

John A. Schmidt, Jr. MD



Meaningful Medicine in Your Medical Home

**FOR IMMEDIATE RELEASE**

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### **Dr. John A. Schmidt, Jr. Gives Advice on How to Be Safe and Healthy Outdoors**

**Belmar, NJ, April 9, 2012** – With the summer approaching most people will head outside to enjoy the beautiful weather. John A. Schmidt, Jr., MD, one of the leading Internists in Monmouth County, provides the following tips on how to be safe and healthy.

**Sun exposure:** Wear protective clothing, a wide-brimmed hat. Use waterproof sun block (SPF UVA/B 35 or greater) for protection against skin cancer and skin damage no matter what your complexion. Apply sun block several times throughout the day. If you become severely sunburned, contact your doctor to treat the pain and speed-up your recovery. Remember that some drugs are photosensitizers and will increase the chance of burning. Ask your pharmacist before heading outside to determine if your medication could cause you to burn faster.

**Vitamin D:** An unintended consequence of sun block and protective clothing is vitamin D deficiency. Vitamin D is essential to absorb the calcium your bones need. To get the best of both worlds, use sun block and take at least 1000 units of cholecalciferol daily which is available over the counter at your food and drug store.

**Burns:** Wear protective gauntlet gloves while grilling. In the event of a burn, cool with tap water (not ice). If the skin is broken, wash with soap and water and apply an over-the-counter antibiotic ointment such as bacitracin. Honey is also good! Take acetaminophen for pain. For severe burns, contact your doctor!

**Bug bites:** Bug bites can transmit serious diseases so it is best to keep the critters at bay. DEET applied to bare skin is still considered the best repellent and it is safe for everyone except the very young (who should be protected with netting). Use DEET in combination with permethrin-treated clothing (either sprayed onto your clothing or treated by the manufacturer). If you sustain a bite, observe it carefully so you can describe it to your doctor.



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**Gardeners:** Weeding can be dangerous if you happen to be allergic to the weeds! The resulting contact dermatitis can be severe. Contact your doctor for treatment if you experience a rash or swelling.

**Swimming:** Only swim at protected beaches when there is a lifeguard on duty. If you get caught in a rip current, swim across, not against the current. Children should always be watched carefully by adults when swimming and be schooled in water safety before allowing them to swim alone. In addition, if you own a pool, make sure that you keep a watchful eye on your guests at all times. Many adults and children drown each year because people do not pay enough attention to them while swimming. All pools need to be secured if a responsible adult is not present.

**Boating:** Boaters must be licensed in New Jersey. Boats should be equipped with weight-appropriate flotation for each occupant. Children should wear a life preserver at all times, especially while swimming. Always be mindful of swimmers, boarders and other boats. Only stock the boat with non-alcoholic beverages. Remember you can get a DWI if caught drinking alcohol while boating which will have a negative impact on your motor vehicle driving privileges.

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### About John A. Schmidt, Jr., MD

Dr. John Schmidt is a Board Certified Internist practicing in Belmar, New Jersey. He is passionate about providing the highest level of care to his patients by taking a holistic approach to preventive medicine. Dr. Schmidt is one of the first physicians to provide Medical Home services to his patients in Monmouth County. He coordinates care for his patients by managing their Personal Health Information and works with their specialists and other healthcare providers to ensure that patients have everything that they need to stay healthy and well. Dr. Schmidt is well-known for the time he invests in developing a relationship of trust with his patients on both a medical and personal level.

He received his pre-medical education from St. Joseph's University, where he graduated *magna cum laude* and was co-recipient of the Biology Prize. His Medical Degree is from the University of Pennsylvania School of Medicine. Dr. Schmidt interned and completed his residency in Internal Medicine at the Hospital of the University of Pennsylvania. He then studied for five years at the National Institutes of Health in Bethesda, Maryland, first as an officer in the Public Health Service working in the National Institute of Allergy and Infectious Diseases; and then as a Fellow of the Arthritis Foundation in the National Heart Lung and Blood Institute. More information on his practice is available at [www.schmidtmd.com](http://www.schmidtmd.com). Dr. Schmidt can be contacted at (732) 282-8166 or [johnschmidt@schmidtmd.com](mailto:johnschmidt@schmidtmd.com).