

Wellness Newsletter

Augusta Technical College

Summer Heat Rises This Month

It is the middle of summer, which means the heat index can now reach over 100 degrees with ease. Therefore, while the temperature is rising outside, so is the temperature inside your body. Heat at this extreme can lead to heat exhaustion or even heat stroke if not monitored correctly.

"Heat illnesses are a very large problem during the hottest summer months when people are outside performing tiring activities," said Dr. Bill Chase, MD with Iowa Health - Des Moines Physicians and Clinics. "Heat exhaustion occurs when the body is perspiring but the sweat can not evaporate due to humidity. Your body can not cool down and becomes overloaded."

Signs of heat exhaustion can include severe thirst, nausea, muscle weakness, irritability, headaches and increased sweating. If you begin to feel any of these symptoms, it is important to find shade immediately.

"When people ignore the signs of heat exhaustion, they are putting themselves in severe danger. Heat exhaustion untreated leads to heat stroke, which can be deadly. This occurs when the body stops controlling your body temperature and causes it to soar to 106 degrees or higher in 10-15 minutes," said Dr. Chase. "Heatstroke can lead to brain damage or even death if not treated immediately."

Signs of heat stroke include severe headaches, red, hot and dry skin, very little perspiration, confusion, unconsciousness, difficulty in breathing and

a rapid pulse. If you are experiencing any of these symptoms you should call a doctor immediately.

"If you are experiencing heat exhaustion or heat stroke, there are a few things that can help to bring down your body temperature," said Dr. Chase. "Find shade immediately and get rid of any unnecessary clothing. Drink rehydration drinks such as sports drinks that contain electrolytes and spray yourself with cool water. You should rest for the next 24 hours and avoid strenuous activity for the next one to three days."

Iowa Health-Des Moines recommends these tips in preventing heat illnesses:

Always drink plenty of fluids before and during an activity in hot, sunny weather.

Wear light-colored, loose-fitted clothing.

Do not take part in rigorous activity between the hours of noon and 6 p.m.

Pay attention and heed heat advisories and other weather broadcasts.

Enjoying the sunny weather is a great way to spend the summer, but be smart and drink plenty of fluids and come inside often. Staying safe in high temperatures is very simple; do not try to beat the heat.

<http://www.iowahealth.org>

<http://www.medicalnewstoday.com>

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National Health Observances

- *Cataract Awareness Month*
- *Children's Eye Health & Safety Month*
- *Immunization Awareness Month*
- *Minority Donor Awareness Day (1st)*
- *Psoriasis Awareness Month*
- *Spinal Muscular Atrophy Awareness*
- *World Breastfeeding Week (1st—7th)*

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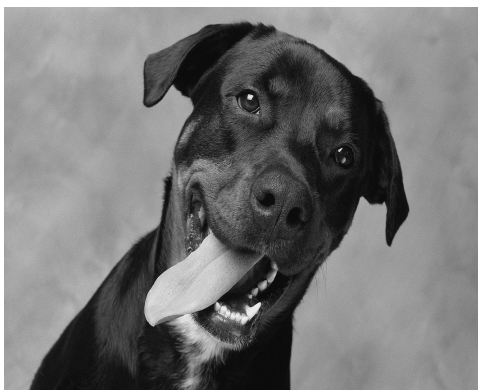
Intense Summer Heat Dangerous to Pets

As the days of extreme heat keep people in air-conditioned homes or at the pool, many animals are suffering because their owners don't realize how fast the heat can affect and kill them.

Pets and wildlife come outside often during the summer months, said Mark Bosak, owner of A+ WildLife Management Rescue and Relocation. "Most of the wild animals you see in Lincoln are born in town," Bosak said. "Most types of animals are having babies this time of year, and I start getting more calls to relocate them." Bosak said many of Lincoln's wild animals are scavengers and are always looking for food and a cool place to sleep. "I get a lot of calls about raccoons and possums under porches. I also deal a lot with birds this time of year," Bosak said. "It is not so much the heat causing me more work relocating. It is the fact that more animals have their offspring this time of the year."

