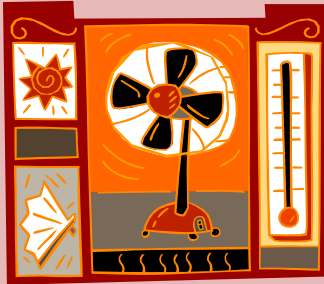


Preventive Care for Heat-Related Problems



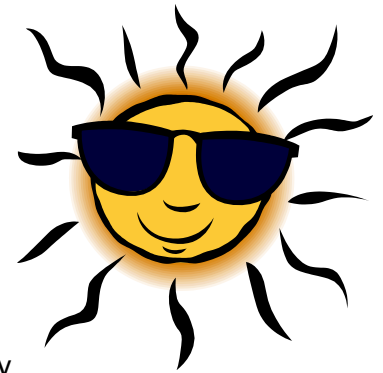
Many of us live in or visit regions where sunburn, heat exhaustion, and heat stroke are summer health risks. If you live in a hot region, the heat can affect your health all year round. The three phases of heat-related problems are heat cramps, heat exhaustion, and heat stroke.

Heat-related illnesses can be serious. Although certain people (older adults, individuals who are obese, and individuals taking certain medications) may be more susceptible to heat illnesses than others, anyone can be affected. The best advice is to use caution.

- Put off strenuous tasks for a cooler day or plan to do them during the coolest parts of the day, such as before dawn or in the early morning. Plan ways to get out of the heat, especially during the hottest part of the day, between 10 a.m. and 6 p.m. If you do not have air conditioning or fans at home, go for at least part of the day to a public air-conditioned place, such as a library, shopping mall, or movie theater, to get out of the heat.
- When outside, wear lightweight and light-colored clothing. Wear a broad-brimmed hat or carry an umbrella for shade. Sponge off with cool water from time to time throughout the day
- Most important of all, drink lots of water, juices, or sports drinks. (You are drinking enough if your urine is clear or pale yellow, as opposed to yellow or dark yellow.) Avoid caffeine and alcohol.

The American Academy of Ophthalmology offers these tips to protect your eyes from the sun:

- **Don't focus on color or darkness of sunglass lenses.** Select sunglasses that block UV rays. Don't be deceived by color or cost. The ability to block UV light is not dependent on the price tag or how dark the sunglass lenses are.
- **Check for 100 percent UV protection.** Make sure your sunglasses block 100 percent of UV-A rays and UV-B rays.
- **Choose wrap-around styles.** Ideally, your sunglasses should wrap all the way around to your temples, so the sun's rays can't enter from the side where many sunglass lenses end.
- **Wear a hat.** In addition to your sunglasses, wear a broad-brimmed hat to protect your eyes.
- **Don't rely on contact lenses.** Even if you wear contact lenses with UV protection, remember sunglasses.
- **Don't be fooled by clouds.** The sun's rays can pass through haze and thin clouds. Sun damage to eyes can occur anytime during the year, not just in the summertime.
- **Protect your eyes during peak sun times.** Sunglasses should be worn whenever outside, and it's especially important to wear sunglasses in the early afternoon when UV light is more intense.
- **Never look directly at the sun.** Looking directly at the sun at any time, including during an eclipse, can lead to solar retinopathy, damage to the eye's retina from solar radiation.
- **Don't forget the kids.** Everyone is at risk, including children. Protect their eyes with hats and sunglasses. If possible, keep children out of the sun between 10 a.m. and 2 p.m., when UV rays are the strongest.



Start small to get in the exercise habit

You can start the process of weight loss now by adding a little more activity to your life. If you're not ready for a structured program, start small. Every little bit counts and it all adds up to burning more calories.

Turn off the TV. Once a week, turn off the TV and do something a little more physical with your family. Play games, take a walk...almost anything will be more active than sitting on the couch.

Walk more. Look for small ways to walk more. When you get the mail, take a walk around the block, take the dog for an extra outing each day or walk on your treadmill for 5 minutes before getting ready for work.

Do some chores. Shoveling snow, working in the garden, raking leaves, sweeping the floor...these kinds of activities may not be 'vigorous' exercise, but they can keep you moving while getting your house in order.

Pace while you talk. When you're on the phone, pace around or even do some cleaning while gabbing. This is a great way to stay moving while doing something you enjoy.

Be aware. Make a list of all the physical activities you do on a typical day. If you find that the bulk of your time is spent sitting, make another list of all the ways you could move more--getting up each hour to stretch or walk, walk the stairs at work, etc.

Roasted Garlic Hummus

Total Time: 10 minutes

Ingredients:

1 can chickpeas/garbanzo beans (15 oz.)
2 tablespoons roasted garlic
1/2 tablespoon lemon juice
1 tablespoon olive oil
1/2 teaspoon oregano

Preparation:

In a food processor, process beans, garlic, olive oil, lemon juice and oregano until desired consistency. If hummus is too thick, simply add olive oil in small increments (1/2 teaspoon) until desired consistency.

Serve roasted garlic hummus garnished with finely chopped parsley with warm pita bread, chips, or veggies.

