

# School of Dentistry



## Environmental Health & Safety Newsletter

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### ENVIRONMENTAL

*What's going on in SOD...?*

SOD will now be using ECOsply Biodegradable Trays for the Mock WREB. This will eliminate the use of styrofoam trays. These trays are designed specifically for dentistry. They are made from 100% biodegradable plant refuse fiber that composts within 45 days. I am currently working with the Office of Sustainability to have them collected for compost. They are made with environmentally-friendly manufacturing process. They are non-toxic and FDA-approved.

Do you have any other ideas of how SOD can reduce waste? Please, submit your ideas under the E.Y.E.H.S. program. Any ideas are welcome and will be looked into. Forms can be found outside my office.



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### HEALTH

*For your everyday life...*

#### Breast Cancer Awareness



**The best way to find breast cancer early is with a mammogram. If you are a woman age 50 years or older, be sure to have a screening mammogram every two years.**

#### Breast Cancer

Got questions about breast cancer and mammograms? We have answers.

Is breast cancer the most common cause of death for women?

No. Although many women get breast cancer, it is not a common cause of death. Heart disease is the number one cause of death among women age 40 and above, followed by stroke, lung cancer, and lung diseases. Breast cancer is the fifth leading cause of death. In 2007 (the latest year for which statistics are available), 202,964 women were diagnosed with breast cancer, and 40,598 women died from the disease.<sup>1</sup>

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### Used Batteries:

Do you have used batteries? You can drop them off in the mailroom on the B level. Alkaline batteries can be thrown in the trash.

**Here's a list of the battery types you should not put in your garbage:**

- Silver oxide batteries (watch batteries, hearing aids, etc.)
- Lithium manganese batteries (cameras, calculators, light-up tennis shoes, etc.)
- Nickel cadmium or Ni-Cd batteries (cell phones, power tools, laptop computers, etc.)
- Sealed lead acid batteries (video cameras, wheelchairs, automobiles, ATVs, etc.)
- Button batteries.

### Battery Recycling and Disposal

#### Alkaline Batteries

Alkaline batteries can be safely disposed of with normal solid waste. Due to concerns about mercury in the municipal solid waste stream, battery manufacturers eliminated all of the added mercury from alkaline batteries since the early 1990s. Alkaline batteries are composed primarily of common metals — steel, zinc and manganese — and do not pose a health or environmental risk during normal use or disposal.

It is important not to dispose of large amounts of alkaline batteries in a group. Used batteries are often not completely "dead." Grouping used batteries together can bring these "live" batteries into contact with one another, creating safety risks.

Proven cost-effective and environmentally safe recycling processes are not yet universally available for alkaline batteries.

#### Lead Acid Batteries

It is illegal to landfill lead acid batteries or dispose of them in an incinerator. Up to 97% of a lead acid battery is recyclable. The average weight of a used lead acid battery is 20 pounds. Always recycle your used lead acid batteries to avoid the hazardous waste generator label.

For more information:

<http://www.wisconsin.edu/oslp/em/compliance/battery.htm>

<http://pgeverydaysolutions.com/pgeds/articles-tips/ATAAC/truth-or-myth-its-ok-to-throw-ordinary-alkaline-batteries-in-garbage>

#### Where to buy reusable batteries-

<http://www.greenbatteries.com/energizer-batteries.html>

#### Solar Battery Chargers-

<http://www.greenbatteries.com/solarproducts.html>

## SAFETY

What's new in Dentistry?

### Study: Residential washers may not kill hospital-acquired bacteria

Residential washing machines may not always use hot enough water to eliminate dangerous bacteria like methicillin-resistant *Staphylococcus aureus* (MRSA) and *Acinetobacter*, a Gram-negative bacteria, from hospital uniforms, according to a study published in the November issue of *Infection Control and Hospital Epidemiology*, the journal of the Society for Healthcare Epidemiology of America.

The study, conducted by researchers from University College in London, was prompted by changes in Britain's National Health Service that led many hospitals in the UK to end in-house laundry services. The researchers investigated the effectiveness of residential washing machines' lower water temperatures in eliminating hospital-acquired bacteria.

Through a series of experiments, researchers found that washing uniforms in residential washing machines with detergent and water temperature of 60 degrees Celsius (140 degrees Fahrenheit) was enough to eliminate both MRSA and *Acinetobacter*.

At 40 degrees Celsius (104 degrees Fahrenheit), MRSA was eliminated, but *Continued on page 3 (Safety)*

Any issues on your mind?

Send me an email:

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## What are the symptoms of breast cancer?

When breast cancer starts out, it is too small to feel and does not cause signs and symptoms. As it grows, however, breast cancer can cause changes in how the breast looks or feels. Symptoms may include—

- New lump in the breast or underarm (armpit).
- Thickening or swelling of part of the breast.
- Irritation or dimpling of breast skin.
- Redness or flaky skin in the nipple area or the breast.
- Pulling in of the nipple or pain in the nipple area.
- Nipple discharge other than breast milk, including blood.
- Any change in the size or the shape of the breast.
- Pain in any area of the breast.

## What is a mammogram?

A mammogram is an X-ray of the breast. Doctors use a mammogram to look for early signs of breast cancer. Having regular mammograms can lower the risk of dying from breast cancer. If you are age 50 to 74 years, be sure to have a screening mammogram every two years. If you are age 40–49 years, talk to your doctor about when and how often you should have a screening mammogram.

