

July 2013

## July: Summer Activity— Keeping Cool and Safe

### Maintain Heart Health During Summer

People who spend time outdoors during the summer should consider their heart health and take steps to avoid heat-related illnesses, says Dr. Alan Gertler, a cardiologist at the University of Alabama at Birmingham.

"The heat of summer increases stress on the heart, particularly during exercise," Gertler said in a university news release. "Exercise and the air temperature increase core body temperature, and high humidity further complicates the situation because sweat doesn't easily evaporate from your skin." "Your body responds by diverting more blood to the skin to cool itself, which results in less blood flow to the muscles and consequently an increase in heart rate," Gertler continued.

Warnings signs of a heat-related illness include: muscle cramps, nausea, vomiting, weakness, headache, dizziness, confusion, irritability, a body temperature above 104 degrees Fahrenheit and cold, clammy skin.

"If you experience symptoms of heat-related illness while outdoors, stop what you're doing and get out of the heat," Gertler advised. "Drink plenty of fluids -- either water or a sports drink -- and remove extra clothing and wet down your body with cool water. If symptoms don't improve after 30 minutes -- or if you exhibit heat stroke symptoms -- seek medical attention immediately." "Heat-related illnesses are preventable, Gertler said. He offered the following tips to help people avoid these conditions while enjoying outdoor activities in the summer:

**Hydrate**—Drink 8-12 ounces of water 30 minutes before any type of physical activity. Drink 6-10 additional ounces for every 30 minutes of exercise. Drink sports drinks for any activities that last longer than an hour.

**Consider clothing wisely**—Choose light-colored, loose-fitting cotton T-shirts and shorts to stay cooler. Also wear a hat with a brim.

**Monitor your heart rate** while you exercise, and stay within the range prescribed by your doctor," Gertler said.

"If you have an underlying heart problem, talk to your doctor before exercising in the heat."

**Source:** HealthDay  
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<http://www.ahealthyme.com/Search/6,665880>

## Listen Safely When Summer Sounds Abound

When you think of the sounds of summer, you may conjure up the soft tinkle of the ice cream truck ambling down the street or the chirping of crickets outside your window at night. But that's only part of the story. Some of the sounds you're exposed to during summer months can be as loud as if you were working in a factory or at a construction site. And people in those occupations are required to wear hearing protection!

Attending summer concerts, watching a monster truck show at the fair, riding a personal watercraft, watching fireworks—these are the activities that make summer so much fun. But they can also wreak havoc on your hearing if they expose you to loud noises for too long. Your power lawn mower, weed trimmer and chainsaw can also damage your hearing if used repeatedly with no earplugs or earmuffs. Here's a tip: If you have to shout to be heard over the noise, then it's likely loud enough to damage your hearing. If you find yourself in those situations, walk away from the sound, turn down the volume or wear hearing protection.

Learn more about how to enjoy the sounds of summer at NIH's Noisy Planet campaign website at [www.noisyplanet.nidcd.nih.gov](http://www.noisyplanet.nidcd.nih.gov).

**Source:** *NIH News in Health*  
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<http://newsinhealth.nih.gov/issue/jun2011/capsule2>

## Frequently Asked Questions About Extreme Heat

Did you know that the Centers for Disease Control and Prevention has an entire area on their website devoted to answering questions about heat related issues? Answers to questions such as:

- What happens to the body as a result of exposure to extreme heat?
- Who is at greatest risk for heat-related illness?
- What is heat stroke?
- What are the warning signs of heat stroke?
- What should I do if I see someone with any of the warning signs of heat stroke?
- What is heat exhaustion?

In addition to Q&A, the CDC has some excellent tips for preventing heat-related illness. Navigate to the link below for more information.

