



Ask Dr. Lomax

with Dr. Lenny Lomax, M.D.

READER

Recently, I saw an article about the dangers of hand sanitizers especially for children and the elderly. What do you think of the warnings? Should parents be overly concerned? (It seems there is always something.) And if you agree hand sanitizers are hazardous what suggestions do you have for cleaning the hands of small children especially when they are away from home at school or other public places?

DR. LOMAX

Hand sanitizers as a general matter were created to be a convenient, safe and effective way to wash your hands without the need for soap and water. In theory this is a great idea, but unfortunately, you are indeed right to be concerned as most hand sanitizers contain things such as chemical fragrances, parabens, triclosan and alcohol.

Parabens are commonly found in hand sanitizers and other personal care products e.g. body wash, soaps, shampoo and lotions etc. Some of the common names of parabens are: methylparaben, butylparaben, ethylparaben and propylparaben. They are generally added to these products in order to minimize the growth of bacteria. Parabens have been suspected of causing problems with the endocrine and reproductive systems, toxicity to the immune system and cancer.

Triclosan is a chemical also typically added to personal care products, soaps and cleaning products in order to minimize the levels of bacteria. Recent research on Triclosan has shown that it can also be potentially harmful to humans. It negatively affects the immune and endocrine systems and is also contributing to the development of antibiotic resistant bacteria.

Alcohol either isopropyl, ethyl or a combination of both is a commonly used

active ingredient in hand sanitizers as an antiseptic. The concentration of which is usually high e.g. 60-90% if not greater, which can lead to alcohol poisoning if ingested. There have been several reports of teenagers intentionally ingesting hand sanitizers in an attempt to intoxicate themselves, which led to alcohol poisoning. Similar reports have been documented regarding accidental ingestion of hand sanitizers by young children as well, which as one can imagine could be catastrophic.

Antibacterial hand sanitizers also often contain synthetic fragrances which generally contain chemicals such as phthalates which resemble hormones. Phthalates have negative effects on the endocrine system including the potential of altering the proper development of sex organs/genitals. A simple and safe solution is to just stick with the tried and true practice of hand washing with soap and warm water or find a natural hand sanitizer that does not contain any of the harmful compounds listed above.

If you're someone who prefers to use hand sanitizers, always remember to read the product labels to ensure what you're purchasing is safe and not potentially harmful before you buy and apply.

Stay safe, stay smart and most of all, stay natural! ✚

Dr. Lenny Lomax is a Licensed Physician & Orthopaedic Surgeon. He defines his role of physician as being someone trusted by patients and their families. 'Doctors are expected to heal, not cause more pain and suffering'. Dr. Lomax acknowledges that **natural** medications have the potential to greatly improve the public's general **health** and well-being, as our country has become a nation addicted to pills, which is destroying our communities. His mission is to find a resolution to this pervasive problem by offering effective **natural** solutions to remedy this global problem. As he often states "I know GOD made me for this purpose. It makes my spirit full and motivates me! I am so encouraged that I have been blessed with this mission. I became a Doctor to help people and that's exactly what I plan to do." Guidance and opinions expressed by contributing writers are not necessarily those held by the publisher. Any information provided by Pneu-Path for Living, LLC™ via HimPower Magazine™ or other form of communication regarding options for personal empowerment or wellness is not intended as a substitute for professional medical advice, diagnosis or treatment. The information is provided for informational purposes only to make readers aware of other options available. Always seek the advice of your physician or other qualified health provider with questions regarding any type of physical or emotional medical condition and treatment options.