



Enjoy a Healthy Summer

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7 Summer Health Tips

1. **Drink plenty of water.** When heat and humidity are high, you can quickly become dehydrated. Your body's thirst mechanism isn't very accurate and becomes more unreliable with age. By the time most of us feel thirsty, we're already slightly dehydrated. It's especially important during warm weather to drink 8 glasses of water a day.
2. **Protect your eyes and skin.** Wear sunglasses and sunscreen to protect your eyes and skin from the sun's dangerous UV rays. Sunburn abuse can lead to skin cancer. So wear protective clothing and sunscreen with at least a sun protection factor (SPF) of 15. For sunburn relief, aloe vera gel or cool white vinegar can help ease the pain.
3. **Beat the heat.** As temperatures rise, your body works overtime to stay cool. Any outdoor activity in high heat is physically stressful and can lead to heat exhaustion or even heat stroke. Wear light, loose fitting clothing and don't overdo it. A complete nutritional profile that includes vitamin B, Zinc and antioxidants like C, E and carotenoids will boost your immune system and help fight stress, airborne allergens and toxins.
4. **Balance activity with rest.** Sunshine and warm weather offer a whole smorgasbord of activities. But don't push yourself beyond your physical limits or let overexertion squash your energy. Schedule time to rest, relax and take a nap when necessary.
5. **Don't sweat it.** One fact of heat is sweat. Even walking to your car in extreme heat can cause those little salty beads to pop out under your arms and on your face. Since sweating causes you to lose precious minerals, keep your electrolytes in balance by getting plenty of minerals from fresh fruit, vegetables and health supplements.
6. **Overcome grill overkill.** Nothing says, "fire up the grill" quite like warm weather. However, the chemistry of carcinogens produced by grilling can increase cancer risks. Studies suggest that following grilled meat with antioxidants such as vitamins C, E and carotenoids may offer protection against harmful grilling carcinogens.
7. **Eat smart and healthy.** Vacations and summer picnics can be a huge temptation to pig out. Don't fall for it. Too much junk food could destroy your summer fun. Keep your energy up by limiting sweets and fatty food and focusing on fresh summer fruits and vegetables, whole grains and healthy lean protein.



May Tip of the Month

Make healthy snacks. Buy your favorite nuts and dried fruits from the bulk bins at your grocery store or natural foods shop, and make your own snack mix. You'll know what you have is fresh, with only the items you enjoy. It's usually cheaper, too.

Get some fresh air. Just 20 minutes in the open air can boost your energy for the whole day. It's good for your mood and helps to relieve stress, depression and anxiety. Instead of lunch at your desk, put on your sneakers and head out for a walk. You'll feel better for it!

Wash your hands. The single most important step you can take to stay healthy is simply to wash your hands. It's natural protection against colds and flu, and all the contagious bugs that live in our world.

"A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken."...James Dent

First Aid: Insect Bites and Stings

Signs and symptoms of an insect bite result from the injection of venom or other substances into your skin. The venom sometimes triggers an allergic reaction. The severity of your reaction depends on your sensitivity to the insect venom or substance and whether you've been stung or bitten more than once.

Most reactions to insect bites are mild, causing little more than an annoying itching or stinging sensation and mild swelling that disappear within a day or so. A delayed reaction may cause fever, hives, painful joints and swollen glands. You might experience both the immediate and the delayed reactions from the same insect bite or sting. Only a small percentage of people develop severe reactions (anaphylaxis) to insect venom. Signs and symptoms of a severe reaction include: nausea, facial swelling, difficulty breathing, abdominal pain, deterioration of blood pressure and circulation (shock).

Bites from bees, wasps, hornets, yellow jackets and fire ants are typically the most troublesome. Bites from mosquitoes, ticks, biting flies and some spiders also can cause reactions, but these are generally milder. Although rare, some insects also carry disease such as West Nile virus or Lyme disease.

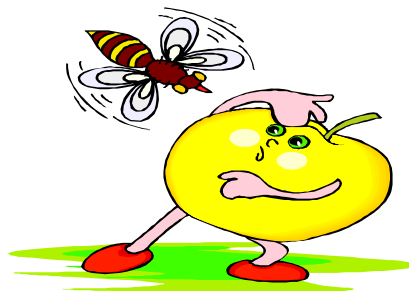
For mild reactions:

- Move to a safe area to avoid more stings.
- Remove the stinger, especially if it's stuck in your skin. This will prevent the release of more venom. Wash area with soap and water.
- Apply a cold pack or cloth filled with ice to reduce pain and swelling.
- Apply hydrocortisone cream, calamine lotion or a baking soda paste to the bite or sting several times a day until symptoms subside.
- Take an antihistamine containing diphenhydramine (Benadryl, Tylenol, Severe Allergy) or chlorpheniramine maleate (Chlor-Trimeton, Actifed).

Allergic reactions may include mild nausea and intestinal cramps, diarrhea, or swelling larger than 2 inches in diameter at the site. See your doctor promptly if you experience any of these signs and symptoms.

Severe reactions may progress rapidly. Call 911 or emergency medical assistance if the following signs or symptoms occur:

- Difficulty breathing
- Swelling of the lips or throat
- Faintness
- Dizziness
- Confusion
- Rapid heartbeat
- Hives
- Nausea, cramps and vomiting



Take these actions immediately while waiting with an affected person for medical help:

- Check for medications that the person might be carrying to treat an allergic attack and administer the drug as directed.
- Have the person take an antihistamine pill if they are able to do so without choking.
- Have the person lie still on their back with feet higher than the head.
- Loosen tight clothing and cover the person with a blanket. Don't give anything to drink.
- Turn the person on his or her side to prevent choking if there's vomiting or bleeding from the mouth.
- Begin CPR if there are no signs of circulation, such as breathing, coughing or movement.

If your doctor has prescribed an auto-injector of epinephrine, read the instructions before a problem develops and also have your household members read them.