

Dangers lurking in your water

New research says that one in three swimmers at public beaches could be exposed to staph bacteria – including the deadly the anti-biotic resistant strain called Methicillin- resistant Staphylococcus aureus (also known as MSRA).

Trust me: this is a lot scarier than what you saw in JAWS. According to study author Dr. Lisa Plano of the University of Miami, "We think that people are the instruments for bringing their organisms into the water and leaving it behind."

I've written to you about MRSA before. This deadly bacteria is usually picked up in hospitals or schools. But Plano's research found staph bacteria in 37 percent of the samples from a popular Florida beach, and MRSA in three percent of those samples.

Plano claims that a shower before and after hitting the beach will help cut down on the number of pathogens in the water ... but it's not exactly the kind of study that makes you eager for a swim.

Always here to rinse away the nonsense,

William Campbell Douglass II, M.D.