Safety First! [1]

Week of:
Jun 26, 2015

Heating blanket safety [2]

Dear Alice,

I've heard all sorts of bad things about the use of electric heating blankets. I've become quite fond of mine and would like to know if in fact there are any health related concerns I should be aware of.

Thanks,

? Snug as a bug


Dear Alice,

I've been reading news stories about powdered alcohol recently. Is this a real thing? Is it safe? Do they sell it near campus? What happens if you snort it?

Thanks, Curious

Hot yoga injuries [4]

Dear Alice,

Hot yoga is becoming more popular every day but there is a lot of conflicting information regarding benefits versus injuries. Most of the information does not quote sources and is therefore is difficult to follow up on. It has unquestionably helped me become a more flexible person but there is a lot of information on the net regarding horrific injuries including slipped discs, muscle tears, neck injuries, emotional problems, and even strokes. Is there a research-based, or at least a factual breakdown on the health benefits of stretching at temperatures
above body temperature versus the injury risk of exercising at temperatures above body temperature?

Regards,

Tentative Yogi

Read more [4]

Are plastic wrap and containers safe for microwaving food? [5]

Dear Alice,

In the question about Microwave safety [6], you should mention that some containers can leach harmful chemicals into foods when heated in the microwave. PVC or vinyl or plastic #3 leach phthalates. This type of plastic is also often used in food wrap.

Read more [5]

Safe to take expired prescription medication? [7]

Hi Alice,

I wanted to know the dangers of taking expired pills. For instance, Xanax that expired over five years ago. I'm sure you're wondering why someone would still have them but I am curious what would happen if you took them now.

Thank you,

Diney

Read more [7]
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