



Product of the Month:
Chillow Pillow

See page 2



To Your Good Health:
Chilled Watermelon Soup

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FOCUS ON...
Heat-Related Illness

See page 3



www.optimalhomecare.com

Our Services

(Our services may include but are not limited to)

Skilled Nursing

Observation and assessment of condition

Patient and family education of disease process

Management and evaluation of patient care plan

Medication education and management

Dressing changes

Home safety and emergency education

Wound care

Catheter care

Enteral and parenteral nutrition

Injections

Venipuncture

IV therapy

Pain management

Diabetic care

Nutritional support

Infrared therapy

Therapy

Physical therapy

Occupational therapy

Speech therapy

Medical Social Services

Home Health Aides/Certified

Nursing Assistants

Caregivers & Companions

health & home

A **FREE** health care newsletter from your friends at Optimal Home Care Inc.

Issue 33

DISEASE MANAGEMENT

Keeping Safe in the Sun

Summer doesn't always equate to fun especially among seniors whose bodies are growing increasingly more sensitive to the dangers caused by too much heat and sun. Older people don't sweat as effectively as when they were younger and they have poorer circulation. Obesity, heart disease, dementia, diabetes and other chronic medical conditions can compound the risk. So can certain medications, especially diuretics or those prescribed for hypertension and Parkinson's disease.

In addition, the odds of developing skin cancer rise as a person ages. Between 40 and 50 percent of Americans will have at least one skin cancer by the time they are 65. Here are some tips to maintain well-being when the weather is hot:

- ☀ **Drink plenty of water.** Don't wait until you are thirsty. You lose a lot of water through perspiration.
- ☀ **Avoid alcohol and caffeine.** They cause your body to lose more water.
- ☀ **Stay in air-conditioning as much as possible** especially between the hours of 10 and 4. To keep the house cooler, close curtains and blinds.
- ☀ **Dress for the weather.** Wear loose-fitting, light-colored clothing, and a loosely woven, wide-brimmed hat.
- ☀ **Apply sunscreen regularly.** Use a broad-spectrum sunscreen with an SPF of at least 15.



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- ☀ **Wear protective eyewear.** Ultraviolet (UV) rays can cause cataracts, macular degeneration and skin cancer around the eyes.
- ☀ **Know your meds.** The heat may affect your reaction to certain medications.
- ☀ **Plan ahead.** Try to plan your outside activities during the coolest part of the day.
- ☀ **Eat light meals, and snack on fruit** such as watermelon or frozen treats that have high water and low sugar content.

If you overstay your welcome in the sun and get a burn, the CDC recommends aspirin, acetaminophen or ibuprofen to relieve pain; drink plenty of water to help rehydrate; take cool baths; and use an aloe cream to moisturize skin. Call your health care provider immediately if you have a fever with sunburn or if there are signs of shock, heat exhaustion, dehydration, or other serious reaction (feeling faint or dizzy; extreme thirst; no urine output, sunken eyes; pale, clammy, or cool skin; nausea, fever, chills, or rash; eyes sensitive to light; severe, painful blisters). **h&h**



Product of the Month: Chillow Pillow Cooling Sensation Memory Foam Pillow

Whether to use as a pillow or for your back, this pillow provides a fluid-cool, cushioning memory foam effect that is steady and long-lasting. It requires no electricity and offers a noiseless, low-cost cooling alternative that while dry itself, will not dry out the air around you or become too cold like traditional cooling methods.

To order, go to www.allegromedical.com.
Cost: \$24.95. **h&h**

Fun in the Sun



bathing
suit
beach
beach
ball
beach
towel
boating
fun
heat
lemonade
ocean
pool
popsicle

