

2017 Summer Newsletter from Carolina Medical Consultants, PA

Summer can be easy and fun if we plan properly and follow a few important tips:

1. Drink plenty of water to stay well hydrated (64 ounces a day unless you're on fluid restrictions by your medical provider).
2. Limit caffeine and alcoholic beverages. Alcohol, soda, coffee and tea can dehydrate you quickly, especially in hot weather. Drink water plain or flavored.
3. Sunblock when outdoors, SPF 30 or higher (face, lips); further protect yourself by wearing hats and sunglasses. Re-apply sunscreen every 2 hours when swimming or sweating.
4. Stay indoors during extreme heat and humidity. Evaporation slows down and the body can't maintain a normal temperature especially in the **elderly**.
5. **Seniors**, your home temperature should not exceed 85 degrees for prolonged periods of time. If you don't have air conditioning or can't leave the home, take a cool bath or shower on extremely hot days.
6. **Never** swim alone; **PLEASE WATCH CHILDREN AROUND WATER.**
7. Wear life jacket when boating, and avoid alcoholic beverages.
8. Leave **all** fireworks to a trained professional.
9. Use mosquito repellent; clear areas of standing water; use window and door screen where needed. This will lower your risk for West Nile Virus...
10. We love our furry friends if they reside outside provide them with adequate shade and water to drink this summer. On extremely hot days bring them **inside** the home.
11. **SIGNS OF HEAT STROKE:** Facial flushing, elevated body temperature, headache, nausea, rapid pulse, dizziness, and confusion. **SEEK MEDICAL ATTENTION IMMEDIATELY!!!**
12. **CONGESTIVE HEART FAILURE (CHF):** Healthcare providers usually tell CHF patients to limit the amount of fluids they eat or drink. In the hot weather you may be sweating out or breathing out more fluid than usual. Please check with your provider on the proper amount of water to drink daily to avoid further heart complications.

CAROLINA MEDICAL CONSULTANTS WISHES YOU A HEALTHY SUMMER...