Preventing Skin Diseases in Wrestling

These days, more than ever, those involved in wrestling know about the dangers of skin diseases. Due to the sport’s skin-to-skin nature, this issue has always been apparent.

Preventing skin diseases is much easier than treating them. A constant effort must be made by athletes, coaches, parents, and any other figures involved in the wrestling community. This is needed to ensure that athletes are kept safe and healthy. Not only can such infections create further health complications, they can also hold athletes back from both practice and competition. This guide of 10 easy tips will help to protect wrestlers from infections that are extremely preventable.

**Shower Immediately**

The longer you wait to shower after practices and matches, the more time harmful germs are allowed to stay and grow on your skin. When showering, use a mesh scrub to ensure that you’re both killing the bacteria and limiting the amount of bacteria that can be left on your showering equipment. Remember to thoroughly dry yourself after you shower, focusing on your feet last.

**Know Your Body**

Check your body daily for anything out of the norm; if it looks like it shouldn’t be there, well ... it probably shouldn’t be there. Keep an eye out for red/irritated skin, scratches, peeling, bumps, itching, etc. If you do find something of concern, tell your coach right away. He or she will know the proper course of action and treatment.

**Cut Your Nails**

Certain types of bacteria and fungi may live underneath the fingernails, and can easily be transmitted to another wrestler’s skin.

**Don’t Share Equipment**

Any item that is used during practice, especially shoes and headgear, should absolutely never be shared. This is a very easy way to spread infections.
Wear Clean Practice Gear Daily

It is necessary to have a clean set of gear for every practice session; this includes t-shirts, shorts, and socks. You absolutely cannot wear the same gear for more than one practice, as that is an easy way to transmit skin infections to your teammates. In fact, having an extra, clean set of gear to change into during practice could also help prevent skin diseases.

Clean All Equipment Daily

Any equipment that is used on a daily basis needs to be thoroughly cleaned to ensure harmful germs are not hiding out in them. Towels, uniforms, and any other piece of equipment should be washed and dried after every use.

Cover All Wounds

During practice and competition, it is important to cover any open wounds or cuts to prevent infection. Full-length rash guards limit skin-to-skin contact and can help to prevent skin diseases.

Keep Shoes Clean

The majority of bacteria and fungi that is brought into the wrestling room gets there from being on the bottoms of wrestlers’ shoes. Don’t wear your wrestling shoes outside of the wrestling room, especially into the restroom. Also, don’t step on the mat wearing gym or street shoes. There are cleaning mats and other devices that are designed to clean the soles of your shoes prior to entering the room. These items are great, but often expensive and not necessary if the proper precautions are taken.

Don’t Use Gym Bags

One of the biggest mistakes you can make is placing dirty gear directly into a gym bag. This is a perfect place for bacteria and fungi to multiply. Using disposable, plastic bags will go a long way in helping to prevent infection.

The Problems With Anti-Bacterial Products

Our skin surface is made up of our own unique balance of these three sources. This is called our normal flora. When our flora is out of balance and/or our skin becomes damaged. These sources have a chance to become infections.

Showering immediately after practice sounds like a simple enough way to prevent skin infections, but did you know that if you go straight to the shower and use an antibacterial soap only, you are promoting the growth of fungal infections?
* Antibacterial soaps do just what they state- they kill bacteria. This is great when we want to protect ourselves from just bacterial infections. This is not great when we are also exposed to fungal and viral infections.

* Antibacterial soaps strip away the bacteria that keep the balance of our normal flora leaving behind fungal and viral infections to flourish. The bacterium on your skin are needed to compete for space with the fungi and viruses to create your normal flora.

* Antibacterial soaps commonly use Triclosan as their active ingredient. Triclosan is an FDA approved pesticide that some studies show is absorbed through our skin.