S	E	V	A	W	S	S	L	A	D	N	A	S
Z	N	S	W	I	M	M	I	N	G	H	L	T
H	B	O	A	T	I	N	G	W	C	W	S	I
P	E	H	L	Z	G	F	F	A	T	N	A	U
O	A	E	B	E	R	O	E	T	E	G	N	S
P	C	A	R	U	M	B	V	E	E	Q	D	G
S	H	T	S	E	E	R	R	R	B	I	C	N
I	B	W	W	X	W	C	E	E	T	T	A	I
C	A	N	C	A	S	O	A	T	A	E	S	H
L	L	U	O	N	T	C	L	H	A	H	T	T
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N	F	S	U	T	T	U	R	L	N	G	E	B
U	U	X	O	K	S	A	D	P	O	U	S	D
F	S	W	D	N	A	S	C	C	A	O	S	R
L	E	M	O	N	A	D	E	A	N	R	P	X
L	N	A	E	C	O	U	U	S	V	Q	K	Z

sand sunhat water
sandals sunscreen watermelon
sandcastle surf waterpark
sun swimming waves
sunflower vacation

FOOD FOCUS

Watermelon

A perfect snack to help you stay cool and hydrated in the summer, watermelon also packs a nutritional punch. This juicy fruit contains vitamin C (strengthens immunity), vitamin A (helps maintain eye health), and lycopene (helps fight heart disease and several types of cancer). **h&h**



FOCUS ON...Heat-Related Illness

The older a person gets, the more prone they are to health-related problems. For one, a senior's organs function less efficiently, especially those organs that deal with heat. Plus, seniors are often on a combination of medications that may slow the body's ability to deal with heat. The following are some warning signs for common heat-related illnesses and what you should do:

Heat Cramps

- ⚙ Warning signs: painful muscle contractions, usually in the hamstring muscles.
- ⚙ What to do: Take heat cramps seriously, cool yourself down to avoid more serious problems.

Heat Exhaustion

- ⚙ Warning signs: Dizziness, fatigue, faintness and/or headache; pale and clammy skin, rapid and weak pulse; fast and shallow breathing; muscle cramps; intense thirst.
- ⚙ What to do: seek medical attention immediately.

Heat Stroke

- ⚙ Warning signs: Often preceded by heat exhaustion; skin is hot, dry and flushed (no sweating); high body temperature; rapid heartbeat; confusion.
- ⚙ What to do: Call 911. This is a serious medical emergency that can lead to death. While waiting for help to arrive, get out of the sun or heat, drink fluids, and lie down with cool washcloths on your face and neck. [h&h](#)



Did You Know?

Ultraviolet (UV) radiation is the main cause of skin cancer. UV rays can also damage the eyes.

Take these steps to help prevent skin cancer:

- ☀ Stay out of the sun between 10 a.m. and 4 p.m.
- ☀ Use a broad spectrum (UVA/UVB) sunscreen with SPF 15 or higher.
- ☀ Cover up with long sleeves, hat, and UV-blocking sunglasses.
- ☀ Check your skin regularly for any changes.
- ☀ See your physician every year for a professional skin exam.



To Your Good Health



Chilled Watermelon Soup

Servings: 4

- | | |
|-----------------------------|----------------------------|
| 4 C seeded watermelon cubes | 1/4 to 1/2 t ground ginger |
| 1/3 C apple juice | 1 T honey (optional) |
| 2 T fresh lime juice | 1/3 C plain nonfat yogurt |
| 1 t chopped fresh mint | |

Process first 5 ingredients and honey, if desired, in a blender or food processor until smooth, stopping to scrape down sides. Cover and chill 1 hour. Serve in individual bowls with a dollop of yogurt.

— Myrecipes.com



WHAT'S INSIDE?

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Keeping Safe in the Sun
- FOCUS ON...Heat-Related Illness
- Product: Chillow Pillow Cooling
Sensation Memory Foam Pillow
- How to Make
Chilled Watermelon Soup
- Take the Brain Booster Quiz

DO YOU KNOW THE ANSWER?

1. Why is a person more sensitive to the heat as they age?
2. What are the warning signs of heat stroke?
3. What summertime fruit contains a powerhouse of nutrients?

**Confident in how you would respond to these questions?
Open this newsletter to get the right information!**

And, if you need help finding answers to your
important home care questions, contact us:

Phone: (303) 488-9999 Fax: (720) 306-3285
www.optimalhomecare.com

