

BEE STING, AN EMERGENCY OVERVIEW

Honey bee is the commonest specie of bee, found everywhere in the world except the Antartica. Though the sting of a bee is fearful but their importance to the ecosystem cannot be underestimated.

Some facts about Bees

1. Not all bees stings
2. Bees are quite different from wasps
3. Bees sting when feel threatened
4. Hybrid breed of bee (African and European) are prone to attack
5. A typical honey bee dies after stinging

Types of Bees

1. Africanized honey bee(most aggressive)
 2. Honey bee (most painful bee)
 3. Ground bee
 4. Digger bee
 5. Bumble bee
 6. Social bee
 7. Solitary bee
- And so on

Health benefit of Bee sting

One of the tested importance of bee sting is its effect on inflammatory conditions like arthritis (Rheumatoid arthritis). The process of using bee sting as a form of treatment is called Apitherapy. There are other claim that it can be used to treat things like Parkinson's disease, reduce pain,reduce inflammation and all.

As much as Apitherapy works, it is advised not to practice it in a facility without emergency service due to anaphylactic reaction from an allergic person or someone who develop allergy to bee sting.

Dealing with Bee Sting

Since the bee leaves the stinger on the skin of the person, then the goal will be to remove the stinger.

Scrape off gently the site of the sting with anything having a dull edge like an ATM card. The next thing is to diffuse the sting of the bee. You might want to massage it to for immediate high blood flow or apply a cold press to the area to reduce the blood flow to the area, either way the diffusion will occur.

Be rest assured that your pain will subside with time.

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