

Alliance

Handshake

July 2014

With the advent of summer, it is important to understand that while electric fans may be useful to increase comfort and draw cool air into your home at night, a fan should NOT be relied upon as your primary cooling device during a heat wave. When the temperature is in the upper 90s, a fan will not prevent heat-related illness.

In order for a fan to be effective, the skin surface must be moist. When the skin surface is moist, moving air removes heat from the skin as the moisture evaporates. Unfortunately when a person begins to develop a heat-related illness, he/she stop sweating. In order for a fan to be effective, the skin must be moist either with sweat, or with dampened clothing, or with moisture added by rubbing wet cloths over the skin surface. Remember, a cool shower or a bath is a more effective way to cool off.

During a heat wave, it is advisable to stay in an air-conditioned environment. If air conditioning is not available, consider a visit to a shopping center, public library, movie theater, supermarket, or other air-conditioned location for a few hours.

All branches of the Public Library System in the Greater Kansas City area are acting as cooling centers during the summer. Take advantage of this opportunity.

-William Van Ry

Memory Game



It is very important to exercise the mind as well as the body. With each edition of our newsletter, we will include a memory word game for you to complete.

Word Game



Last issues word: **EVOLVING**

envol	ovine	long	evil	legion
love	veil	leno	loving	vein
lien	ingle	vile	line	involve
vine	ling	noel	viol	lingo
noil	viol	lingo	noil	voile
lion	novel	vole	live	give
ogive	liven	given	ogle	loge
glen	olive	loin	glove	oven
lone	gone			

The average is 21 words. Did you meet or beat this standard?

Can you find 40 words in next issues word **TENDERLY?**

HEAT EXHAUSTION

Heat exhaustion is a heat-related illness that can occur after you have been exposed to high temperatures for several days and have become dehydrated.

There are two types of heat exhaustion:

- Water depletion. Signs include excessive thirst, weakness, headache, and loss of consciousness.
- Salt depletion. Signs include nausea and vomiting, frequent muscle cramps, and dizziness.

Although heat exhaustion isn't as serious as heat stroke, it isn't something to be taken lightly. Without proper intervention, heat exhaustion can progress to heat stroke, which can damage the brain and other vital organs, and even cause death.

Symptoms of Heat Exhaustion

The most common signs and symptoms of heat exhaustion include:

- Confusion
- Dark-colored urine (a sign of dehydration)
- Dizziness
- Fainting
- Fatigue
- Headache
- Muscle cramps
- Nausea
- Pale skin
- Profuse sweating
- Rapid heartbeat

Preventing Heat Exhaustion

When the heat index is high, it is best to stay indoors in air conditioning. If you must go outside, you can prevent heat exhaustion by taking these steps:

- Wear lightweight, light-colored, loose-fitting clothing, and a wide-brimmed hat.
- Use a sunscreen with a SPF of 30 or more.
- Drink extra fluids. To prevent dehydration, it is generally recommended to drink at least eight glasses of water, fruit juice, or vegetable juice per day. Because heat-related illness can also result from salt depletion, it may be advisable to substitute an electrolyte-rich drink for water during periods of extreme heat and humidity.
- Take additional precautions when exercising or working outdoors. The general recommendation is to drink 24 ounces of fluid two hours before exercise, and consider adding another eight ounces of water or sports drink right before exercise. During exercise or working outdoors, you should consume another eight ounces of water every 20 minutes even if you don't feel thirsty.

Avoid fluids containing either caffeine or alcohol, because both substances can make you lose more fluids and worsen heat exhaustion. If you have epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention, check with your doctor before increasing your liquid intake.

Dehydration

Prior to going out for a long day in the sun, learn to protect yourself against the dangers of dehydration and heat illness. Below are answers to the most common questions concerning dehydration:

1. What puts me at risk for dehydration?
The most common things that put you at risk include:
 - a. Prolonged exposure to high temperatures, direct sun, and

high humidity, without sufficient rest and fluids.

2. What are the signs of dehydration?
Early signs of dehydration include fatigue, thirst, dry lips and tongue, lack of energy, and feeling overheated. If you wait to drink until you are thirsty, you are already dehydrated. Thirst doesn't kick in until you have lost 2% of your body weight as sweat.

Untreated dehydration can lead to three types of heat illness:

- Heat cramps: Painful cramps of the abdominal muscles, arms, or legs.
- Heat exhaustion: Dizziness, nausea, vomiting, headaches, weakness, muscle pain, and sometimes unconsciousness.
- Heat stroke: A temperature of 104 degrees or higher and severe symptoms, including nausea and vomiting, seizures, disorientation or delirium, lack of sweating, shortness of breath, unconsciousness, and coma.

Both heat exhaustion and heat stroke require immediate care. Heat stroke is a medical emergency that, when untreated can be deadly. Anyone with heat stroke should be rushed to the nearest hospital.

3. What can I do to prevent dehydration?
Make sure you drink cool water and sports drinks early and often. Make sure you take regular breaks to drink fluid, even if you aren't thirsty. A good size drink is nine ounces.

Risk Factors for Heat Exhaustion

Heat exhaustion is strongly related to the heat index, which is a measurement of how hot you feel when the effects of relative humidity and air temperature are combined. A relative humidity of 60% or more hampers

sweat evaporation, which hinders your body's ability to cool itself.

The risk of heat-related illness dramatically increases when the heat index climbs 90 degrees or more. So it is important – especially during heat waves – to pay attention to the reported heat index, and also to remember that the heat index is even higher when you are standing in full sunshine.

If you live in an urban area, you may be especially prone to develop heat exhaustion during a prolonged heat wave, particularly if there are stagnant atmospheric conditions and poor air quality. In what is known as the "heat island effect", asphalt and concrete store heat during the day and only gradually release it at night, resulting in higher night time temperatures.

Other risk factors associated with heat-related illness include:

- Age. Adults over the age of 65, are particularly vulnerable because they adjust to heat more slowly than other people.
- Certain health conditions. These include heart, lung, or kidney disease, obesity or underweight, high blood pressure, diabetes, mental illness, sickle cell trait, alcoholism, sunburn, and any conditions that cause fever. People with diabetes are at increased risk of emergency room visits, hospitalization, and death from heat-related illness and may be especially likely to underestimate their risk during heat waves.
- Medications. These include diuretics, sedatives, tranquilizers, stimulants, some heart and blood pressure medications, and medications for psychiatric conditions.

Check with your doctor to see if your health conditions and medications are likely to

affect your ability to cope with extreme heat and humidity.

Treatment for Heat Exhaustion

If you, or anyone else, has symptoms of heat exhaustion, it is essential to immediately get out of the heat and rest, preferably in an air-conditioned room. If you can't get inside, try to find the nearest cool and shady place.

Other recommended strategies include:

- Drink plenty of fluid (avoid caffeine and alcohol).
- Remove any tight or unnecessary clothing.
- Take a cool shower, bath, or sponge bath.
- Apply other cooling measures such as fans or ice towels.

If such measures fail to provide relief within 30 minutes, contact a doctor because untreated heat exhaustion can progress to heat stroke.

After you have recovered from heat exhaustion, you will probably be more sensitive to high temperatures during the following week. It is thus best to avoid hot weather and exercise until your doctor tells you that it is safe to resume your normal activities.

For further resource information, please contact the office at 913-233-01060.



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