



Dr. Deborah Z Bain, M.D.

info@healthykidspediatrics.com
4851 Legacy Dr., Suite 601
Frisco, Texas 75034

(972) 294-0808
(972) 294-0809 fax



Medical Alert

From the Desk of Dr. Deborah Bain

Dangers of DEET

Insect Repellants

DEET Safety

**Suggestions for
Natural DEET-Free
Insect Repellants**

Greetings!

Mosquito season is upon us, especially with the very wet spring we have had. I wanted to share some of my concerns regarding a very common practice of spraying insect repellent on our kids to ward off these flying pests. Please take a few minutes to read this very important memo.

Dr. Bain

Dangers of DEET Insect Repellants

Classified as a pesticide by the EPA, DEET, or diethyl-methyltoluamide, can be found in most over-the-counter insect repellents. Media coverage documenting the dangers and health risks associated with its use have prompted the development of safe alternatives.

DEET has been proven to enter the bloodstream through application to the skin, and while many people use DEET insect repellents without incident, others have suffered various side-effects ranging from rashes and hives to headaches, weakness, fatigue, muscle and joint pain, tremors, shortness of breath, and even death.

Deet should be used with caution due to its possible damaging effects on brain cells. A recent study at Duke University Medical Center has shown that DEET causes brain cell death and behavioral changes in rats after frequent and prolonged use. This exposure causes neurons to die in regions of the brain that control muscle movement, learning, memory, and concentration. Rats treated with an average human dose of DEET (40 mg/kg body weight) performed far worse when challenged with physical tasks requiring muscle control, strength and coordination. These findings are consistent with reported human symptoms following DEET's use by the military in the Persian Gulf War.

DEET Safety

DEET Safety - Apply DEET insect repellents sparingly on exposed skin; do not use under clothing - NEVER use insect repellent containing DEET on infants - NEVER apply insect repellent containing DEET more than once in a 24 hr period - NEVER use insect repellent containing more than 10% DEET on children - Be wary of using insect repellent containing DEET on children. Children are more susceptible to subtle brain changes caused by chemicals in their environment because of their rapidly developing, immature nervous systems. - Do not use DEET over cuts, wounds or irritated skin, including on skin affected with eczema. - Wash treated skin with soap and water after returning indoors - Avoid spraying in enclosed areas; do not use DEET insect repellents near food - DEET should not be used in a product that combines the repellent with a sunscreen. Sunscreens often are applied repeatedly because they can be washed off. DEET is not water-soluble and will last up to 8 hours. Repeated application may increase the potential side effects of DEET - Given all the above considerations, it's obvious that DEET containing insect repellents are not 100% safe. Healthy Kids Pediatrics strongly urges you use only a natural, DEET free insect repellent. Why risk your own health or the health of your precious children by continuing to use DEET insect repellents when there are safe alternatives.

Suggestions for Natural DEET-Free Insect Repellants

Here are some suggestions for natural DEET free insect repellants.

- Biconet's Bite Blocker Extreme
- Skedattle Insect Repellent
- Amrita's Bugs be Gone and Bugs be Gone Kids
- Consep's Bite Blocker

Enjoy the rest of your summer!



Dr. Deborah Bain
Healthy Kids Pediatrics

email: officemanager@healthykidspediatrics.com

phone: 972-294-0808

fax: 469-362-5493

web: <http://www.healthykidspediatrics.com>