Other than the occasional deer or red fox, Bosak said, Lincoln doesn't have a huge problem with wildlife wandering into the city. Dr. Cath-

erine Langdon, veterinarian at A-4 Animal Hospital, said, "It is ideal not to leave your pets outside, but if your dog does stay outside, they need access to some type of shade and fresh water." Langdon said cats usually can find a cool place to hide from the heat, but many dogs can't and need more attention when they are outside. "Avoid walking or letting your animals out during the hottest hours of the day. Be aware that dogs with black coats absorb the sun's rays more than other dogs," Langdon said.



In the summer heat, pets can suffer from heat exhaustion and heat stroke. Like in humans, these conditions are serious and could cause

your pet to die, Langdon said. Capital Humane Society director Bob Downey said, "You should be aware of the signs of heat stress, which include heavy panting, glazed eyes, a rapid pulse, unsteadiness, vomiting or a deep red-purple tongue."

Downey said people have a natural defense against the heat that animals don't - sweating. "A person releases heat throughout their entire body. A dog's only ways of cooling off are their tongue and their paws. This is not much of an area to release heat," Downey said.

Both Downey and Langdon said if a pet does become over heated, immediately lower its body temperature. Move the animal into the shade and apply cool, not cold, water over its body to lower the core body temperature. Most importantly, get the pet to a veterinarian. "One thing to remember, if you are uncomfortable in the heat, then so is your pet," Downey said.

<http://media.www.dailynebraskan.com>

Are You Up-To-Date?

August is recognized as National Immunization Awareness Month (NIAM). The goal of NIAM is to increase awareness about immunizations across the life span, from infants to the elderly.

August is the perfect time to remind family, friends, co-workers, and those in the community to catch up on their vaccinations. Parents are enrolling their children in school, students are entering college, and healthcare workers are preparing for the upcoming flu season.

Why are immunizations important?

Immunization is one of the most significant public health achievements of the 20th century. Vaccines

have eradicated smallpox, eliminated wild poliovirus in the U.S. and significantly reduced the number of cases of measles, diphtheria, rubella, pertussis and other diseases. But despite these efforts, today tens of thousands of people in the U.S. still die from these and other vaccine-preventable diseases.

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August is National
Immunization
Awareness Month

Vision Screening: School-Age Children

A good education for your child means good schools, good teachers and good vision. Your child's eyes are constantly in use in the classroom and at play. So when his or her vision is not functioning properly, learning and participation in recreational activities will suffer.

The basic vision skills needed for school use are:

- Near vision. The ability to see clearly and comfortably at 10-13 inches.
- Distance vision. The ability to see clearly and comfortably beyond arm's reach.
- Binocular coordination. The ability to use both eyes together.
- Eye movement skills. The ability to aim the eyes accurately, move them smoothly across a page and shift them quickly and accurately from one object to another.
- Focusing skills. The ability to keep both eyes accurately focused at the proper distance to see clearly and to change focus quickly.
- Peripheral awareness. The ability to be aware of things located to the side while looking straight ahead.
- Eye/hand coordination. The ability to use the eyes and hands together.

If any of these or other vision skills are lacking or not functioning properly, your child will have to work harder. This can lead to headaches, fatigue and other eyestrain problems. As a parent, be alert for symptoms that may indicate your child has a vision or visual processing problem. Be sure to tell your optometrist if your child frequently:

- Loses their place while reading;

- Avoids close work;
- Holds reading material closer than normal;
- Tends to rub his or her eyes;
- Has headaches;
- Turns or tilts head to use one eye only;
- Makes frequent reversals when reading or writing;
- Uses finger to maintain place when reading;
- Omits or confuses small words when reading;
- Consistently performs below potential.

Because vision changes can occur without you or your child noticing them, your child should visit the optometrist at least every two years, or more frequently, if specific problems or risk factors exist. If needed, the doctor can prescribe treatment including eyeglasses, contact lenses or vision therapy.

