



Confused about Thermometers

"I know that there are different types of thermometers. What do I need for home use?"

You will need at least one or more fever thermometers for home use.

The old reliable way to measure a fever is with a mercury thermometer. Mercury thermometers are popular because they are self registering. Once the mercury column in such a thermometer reaches a maximum temperature height, it stays there until shaken down. Mercury thermometers are calibrated in both Fahrenheit and Celsius scales.

Most Pharmacists carry 3 kinds of mercury thermometers: oral, to be placed under the tongue for 5 to 10 minutes; rectal, to be inserted into the rectum for at least 3 minutes, and security.

A security thermometer can be bought for either rectal or for oral use. It may not be used for both.

Each method produces a slightly different reading. Your "normal" oral temperature will usually be within a degree of 37°C (98.6°F). Your normal rectal temperature will be 37.5°C (99.5°F).

You also have an axillary temperature. Although it is not as precise as an oral or rectal temperature, it is handy to know. Just tuck any mercury thermometer into your armpit and hold your arm tightly against your body for 3 to 5 minutes. It should be within a degree of 36.5°C (97.7°F).

You have a fever if you have an oral temperature greater than 37°C (98.6°F), axillary temperature greater than 36.5°C (97.7°F). Before using any mercury thermometer you have to shake it down. This isn't easy. Ask your pharmacist to show you how.

Digital thermometers are relatively new to the market. Less time is needed to get an accurate temperature reading than with mercury thermometers. They are not easily broken, and the temperature reading shows up on a small screen, so these thermometers are very easy to read. They are battery powered, however, so you must make sure to have fresh batteries on hand.

Another way to measure fever is with thermometer strips. They indicate temperature by changing color. Although easy to use and certainly safe, thermometer strips are not very accurate.

You may also have heard of basal thermometers. They are used to help determine ovulation time in women. They cannot be used as fever thermometers because they are not calibrated to read high temperatures.

Always be sure when you have finished using a thermometer that you wash it with soap, wipe it with alcohol, and store it carefully away - where you can find it the next time you want to use it.

Do not take an oral temperature for at least 30 minutes if patient has had anything hot or cold to drink or has been smoking. The reading will not be accurate.

Do not take a rectal temperature without greasing the thermometer with petroleum jelly. If you do not you will cause pain.

Every home needs at least one thermometer just for measuring oral temperatures. If you have young children or babies, you need a thermometer for rectal temperatures also. You can use a rectal or oral thermometer to take an axillary temperature, too.

Don't buy a thermometer you can't read and understand.



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This week featuring... Young's 47 Main

Young's Pharmacy and Homecare Ltd. Has been providing Georgetown with a professional, personal and concerned service since 1957. They relocated September of last year to 47 Main Street South (formerly bi-Way). Their large new store has lots of FREE parking immediately outside the convenient rear entrance. Additionally, a ramp has been constructed at the side entrance to accommodate "wheeled" visitors.

"Young's" offers you a modern pharmacy that features all the friendly service an independent drugstore can provide. Flyers for their numerous Custom Sales are distributed monthly with our local newspapers. As well as being a full service community pharmacy they have several additional departments and agencies to assist you. These include: A full service Postal Outlet; A Facsimile Service; A Bell Canada Payment Centre; A Photocopy Service; A Halton Cable Payment Centre; Laura Secord Chocolates; Hallmark Greeting Cards; Benjamin Film Photo Services; Max Factor Cosmetics; Elizabeth Arden Cosmetics; Bonne Bell Cosmetics; Marcel (Neutrogena) Cosmetics; Covergirl Cosmetics; L'Oreal and Clairol Hair Care; Chloe Fragrances.

Another one of "Young's" specialties is their Home Health Care centre which offers a wide selection of supplies including walkers, wheelchairs, mobility aids, respiratory devices, incontinence and ostomy/colostomy supplies,

braces, supports, diabetic "pens", blood glucose meters and daily living aids. Many of these items may be rented. Their staff includes trained orthotic fitters that are registered by the Ontario government as an Assistive Devices Vendor. They would be more than pleased to assist you with all your homecare needs.

"Young's" employs the most advanced prescription computer systems to assist their pharmacists. They have been "computerized" in their dispensary for over twelve years. Among many other things, these systems help them to avoid dispensing medications to which a patient may be allergic or which may conflict with drugs they are already taking. Also they help point out prescription orders that are inappropriate for persons who have certain medical conditions such as pregnancy, diabetes or epilepsy. They can then take the necessary measures required. The issuing of "Patient Prescription Profiles" at the time of dispensing or duplicate receipts at tax or insurance time is facilitated by the computer.

In order to help their patients understand more about the medications they are taking, Young's are now providing Patient Counselling Leaflets with most of the prescriptions that they fill. These leaflets are designed to re-state and supplement the verbal information you are given about your prescription. They explain, in non-technical terms, why medication is prescribed, and any special instructions (eg. take



Pictured above Manager Debbie... with food), po effects, and any s age requirement refrigerated). You very important tha information. Th know about your better. As owner Neil Y "The health of ou our main concer service is just one ways we try to g further to ensure y erly looked after."

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