

## Light Bulbs 101

(Continued from 1)

household bulbs. Some even have a cosmetic glass bubble surrounding them so that they look like a regular light bulb. The spiral CFL bulbs are priced comparable to the incandescent. They are much more efficient. If you need a "dimmable" bulb, be sure to read the packaging, as this does take a special bulb. CFLs have received a lot of bad press since the early versions emitted an off color light, because they contain mercury and because they all come from China. In recent years, the color output has been greatly improved and mercury levels greatly reduced. It would take about 125 CFL bulbs to equal the mercury in one thermometer. And keep in mind that we have been using their big brothers – the two and four foot fluorescent tubes – for a long time without any major problems. As to whether they are being made in China, the answer is yes, but most incandescent bulbs are being made in China. GE did close a plant employing 200 people in Winchester, VA along with a glass plant that employed 114, but part of the manufacturing was transferred to a GE plant in Mexico. A 60 watt incandescent can be replaced by a 13 watt CFL for about the same price. That's a substantial energy savings and with 6 times longer bulb life, they end up being quite a bit more economical.

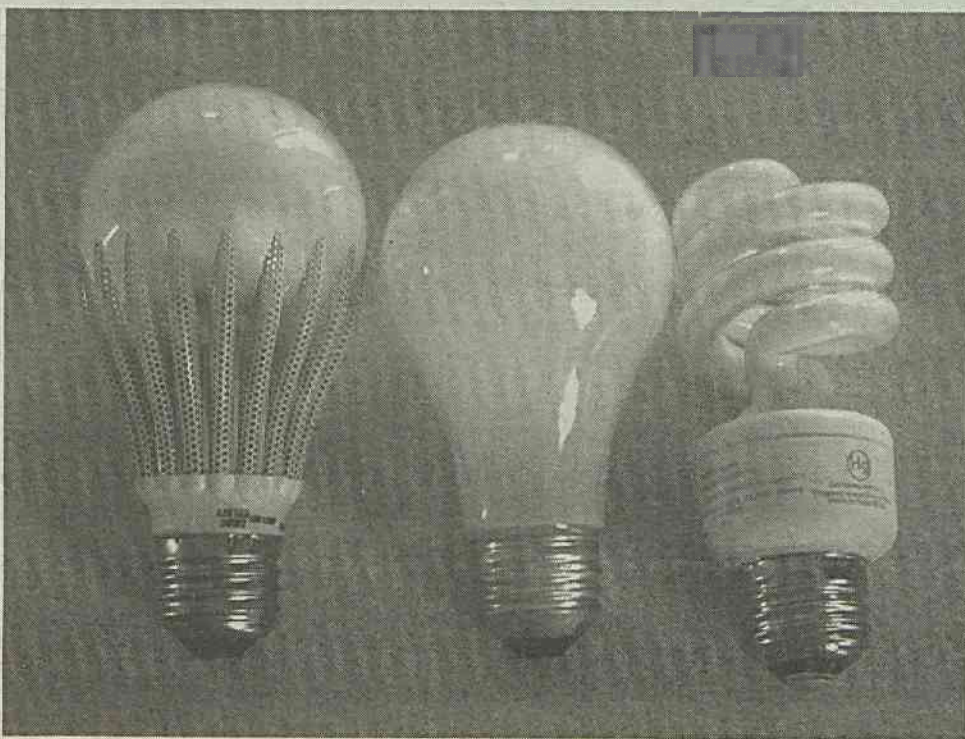
LED bulbs are solid-state devices. They are the most efficient and have the longest life, but there's a lot of pioneering yet to be done to make them practical. Their light output is usually a little more bluish than we are accustomed to, and their \$40+ cost for a 60 watt bulb doesn't justify their 25,000 hour life. They are showing up as auto headlamps, and eventually they may be the standard, but they probably will always be a little more expensive as each light bulb must have a built-in power supply.

Unfortunately, to date we have sized our light bulbs according to the energy they use and not by the light that they put out. This will be changing as bulbs will soon be rated by their light output in "lumens," and it could be confusing for awhile. The chart below should help you determine what you might need in the future.

**Light Bulb Energy Usage**

		LUMENS				
		450	800	1100	1600	2600
WATTAGE	Incandescent	40	60	75	100	150
	Halogen		43	53	72	
	CFL	10	13	20	23	35
	LED	7.5	10			

*Note that wattage and lumen output vary slightly by manufacturer*



## The 8 Warning Signs of Vein Disease:

- Tired, heavy-feeling legs.
- Leg pain from prolonged sitting or standing.
- Swollen ankles at night.
- Varicose or spider veins.
- Tingling, numbness, burning or cramping in legs and feet.
- Discoloration of the skin.
- Open sores or ulcers on lower leg.
- History of vein problems in the family.

*If you've answered yes to one or more of these questions, please talk to your physician and see us.*

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