


# Health Care

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## Learn how to beat the heat

Soaring temperatures may make for wonderful days at the beach or poolside, but spending too much time outdoors when the heat is on may lead to serious health problems for the unaware.

Though you probably can't wait to get outdoors when the weather forecasts a heat wave, however if you over-exert yourself in hot, humid weather you may end up with heat cramps, heat exhaustion or heat stroke. These conditions are largely brought on by heat and dehydration, but with proper care it is possible to prevent them. Follow these guidelines, courtesy of [www.drreddy.com](http://www.drreddy.com).

**• Heat Cramps** — Muscle contractions, usually in the gastrocnemius or hamstring muscles (the muscles at the back of the calves. These contractions are forceful and painful. The cramps seem to be connected to heat, dehydration and poor conditioning. They usually improve with rest, water and a cool environment.

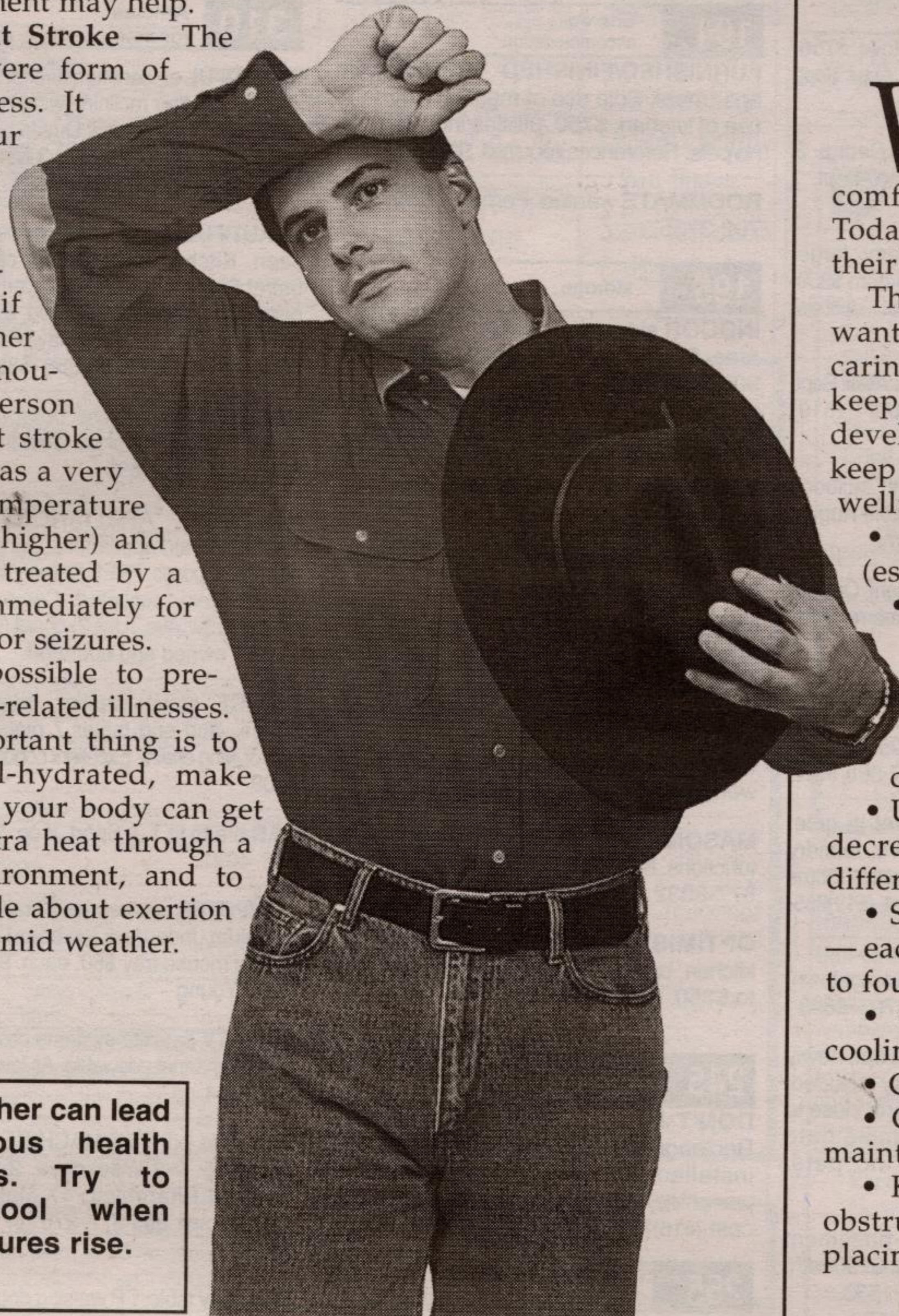
**• Heat Exhaustion** — A result of excessive heat and dehydration. Symptoms include dizziness, nausea, vomiting, fainting and a moderately increased temperature.

Rest and a cool environment may help.

**• Heat Stroke** — The most severe form of heat illness. It can occur in people who are not exercising, if the weather is hot enough. A person with heat stroke usually has a very high temperature (106F or higher) and must be treated by a doctor immediately for delirium or seizures.

It is possible to prevent heat-related illnesses. The important thing is to stay well-hydrated, make sure that your body can get rid of extra heat through a cool environment, and to be sensible about exertion in hot, humid weather.

**Hot weather can lead to serious health problems. Try to keep cool when temperatures rise.**



## Keep your air conditioner in peak working order

When the hot, humid days of summer roll around, we are quickly reminded to recognize and appreciate air conditioning for the comfortable working and living environment it provides. Today, many consider air conditioning as a necessity in their lives.

The Air Conditioning and Refrigeration Institute (ARI) wants every homeowner to know that "appreciating" or caring for your air conditioner can save you money and keep your equipment operating smoothly. ARI has developed a list of basic guidelines that cannot only help keep you cool this summer, but keep energy bills down as well:

- Caulk, weatherstrip and insulate around the home (especially the attic) to close air gaps.
- Plan hot work (washing/drying clothes, cooking) for cooler mornings and evenings.
- Pull drapes and shades over windows facing the sun.
- Keep windows and doors closed when the air conditioning is on.
- Use a thermostat control to automatically increase and decrease home temperature for daytime/nighttime difference to save money.
- Set thermostat control at the highest comfortable level — each degree raised reduces energy consumption by three to four percent.
- Check the air filter every 30 days during heavy cooling.
- Check the fan belt in your air conditioner for wear.
- Consider a service contract, which includes periodic maintenance and repairs for a specified period of time.
- Keep the outside unit free of leaves or other airflow obstructions. Avoid barriers to the indoor air flow by not placing furniture or other items in front of the unit.


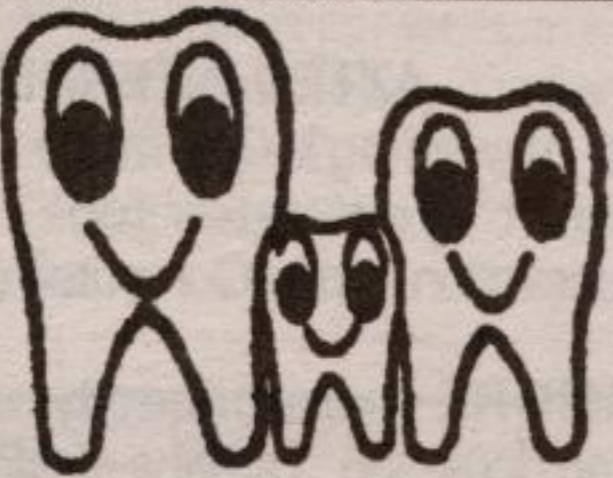


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