DEFENSE SOAP

DEFENSE SOAP™, DEFENSE SOAP WIPES and DEFENSE SOAP SHOWER GEL contain two of nature’s most powerful antimicrobial essential oils: Tea Tree Oil and Eucalyptus Oil. These oils have been known to control skin bacteria and to be a natural remedy for skin Infections such as MRSA, Staph, Impetigo, Ringworm, Herpes.

Eucalyptus Oil is also a known natural anti-viral botanical. Defense Soap also helps to keep the healthy skin flora in balance because it contains no harsh chemicals such as Triclosan, alcohol or other antibacterial chemicals. These chemicals end up destroying all skin bacteria including the beneficial bacteria that are an integral part of the skin’s natural immune system.

Defense Soap Active Natural Ingredients:

Melaleuca Alternifolia (Tea Tree) Oil
Tea tree oil contains a constituent called terpinen-4-ol that is known to be responsible for most of tea tree oil's antimicrobial activity. Because tea tree oil can kill bacteria, applying topical tea tree oil to facial lesions has been thought to kill the skin-dwelling bacteria that are involved in causing lesions and acne vulgaris.

Eucalyptus Globulus Leaf Oil
Eucalyptus Globulus Leaf Oil has anti-inflammatory and analgesic qualities as a topically applied ingredient. Eucalyptus oil is used in personal hygiene products for antimicrobial properties in dental care and soaps. Eucalyptus oil is recognized by The Homeopathic Pharmacopoeia of the United States (HPUS) which is the official compendium for Homeopathic Drugs in the U.S. HPUS is recognized and monitored by the FDA.

How To Use Defense Soap Products

Defense Soap and Defense Shower Gel are most effective when used immediately following training. When showering with our products we recommend you start at the head and work your way down. Our hair holds contaminates that can infect us at a later time. Defense products are safe to use in the hair (shaved or closely cut hair). Work into a full lather then
When cleaning the body use a mesh sponge to work soap into full lather then rinse. The longer our soap is in contact with your skin the more effective it is.

Defense Body Wipes were developed for when you can’t get to the shower. Research has shown that you have about four hours after being contaminated to clean your skin in order to prevent infection. Considering most wrestling tournaments last longer then four hours we saw the need for our wipes. For best results wipe excess sweat from skin then wipe entire body, face, neck, arms and legs with Defense Body Wipes. Our wipes are also great for wiping down headgear and fighter’s gloves.

At Defense we offer our active ingredients at 100% strength in the event we do become infected. Defense Oil can be applied directly to an infected area. Defense Oil should be applied three times a day. We highly recommend applying Defense Oil and then thirty minutes later apply Defense Healing Salve. The healing salve is 5% our active ingredients with Vitamin A and E added to help heal the skin. The healing salve also works well on cleaning and protecting scratches, scrapes and mat burns.

At Defense all of our products are 100% natural.

You can read more about the products/ingredients at www.defensesoap.com.
DEFENSE SOAP ORDER FORM – Due December 7, 2012

Name:__________________________________________________________

Phone number:__________________________________________________

Email:__________________________________________________________

<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>PRICE</th>
<th>QUANTITY</th>
<th>TOTAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bar Soap</td>
<td>$4.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shower Gel – Gallon</td>
<td>$55.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Barrier Foam</td>
<td>$11.50</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Defense Oil</td>
<td>$7.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Equipment Spray</td>
<td>$12.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Shower Gel – 8 oz.</td>
<td>$5.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Defense Wipes</td>
<td>$6.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Laundry Additive</td>
<td>$15.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Healing Salve</td>
<td>$8.00</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Equipment Spray Refill</td>
<td>$10.00</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Shipping: $3.00 (order under $20)

Shipping: $5.00 (orders over $20)

GRAND TOTAL:__________________

Please turn in order forms to:

Kim Bastyr
21175 Clemwood Drive
Prior Lake, MN 55372
Bastyr6@integra.net

Make checks out to Lakeville South Wrestling Booster Club