

New look for medical alert jewelry

Bracelets can be lifesavers

Kroger pharmacy counters throughout the Cincinnati area and suburbs have begun featuring new more attractive and fashionable medical alert jewelry.

Medical ID bracelets and other jewelry can be lifesavers, alerting caregivers immediately to medical conditions such as diabetes, asthma, blood disorders, heart disease, and severe drug, food or insect allergies in emergency medical care is needed and the wearer is incapacitated and unable to explain his condition.

But they only work if people are willing to wear them all the time. Until recently, lower-cost medical ID bracelets were available but were unattractive and "clunky" and particularly unappealing to children, teens and young adults. Medical ID Marketplace has started a partner-



Silicon bracelets such as these can be written on to give specific information regarding allergies. PROVIDED

ship with the Cincinnati-area Kroger stores with a display on the pharmacy counter and brochures for ordering.

The company has introduced a series of designs featuring rubber, mesh, crystal, bead, rope and leather to expand the choices available. The company also offers some more traditional styles, as well as pendant and "dog tag" jewelry options.

Most pieces of Medical ID Marketplace medical ID jewelry carry the Medical Alert symbol and can be customized at no additional charge with engraved information about



This popular bead-style bracelet is one of a number of new designs for medical alert jewelry. PROVIDED

the medical condition of the wearer.

Medical ID Marketplace is also now offering an additional option on some medical alert jewelry called TextID.

The wearer of a medical alert bracelet or pendant can pay a small annual fee to have a complete medical profile stored in a secure online account. Each ac-

count receives a PIN number.

The number can be engraved on the jewelry item, along with the phone number 51020. An emergency medical technician can access the phone number, text in the PIN number and obtain the individual's medical record, including medical medications and up to ten phone numbers of emer-



Another option for medical alert jewelry is this mesh bracelet. PROVIDED

gency contacts.

Medical ID Marketplace also sells "write-on" Medibands, which are silicone bands with a white space on the inside which the wearer can use to provide additional medical information. For example, the bracelet may simply say "Allergy" on the outside, but the wearer can write "no peanuts" on the inside - or an emergency contact number could be added.

The wearer uses a permanent marker or ballpoint pen to write on the inside of the bracelet and then puts the bracelet in boiling water that has been taken off the burner for 30

seconds to make the written notes permanent.

Medical ID Marketplace was founded in 2003 in West Conshohocken, Pa., (a suburb of Philadelphia) by two women, Shelly Hope Fisher and Lisa Paige Hobyak who liked to make jewelry. One of their friends had a teenage daughter who had refused to wear the ugly, obtrusive medical alert bracelets that was the only type available at the time. Hope Paige designed a pretty, fashionable medical alert bracelet for the teen, which she is now happy to wear all the time.

"Our company recognized the importance and lifesaving value of medical bracelets," says Shelly Fisher. "That's why it was so important to create styles that people actually want to wear."

The jewelry is available at Kroger pharmacies and can also be ordered online at www.medical-bracelet.com.

Save money on food with meatless

If you continue to see your paycheck not go as far as it once did, or you no longer have a regular paycheck, you might be looking at all areas of spending with the idea of cutting back. Groceries can be one area on which to save money.



Diane Mason
EXTENSION NOTES

Shop with a list. Those who plan their meals, take inventory of what they have on hand, and make a list of items needed save money if they buy only what is needed. Even planning a couple of days in advance can help you save money.

Shoppers spend an average of \$2 for every minute they are in the grocery. Plan your shopping for times when the store is less crowded and, again, use your list that is organized by the layout of the store.

Eat less meat. Meat can be one of the most expensive categories on a shopping list. Reducing the amount eaten will help you save on groceries. You can leave the meat out altogether or you can make a small amount of meat serve more people. Casseroles are a great way of making a little meat serve more people.

Remember eggs, dairy products and many other foods can provide all the

Shoppers spend an average of \$2 for every minute they are in the grocery.

protein we need.

Consider the foods you already make and see what small changes you can make to leave out the meat.

Buy meat on sale. Wrap

the meat in quantities you will use and store it in the freezer. Be sure to thaw the meat properly in the refrigerator to avoid foodborne illness.

Choose dry beans. Dry beans are a source of many important nutrients. Because of their high fiber content they can help you feel fuller, longer. Add these versatile vegetables to the meal plan often.

Diane Mason is county extension agent for family and consumer sciences at the Boone County Cooperative Extension Service.

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