**Source:** Centers for Disease Control and Prevention  
<http://www.bt.cdc.gov/disasters/extremeheat/faq.asp>

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### As Heat Builds, Take Steps to Protect Yourself

As the first major heat wave of the summer engulfs the continental United States, health experts are urging people to take special precautions when dealing with scorching temperatures and oppressive humidity. One of the most important things to do is to drink plenty of water throughout the day to avoid dehydration, said Dr. Robert Glatter, an emergency physician at Lenox Hill Hospital in New York City.

Sports drinks that contain electrolytes such as sodium and potassium with small amounts of glucose may help to combat dehydration, Glatter noted, but caffeinated beverages and products with high amounts of sugar can worsen dehydration.

Because children and the elderly are particularly vulnerable to dehydration, they should be checked on often and encouraged to drink lots of fluids, he added.

Many seniors take medications, including diuretics and some blood pressure drugs, that hamper the body's ability to cool itself through sweating, and people who are overweight may also be prone to heat sickness because of their tendency to retain more body heat, according to the U.S. Centers for Disease Control and Prevention. Along with consuming lots of fluids, try not to stay outside any longer than necessary, Glatter added. "Stay indoors if possible, preferably in an air-conditioned space," he said. "If only a fan is available, misting with cool water may help to cool you by evaporation."

If you do have to spend time outdoors, wear loose, light-colored clothing and a wide-brimmed hat, to shield yourself from the sun's rays, Glatter noted. The CDC recommends a "buddy system" when working in the heat, to monitor the health of your co-workers and have them do the same for you. Heat-induced illness can cause a person to become confused or lose consciousness, and you should call 911 immediately if you see this happening.

Even short periods of searing temperatures can cause serious health problems, so the CDC recommends that you listen to local media reports or contact local health departments for safety updates.

Overexerting yourself on a hot day, spending too much time in the sun or staying too long in an overheated place can all cause heat-related illnesses.

**Source:** HealthDay  
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Krames StayWell  
<http://www.ahealthyme.com/Search/6,665929>

### Healthy Summer Habits

- Beat the sun and heat with an early morning or evening activity.
- Use sunscreen that blocks both UVA and UVB with a sun protection factor (SPF) of at least 15 and reapply frequently.
- Use sunglasses that block both UVA and UVB.
- Try to stay in the shade when outdoors during peak sunlight.
- Drink plenty of water before, during and after exercise.

**Source:** *NIH News in Health*  
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National Institutes of Health  
<http://newsinhealth.nih.gov/issue/jun2010/feature1>

### Healthy Recipe: Make Your Own Turkey Burger

#### Ingredients:

12 oz 99 % lean ground turkey      2 Tbsp fresh parsley, rinsed,  
4 whole-wheat hamburger buns      dried, and chopped  
Nonstick cooking spray              1/2 tsp dried oregano  
1 C fresh tomatoes, rinsed/diced    1 C red onions, diced  
1 C white mushrooms, rinsed and sliced  
1 C part-skim shredded mozzarella cheese

#### Instructions:

Preheat oven to 350°F. Arrange burger ingredients (tomatoes, red onions, mushrooms, and mozzarella cheese) in separate bowls. Ask each person to select ¼ cup total of his or her choice of ingredients. Divide ground turkey into four parts on a plate. Ask each person to combine his or her ¼ cup of burger ingredients with one portion of ground turkey and mix well to form a patty ½-inch to ¾-inch thick. Brown burgers on a nonstick pan coated with cooking spray for 2–3 minutes on each side. Then, transfer burgers to a baking sheet coated with cooking spray and place in the preheated oven for about 10 minutes (to a minimum internal temperature of 165°F). Assemble burgers on buns, and serve.

**# of Servings:** 4 servings **Cook Time:** 30 minutes

#### Amount Per Serving:

Calories 308	Carbohydrate 30 g
Sodium 230 mg	Protein 33 g
Fiber 4 g	Cholesterol 52 g
Potassium 432 mg	

**Source:** National Heart, Lung, and Blood Institute  
<http://hp2010.nhlbi.nih.net/healthyating/recipe/detail.aspx?linkId=12&cId=2&rId=127>