



FACTS ABOUT WRESTLING HYGIENE

Showering between matches at wrestling tournaments isn't always feasible. This lack of cleansing for as long as 10-12 hours leaves the skin significantly more susceptible to dangerous infections such as staph (including MRSA), herpes simplex and ringworm.

But there are preventive steps you can take. The athletic training staff at North Idaho College, led by Randy Boswell, MA, LAT, ATC, has developed a simple, cost-effective system that their wrestlers have been using to great success for more than three years. They published their process in the NATA News August 2008 issue. Here's how it works.

Simple, 3-Step Process

1. After each match, every wrestler wipes his or her body with paper towels to soak up sweat.
2. This is followed by wiping the skin clean with baby wipes to eliminate bacteria.
3. Finally, wrestlers dry themselves with paper towels.

Benefits

In addition to being inexpensive, this method assures that each athlete uses a clean, single-use product that can be discarded, reducing the risk of spread-

ing contagious skin conditions. What's more, baby wipes are hypoallergenic so they don't irritate the skin like some products might.

For more information, visit summahealth.org/sportshealth or call 1-888-7-SUMMA-SPORT.

- Summa Physicians Orthopaedics and Sports Medicine
Summa St. Thomas Hospital
20 Olive St. #201
- Summa Health System at Western Reserve
5655 Hudson Dr. #200
- Summa Barberton Hospital
201 Fifth Street NE, Suite 14
- Robinson Health Center at Streetsboro
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Dr. Bartsokas received his medical degree from Southern Illinois School of Medicine and Masters Degree in Exercise Physiology from University of Wisconsin, Lacrosse. He was also a physician for the 1996 and 1998 Olympic Games. He is board certified in Family Medicine and possesses a Certificate of Added Qualifications in Sports Medicine.



Beginning in December through the first week of March

WEEKLY WRESTLING SKIN CHECKS AT SUMMA

High school wrestlers needing skin checks have a convenient way to obtain them. Our sports medicine physicians offer weekly skin checks to all middle school, high school and college wrestlers. The clinics operate as follows:

- Mondays at our St. Thomas, Streetsboro and Barberton offices from **3:30 – 4:30 p.m.**
- Tuesdays at our St. Thomas and Streetsboro offices from **3:30 – 4:30 p.m.**
- No appointment necessary
- Athletes under 18 must be accompanied by an adult

- Walk-ins are taken on a first come, first served basis
- All wrestling compliance issues and forms will be completed by the physician for participating
- Bring your insurance card and photo ID for billing purposes
- **NOTE: skin checks must be performed BY TUESDAY for athletes to compete that week end. Any medications prescribed by the physician MUST BE STARTED IMMEDIATELY**

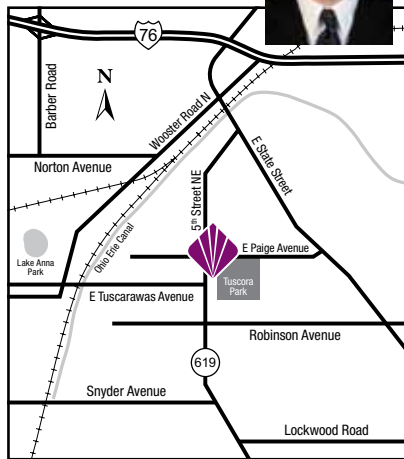
Same Day/Next Day Appointment also available by calling **1-888-7-SUMMA-SPORT.**

Nilesh Shah, M.D.



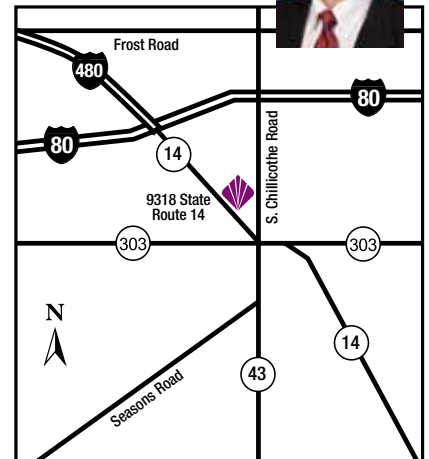
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