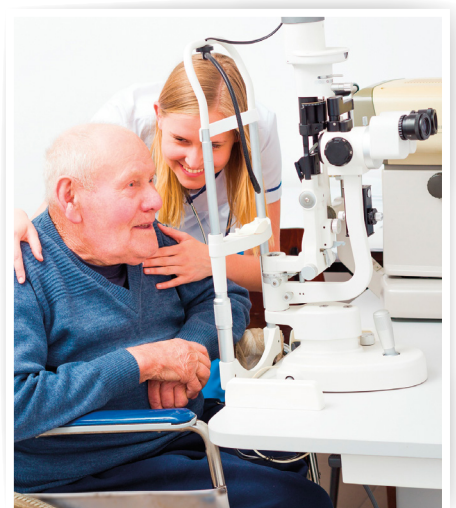
Occasionally, asbestos containing material may need to be removed as part of a water damage restoration or mold remediation project. Rest assured that Professional Carpet Systems is fully aware of the special handling requirements in these situations. We follow the most current safety protocols, adhering to all local, state and federal ordinances. Keeping your home safe is our primary concern.

Conquering Cataracts

By the age of 70, over half of all Americans will develop cataracts. In fact, the older you are, the more likely it is that you will not escape cataracts. There are effective treatments for cataracts, including surgery. Not only can this type of surgery remove cloudy lenses, it can also improve vision for those who are near- or far-sighted.

A surprising benefit of cataract surgery is a lessened risk of breaking a hip in a fall. A study of Medicare patients showed that patients who had cataract surgery had a significant reduction in the number of hip fractures, with a 16 percent decrease in this type of injury. Vision loss is a major factor in seniors' risk of falling, and a reduction in visual sharpness and depth perception can lead to a loss of balance, stability, and mobility.

Many people believe that they are "too old" to receive cataract surgery. But researchers have found that you can never be



too old. In fact, they found the greatest benefit in terms of reduced hip injury was in patients over 80 years of age.

Cataract correction is more than just improving vision. It should be considered part of a comprehensive approach to better health and overall well-being.

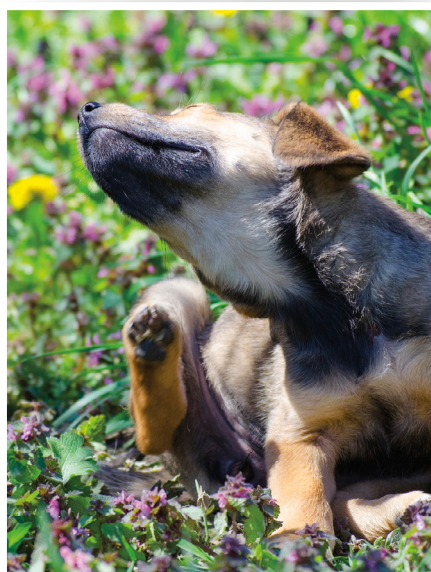
Those Doggone Allergies

Just like humans, dogs can develop allergies. If your dog often gets fits of coughing or sneezing, skin problems, or seems generally uncomfortable, he may be suffering from an allergic reaction.

Symptoms of allergies in dogs include itchy, red or scabbed skin, increased scratching, runny eyes, sneezing, coughing, snoring, and constant licking. Just like humans, dogs can be allergic to pollen and mold, dust, cigarette smoke, cleaning products, prescription drugs, fabrics, and food.

If food is the suspected allergen, pinning down the culprit can take some work. A food allergy in a dog usually results in itchy skin, ear infections, and gastrointestinal problems. Your vet can work with you to use an elimination diet to identify the specific allergens. If you and your vet cannot figure out what is causing these symptoms, your dog may need further testing using an intradermal skin test similar to the one used on humans.

If you suspect an allergy, the first line of defense is to remove the aggravating substance from your dog's environment. Irritated skin can be treated with topical medications. Practice good flea control and keep your home's



environment clean and as free from dust and mold as possible. Weekly bathing can help remove allergens from your dog's coat. If food is the problem, then your vet can recommend a diet free from any identified allergens.

If those steps don't completely eliminate the symptoms, your vet may consider prescribing medication to help. There are allergy injections and some medications that have been shown to be useful. Check with your vet to find out all the options available to you and your dog.

Golf Preparedness

With spring just around the corner, many of us are gearing up for the golfing season. Before you head back out on the course, take time to review some basic preparation steps to ensure that you have a day free of injuries or strains.

Remember to warm up before teeing off. Walk for several minutes, swinging your arms to warm up those muscles. After your

muscles are beginning to warm up, do some stretches, concentrating on the muscles that you will use most during your game. Stretch your arms and back, as well as your shoulders and legs. To protect your feet from injury and fatigue, make sure that your golf shoes are properly fitted and are comfortable at all times during your walk on the course.



Good Clean Funnies

Struggling Pitcher

A rookie pitcher was having a hard time pitching the game. The catcher became frustrated and walked out to talk with him.

"I know what your problem is," he said to the pitcher. "After one specific point in every game, you lose your focus."

"What point is that?" asked the pitcher.

"Right after the National Anthem," replied the catcher.



Quick Tips

Money Tip

Want to save money and get smarter at the same time? Next time you are looking for an entertainment option, head to your local library. You'll find books on every topic imaginable, but that is only the beginning. You can pick up music, movies, and magazines, take a class, enjoy children's programs, and find a quiet place to relax and enjoy learning. And it's free, making it the best financial choice for entertainment.

Home Tip

Planting a tree in your yard not only adds beauty—it can also help save you money in the long run. Mature shade trees can cut your cooling costs by as much as 40 percent. Trees also improve the curb appeal of your home and are good for the environment.

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Win a \$25 Restaurant Gift Card!

Read this edition of Healthy, Wealthy & Wise to find the answer to the following trivia question:

Asbestos is:

- a. a blend of man-made polymers
- b. a naturally occurring mineral
- c. extruded silica fibers
- d. none of the above

Once you've found the correct answer, email it to anna@pcssuperior.com. At the end of the month, we will draw from the correct answers and someone will win a \$25 restaurant gift card!

Contest Expires 4/30/2016.

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