Remember, a school vision or pediatrician's screening is not a substitute for a thorough eye examination.



<http://www.aoa.org>

Mango Strawberry Snow Cones



- 2 mangoes, peeled and chopped
- 1 pint strawberries, hulled and sliced
- 1 lime juiced, plus wedges for garnish
- 8 cups ice
- Mint leaves, for garnish

Put the mangoes and strawberries into a blender or food processor. Squeeze in the lime juice and puree.

Crush ice in a food processor or blender until it is very fine, like snow. Pile the crushed ice into dessert dishes; pour the fruit puree over until you can't see any more white. Garnish with lime wedges and mint; serve immediately.

<http://www.foodtv.com>

Minority Organ Donors Needed

Every 12 minutes in the United States, one patient is added to an organ donor list. Eighteen people die each day due to apathy or misunderstanding on the part of potential donors.

Nearly half million minorities in the United States are waiting on organ transplants and researchers at Morehouse School of Medicine (MSM) in Atlanta confirm the need is at a critical stage.

As the United States prepares to observe National Minority Donor Awareness Day August 1, 2007, 51 percent of people in urgent need of transplants are minorities. Yet, studies show only 25 percent of organ donors are ethnic populations. Last year, research revealed that 20,841 minorities received organ transplants - but fewer than 3,000 deceased and fewer than 2,000 living organ and tissue donors were of African American descent, according to Donate Life American, a non-profit organization that provides education and information for potential donors.

James W. Reed, MD, MACP, FACE, professor of medicine, associate chair of medicine for research, chief of endocrinology, chief of medicine service at Grady Memorial Hospital for Morehouse School of Medicine, and board-certified specialist in clinical hypertension is not only a leading expert in diseases that can often lead to organ transplantation - he is the recipient of an organ transplant.

"There is a greater number of minorities who need organ transplants, but there is a lack of donors. We need more organs than anyone, but we are the last ones to donate them, especially in the African-

American community. We are in the most need for kidney transplants, but we are the last to give them. I'm not sure if it's because of superstition, or religion or something else, but it needs to be fixed," stated Reed.

Reed received a kidney transplant several years ago from his sister. Although Reed's need for a transplant was caused by a genetic problem, he said most kidney transplants result from diseases like hypertension and diabetes - both conditions are prevalent in the American South.

Diabetes and high blood pressure are more common in minority communities. African Americans are 1.8 times more likely to have diabetes as non-Hispanic whites, according to the American Diabetes Association (ADA). Kidneys are the organs in highest demand, especially within the black community. Sixty-one percent (or almost 43,000 people) are in need of kidney transplants. Time on a waiting list means more time spent on dialysis, in the hospital - even death.

Medical experts agree one donor can improve and even save the life of more than 50 individuals. There are few restrictions to becoming a donor: a person may not be HIV-positive, have active cancer, or systemic infection. Every major religion in the United States supports organ transplants and donations. For more information on organ donation:

http://organdonor.gov/donation/who_donate.htm

<http://www.diabetes.org/communityprograms-and-localevents/africanamericans.jsp>

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Vaccines offer safe and effective protection from infectious diseases. By staying up-to-date on the recommended vaccines, individuals can protect themselves, their families and friends and their communities from serious, life-threatening infections.

Who should be immunized?

Getting immunized is a lifelong, life-protecting community effort regardless of age, sex, race, ethnic background or country of origin. Recommended vaccinations begin soon after birth and continue throughout life. Being aware of the vaccines that are recommended for infants, children, adolescents, adults of all ages and seniors, and making sure that we receive these immunizations, are critical to protecting our-

selves and our communities from disease.

When are immunizations given?

Because children are particularly vulnerable to infection, most vaccines are given during the first five to six years of life. Other immunizations are recommended during adolescent or adult years and, for certain vaccines, booster immunization are recommended throughout life. Vaccines against certain diseases that may be encountered when traveling outside of the U.S. are recommended for travelers to specific regions of the world.

To learn more about required immunizations:

<http://www.cdc.gov>