## Why should I have a mammogram?

Regular mammograms are the best tests doctors have to find breast cancer early, sometimes up to three years before it can be felt. When their breast cancer is found early, many women go on to live long and healthy lives.

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substantial amounts of *Acinetobacter* were detected. In the UK, energy-saving washers often operate at temperatures near 40 degrees.

However, the researchers found using a hot iron on fabric after a 40 degree Celsius wash did eliminate the *Acinetobacter*. The effect of tumble drying the uniforms was not tested.

"The results stress the importance of ironing hospital uniforms after washing them in a domestic washing machine that operates at less than 60 degrees Celsius," said Dr. John Holton, one of the study's authors. "We show that laundry and ironing in a domestic setting is effective in producing a uniform free of accumulated hospital bacteria safe to wear to work,"

The experiments were performed on nurses' uniforms worn during a work day, as well as swatches of fabric artificially contaminated with MRSA and *Acinetobacter*. The researchers studied the two bacteria because both are often associated with healthcare-acquired infections (HAIs), and represent two important bacterial types. MRSA is known as a Gram positive bacteria and *Acinetobacter* as Gram negative. The distinction involves differences in the walls of the bacterial cells. The researchers expect their results are applicable to other types of Gram negative and positive bacteria.

Researchers are planning additional studies to see if common HAI bacteria can remain and develop in residential washing machines after laundering hospital uniforms.

For More information:

<http://www.sciencedaily.com/releases/2011/10/111003132351.htm>

Published through a partnership between the Society for Healthcare Epidemiology of America and The University of Chicago Press, Infection Control and Hospital Epidemiology provides original, peer-reviewed scientific articles for anyone involved with an infection control or epidemiology program in a hospital or healthcare facility. ICHE is ranked 15 out of 140 journals in its discipline in the latest Journal Citation Reports from Thomson Reuters.

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SHEA is a professional society representing more than 1,900 physicians and other healthcare professionals around the world with expertise in healthcare epidemiology and infection prevention and control. SHEA's mission is to prevent and control healthcare-associated infections and advance the field of healthcare epidemiology. The society leads this field by promoting science and research and providing high-quality education and training in epidemiologic methods and prevention strategies. SHEA upholds the value and critical contributions of healthcare epidemiology to improving patient care and healthcare worker safety in all healthcare settings. For more information: [www.shea-online.org](http://www.shea-online.org)

**E.Y.E.H.S**  
**Engaging in Your Environmental Health & Safety**

Since, SOD's faculty, staff and students are working with EH&S issues everyday it will be helpful to use your "eyes" to make SOD safer, healthier and more environmentally "friendly". Do you have any suggestions, comments or ideas in how to help in SOD's environment, health and safety? Please, submit your ideas to me. You will get recognition for your thoughts and ideas. Submit the attached document.

### Events at SOD and UCLA:

#### Oppenheim Lecture Series- "Green Chemistry"

Wednesday, November 16, 2011

7:00 pm - 9:00 pm, Fowler - Lenart Auditorium Room A103B

Free admission, RSVP REQUIRED.

#### Colleges Against Cancer Fair: The Great American Smoke Out

Thursday, November 17, 2011

10:00 am - 2:00 pm, Bruin Plaza – Area

#### All Students- Arthur Ashe Center- Free Flu Shot Fairs around Campus

1. Friday November 4th from 11-1 in the CHS patio outside bookstore
2. Monday November 7th from 11-1 in the law School patio
3. Thursday November 17th in the Anderson School of Business

## Where can I go to get screened?

Most likely, you can get screened for breast cancer at a clinic, hospital, or doctor's office. If you want to be screened for breast cancer, call your doctor's office. They can help you schedule an appointment. Most health insurance companies pay for the cost of breast cancer screening tests.

Are you worried about the cost? The [National Breast and Cervical Cancer Early Detection Program \(NBCCEDP\)](#) offer free or low-cost mammograms. [Find out if you qualify.](#)

## How can I lower my risk of breast cancer?

- Control your weight and exercise.
- Know your family history of breast cancer. If you have a mother, sister, or daughter with breast cancer, ask your doctor what is your risk of getting breast cancer and how you can lower your risk.
- Find out the risks and benefits of hormone replacement therapy.
- Limit the amount of alcohol you drink.

## Can men get breast cancer?

Men can also get breast cancer, but it is not very common. For every 100 cases of breast cancer, less than 1 is in men.

### Data source:

1. U.S. Cancer Statistics Working Group. *United States Cancer Statistics: 1999-2007 Incidence and Mortality Web-based Report*. Atlanta (GA): Department of Health and Human Services, Centers for Disease Control and Prevention, and National Cancer Institute; 2010. Available at: <http://www.cdc.gov/uscs>.

## More Information

### [Breast Cancer](#)

[Breast Cancer and You: What You Need to](#)

[Know](#)  [\[PDF - 563KB\]](#) fact sheet

### [Cáncer de mama](#)

Listen to a podcast

1. [Get Your Mammogram! \[PODCAST - 4:17 minutes\]](#)

For more information:

<http://www.cdc.gov/Features/BreastCancerAwareness/>