

Friday Night (under the) Lights...

2021



Happy Friday...

Hello. Hi. What's up? How are you? Good evening...

You probably don't know this but the first line that I type in FNuL is sometimes the hardest one for me to craft. Sometimes that simple introductory line takes me hours to come up with.

Seriously. It's like this weird *writer's block*.

(Don't confuse *writer's block* with "writer's cramp", btw. Writer's cramp or focal hand dystonia (FHD) is an idiopathic movement disorder of adult onset, characterized by abnormal posturing and movement of the hand and/or forearm during tasks requiring skilled hand use, such as writing).

But you knew that, of course...

So here's the challenge I have sometimes. How do I start a written discussion when it's not live and there's no immediate interaction? You, out there, are diverse - I know many of you personally, but not everyone. I don't know how things are with you at this moment in time, but I want to create a connection. So, my introduction (as with all introductions) is such an important part of establishing that connection. And that connection is an important part of establishing a relationship. And that relationship (even in a written communication) is such an important part of the value of FNuL to you. *And I'm writing this thing, so how valuable it is or not, is a direct reflection on me.*

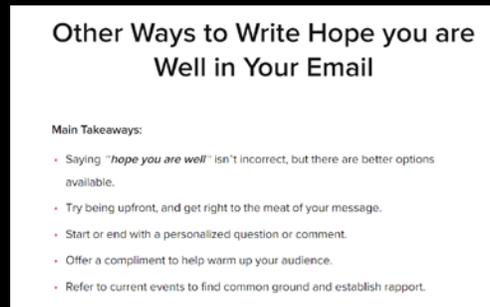
See what I mean??? My personal reputation is directly tied to that introductory sentence!



Pressure...

So, in an effort to provide a better way to introduce a FNuL, I turned to my trusty companion, Google.

Can you believe there's actually a website that addresses this exact challenge? *My lucky day.*



So, while all of this seems way too silly and (as my kids would say) "random", the discussion in these articles was actually very pertinent – Especially in these times where social connection isn't as easy as it usually is.

The authors talked about the reflexive, generic salutation that we normally start many of our encounters with. "Hope you are well" happens to be one of my favorites.

They went on to talk about how impersonal and unimpactful routine greetings have become. In some cases, the greeting feels artificial or could actually be insulting... Most of the time, others just ignore it.

"HmMMM. He knows damn well I'm not doing OK during all this..."

So there were several good suggestions to help an introduction be more impactful and truly get the other person's attention. The introduction starts that connection. Because that connection leads to the relationship which leads to the ... (see above).

I get it. They're right. Those first few moments of two people communicating are critical to set the tone.

With our partners. With patients. With co-workers. With ANYONE we want to connect to. Why not start out with an advantage so what you say has some value to the other person?

So, they had a few suggestions:

- Try being upfront, and get right to the meat of your message.
- Start or end with a personalized question or comment.
- Offer a compliment to help warm up the other person.
- Refer to current events to find some immediate common ground and establish rapport.

In a world where people call on strangers (us) to help them - seems like a simple change with nice potential...

- It's not just the mask, it's how you wear it...

Maximizing Fit for Cloth and Medical Procedure Masks to Improve Performance and Reduce SARS-CoV-2 Transmission and Exposure, 2021

Early Release / February 10, 2021 / 70

Please note: This report has been corrected.

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In this week's CDC MMWR, there was a discussion on the importance of not only wearing masks to reduce transmission, but an emphasis on how tightly the mask fit the wearer and the potential advantages of double masking.

During January 2021, CDC conducted experimental simulations using pliable elastomeric source and receiver headforms to assess the extent to which two modifications to medical procedure masks, 1) wearing a cloth mask over a medical procedure mask (double masking) and 2) knotting the ear loops of a medical procedure mask where they attach to the mask's edges and then tucking in and flattening the extra material close to the face (knotted and tucked masks), could improve the fit of these masks and reduce the receiver's exposure to an aerosol of simulated respiratory droplet particles of the size considered most important for transmitting SARS-CoV-2.

The receiver's exposure was maximally reduced (>95%) when the source and receiver were wearing modified medical procedure masks. The laboratory-based experiments highlight the importance of good fit to optimize mask performance.

Until vaccine-induced population immunity is achieved, universal masking is a highly effective means to slow the spread of Covid when combined with other protective measures, such as physical distancing, avoiding crowds and poorly ventilated indoor spaces, and good hand hygiene.

This is yet another important reminder of the importance of an nose and mouth protection from aerosolized particles in preventing virus transmission...

- **Our struggles with masks are not new...**

Ran across these this week. Some of the same challenges we face today with widespread mask use and physical distancing were exactly the same during the Spanish Flu in 1918. Remember, the evidence supporting the huge value of masks limiting transmission of infectious agents was not as well validated then as it is today.

These are Seattle Police Officers – at various times, when voluntary masking wasn't working, local governments created fines (or jail time) for not wearing a mask.



Elected Officials even mandated the closing of public gathering places. *Imagine that!*



This public health effort was *the only* defense against the Spanish Flu. There was no vaccine available. These measures worked to eventually eliminate the pandemic and return communities to a normal way of life.

There's a powerful message in that experience. Medicine learns from experience. We shouldn't ignore it.

And one of the really great lessons we learned from the Spanish Flu?

Change the mask design.

Wear a Mask



DR. MEYER ILLUSTRATING THE USE OF A MASK—FRONT VIEW.



DR. MEYER ILLUSTRATING THE USE OF A MASK—SIDE VIEW.

We appeal to your civic patriotism to co-operate with us in our effort to

STAMP OUT THE Spanish Influenza or "Flu" Plague in Portland By Wearing a Mask

You should willingly co-operate in doing this and not necessitate the passage of an ordinance which will make the wearing of a mask compulsory.

OBSERVE THE FOLLOWING RULES

Masks should be worn when you enter crowds, streetcars, stores, theaters, moving-picture houses, churches, schools, and even at home.

After you have worn the mask sterilize it by boiling for at least five minutes before you wear it again. Never wear a mask the second time, after having removed it to go from one place to another.

Realize that the outside of the mask is contaminated after use—you can very readily infect your fingers, and in this manner transmit the infection.

The mask should consist of four layers of butter cloth. Pattern of it will be shown in the big stores.

Never visit people who suffer from a cold without wearing a mask, because they may have influenza, if only in a mild form.

Signed:

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Signed:

THE CONSOLIDATED HEALTH BUREAUS

By E. A. SOMMER

Director-General.



- Epilogue...

A man walks into a bar and orders 12 of the most expensive whiskey shots.

The bartender lines up 12 shot glasses and fills them up.

The man quickly downs all 12 of them back to back and taps the bar, "again."

The bartender looks a little confused, but lines up 12 more shots.

The man quickly downs all 12 shots and hits the bar, "again."

The bartender, visibly concerned, fills up 12 more shots and lines them up on the bar.

The man quickly downs all 12 shots and hits the bar, "again."

The bartender says "hold up man! You gotta slow down!"

The man says "trust me, if you had what I had, you'd be drinking this fast too."

"Oh my God," says the bartender, quietly leaning over the bar he asks, "what do you have?"

"A dollar"

So, that's it from my World. Happy Friday.

Hope you "have a nice day".

(Oh yea. Closings are just as important as openings).

But that's another discussion for another day.

For tonight - *these are hard times. I truly do hope you and the people you care about and those that depend on you are healthy, feel safe and have an opportunity to laugh as much as they can. We need you.*

Translated – "I hope you are well". But I'll tell you in a way that you know I mean it this time.

Ed

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