

## All About Seasickness and How to Prevent It

Here is some information to help those who suffer from one of the main reasons people do not afford themselves the pleasure of a day's fishing aboard a boat - namely the fear and apprehension associated with seasickness.

While there are numerous home remedies, such as ginger, crackers and other foods touted to alleviate and sometimes prevent seasickness, most times they are ineffective. Drugs such as Dramamine(R), Bonine(R) are effective but cause drowsiness and sedation for the most part. There are also wrist bands which apply accupressure on the wrist and are an alternative drug therapy.

Prescription drugs in transdermal patches are available and have been quite successful, except for a few side effects, drowsiness and dry mouth, blurred vision and potential hallucinations. The handling of patches is a concern, for the patch will deliver the drug to wherever it touches. For the most part millions of patches have successfully been used with satisfaction.

There is another alternative for both prevention and treatment of seasickness-IV Plus. It does, however, require discussion with you, your doctor and one of our pharmacists. IV Plus has been compounding custom medications for seasickness for more than fifteen(15) years. You can be assured they have treated many patients along the east coast and firsthandedly seen someone seasick take medication with almost immediate relief.

If you suffer from seasickness and wish to have them help you please call: **IV Plus: Dom Siano, RPh 561-468-0074 or 800-IV-PLUS-2, 800-487-5872.**

(The following information was downloaded from the Internet as a source of information only. IV Plus does not promote or advocate the use of the following information. Always check with your doctor prior to any treatments.)

### **How to Prevent Sea-Sickness and Motion Sickness -The Cause**

There are organs in your inner ears which detect whether your head is vertical or tilted. Without them you would fall over. (They are called the "semi-circular canals.") If you rock your head back and forth many times the detection is more than your brain was made to receive and you get sick. That is what happens to you when you get seasick on a rocking boat or motion sick in a car.

### **Prevention and Cure**

Both prevention and cure is to stop your head from rocking. When the boat rocks to the left, you rock your head (or your whole body) to the right so your head remains vertical. If your head remains vertical, you will not get sick.

The boat swings left and right ("yaw"), rolls side to side ("roll"), and tilts forward and back ("pitch"). Whichever way the boat goes, you go the other way the same amount so your head stays still.

The boat also rises and falls, like an elevator. You may not like this motion any more than in a fast elevator, but elevator motion does not tilt your head and does not make you sick.

There are several ways to know that your head is truly vertical: You just know. I have successfully stopped my seasickness in the middle of the night merely by feeling which way was straight up, and feeling the motion of the ship. I stood up and held onto a post and swayed in reverse to the ship sway and got better in a few minutes and stayed better.

In the daytime, concentrate your gaze on the horizon. It doesn't move. Move your head, or your entire body, so that the horizon stays still in your field of vision.

Carry a bubble level. For about a dollar, you can buy a little circular level used to level furniture in your house. Hold it clamped to your chest and move your body to keep the bubble centered. This will enable you to cancel both roll and pitch - but not yaw. However, yaw (the boat's side to side direction changing) is usually very much less. If you want to go all the way with instruments, also carry a simple compass and turn your body so it always shows the same direction.

### **The original Sea-Band for seasickness:**

The Sea-Band is a non-drug aid to prevent or to end seasickness. Sea-Band exerts gentle pressure on a specific acupressure point on the underside of each wrist. Unlike transdermal pharmacological remedies, the Sea-Band can be worn continuously or repeatedly with zero unwanted side effects. Washable, one size fits all.