

# **Health & Wellness Clinic**

1025 N. Main, Layton, Utah 84041

544-4333

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**Clinic Hours: Monday-Thursday 9:00 am- 12:00 pm & 2:00 pm- 6:00 pm Friday 8:30 am- 12:00 pm  
Friday 1:00 pm- 5:00 pm & Saturday 8:00 am-11:00am  
Website:healthandwellnesschiropractic.com**



## **SUMMER HEAT**

As we are currently enduring the hottest time of the year we thought it appropriate to give some info and helpful hints on some common issues associated with the summer heat.

### **Sunburn Treatment**

#### **Self-Care at Home**

Home care starts before a sunburn. If you are prepared before going out in the sun, you probably won't need these tips and techniques.

**Immediate self-care is aimed at stopping the UV radiation.**

- Get out of the sun
- Cover exposed skin
- Get out of the tanning bed

**Relief of the discomfort becomes important.**

- Medications such as aspirin, ibuprofen, and naproxen are useful, especially when started early.
- For mild sunburn, cool compresses with equal parts of milk and water may suffice. You may also use cold compresses with Burow solution. You can buy

this at a drugstore. Dissolve 1 packet in 1 pint of water. Soak gauze or a soft clean cloth in it. Gently wring out the cloth and apply to the sunburned area for 15-20 minutes. Change or refresh the cloth and solution every 2-3 hours.

- Anyone raised in a beach community knows the secret of aloe-based lotions. There are many commercially available types. Ask the pharmacist at your local drugstore. Tearing apart your aloe plant in the yard and applying the cool jellylike substance inside the leaves is no longer necessary.
- Cool (not ice cold) baths may help. Avoid bath salts, oils, and perfumes because these may produce sensitivity reactions. Avoid scrubbing the skin or shaving the skin. Use soft towels to gently dry yourself. Don't rub. Use a light, fragrance-free skin moisturizer.
- Avoid lotions that contain topical anesthetic medications because you can become sensitized and then allergic to that medicine.
- Obviously, stay out of the sun while you are sunburned.

## **Medical Treatment**

- Silver sulfadiazine (1% cream, Thermazene) can be used for treatment of sunburn with appropriate cautions about use on the face.
- If your case is mild and not life threatening, the doctor may simply suggest plenty of fluids, aspirin, or other nonsteroidal anti-inflammatory medications (NSAIDs).
- Additional topical measures such as cool compresses, Burow solution soaks, or high-quality moisturizing creams and lotions may be prescribed.
- If your case is severe enough, oral steroid therapy (cortisone like medications) may be prescribed for several days. Steroid creams placed on the skin show minimal to no benefit.
- Stronger pain-relieving medication may be prescribed in certain cases.
- If you have blistering, steroids may be withheld to avoid an increased risk of infection. If you are dehydrated or suffering from heat stress, IV fluids will be given, and you may be admitted to the hospital. People with very severe cases may be transferred to the hospital's burn unit.

# **Heat Exhaustion and Stroke Treatment**

## **Self-Care at Home**

Home care is appropriate for mild forms of heat exhaustion. Heat stroke is a medical emergency, and an ambulance should be called immediately.

### **For mild cases of heat exhaustion**

- Rest in a cool shaded area.
- Give cool fluids such as sports drinks or Gatorade that will replace the salt that has been lost. Salty snacks are appropriate, as tolerated.
- Loosen or remove clothing.
- Do not use an alcohol rub.
- Do not give any beverages containing alcohol or caffeine.

### **Heat stroke (Do not attempt to treat a case of heat stroke at home, but you can help while waiting for medical assistance to arrive.)**

- Move the person to a cooler environment, or place him or her in a cool bath of water (as long as he or she is conscious and can be attended continuously).
- Alternatively, moisten the skin with lukewarm water and use a fan to blow cool air across the skin.
- Give cool beverages by mouth if the person will tolerate it.

### **Medical Treatment**

The treatment is directed at cooling you in a controlled fashion while making sure that you stay hydrated and that your blood flow is normal.

### **Treatment of heat exhaustion**

- Because heat exhaustion generally develops gradually, you will often be dehydrated. You can usually be given something to drink, and a cool sport beverage (with 6% or less glucose) should be used. Intravenous fluids may be used if you do not tolerate oral replacement (if you cannot keep anything down).
- You should stay in a cool environment and avoid strenuous activity for several days.

### **Treatment of heat stroke**

- Treatment is aimed at reducing your core temperature to normal as quickly as possible.
- The doctor may use immersion, evaporative, or invasive cooling techniques.

- In the evaporative technique, cold or ice packs may be placed in your armpits or groin. Your skin is kept moist with cool fluid, and fans are directed to blow across you.
- You may be given medication to control your shivering.
- Your urine output will be monitored.
- Treatment will continue until your core temperature is 101.3-102.2°F (38.5-19°C) and then stop to keep from making you too cold.
- Your core temperature will be monitored for several days because you can be thermally unstable for some time.

# Interesting Tidbits

## Flu Shot Disappointments

U.S. Researchers attempting to quantify the number of lives that have been saved by influenza vaccines have come up with a disappointing number: something close to zero.

Early predictions were that flu vaccines would save the lives of about half of those vaccinated. However, "Based on U.S. mortality rates from 1968 to 2001, the study by the National Institute of Allergy and Infectious Diseases found no correlation between increasing vaccination rates after 1980 and declining death rates in any age group."<sup>1</sup> Some researchers are now suggesting the earlier studies were flawed, and also that the elderly may not be getting much of a benefit because many fail to produce antibodies in response to the vaccination. Natural immunity development may be responsible for the earlier perceived benefits of inoculations. Details are in the *Archives of Internal Medicine*.<sup>2</sup>

1. Reuters World Report, Feb. 14, 2005.
2. *Arch Intern Med* 2005;165:265-272.

## Diabetic Waist

A study of 27,270 men, 884 of whom had been diagnosed with type II diabetes, concludes that waist size is a more reliable indicator of a person's risk than body mass index (BMI). Researchers from Johns Hopkins University found a doubled risk of diabetes when waists measured 35 inches, compared to the 29-34 inch group. At 40 inches, the risk was 12-fold. Other assessments, such as BMI or waist-hip ratios, did not correlate as well.<sup>3</sup>

3. *American Journal of Clinical Nutrition*, March 2005.

## **Life Expectancies Shortening**

Researchers are predicting that, for the first time in many generations, the average life expectancy of Americans will be decreasing in the next few years. The reason is the current obesity epidemic affecting the nation. Obesity rates have been rising by about 50 percent per decade since 1980, to the point where nearly every third American is now excessively fat. Childhood obesity is also rising at an alarming rate.<sup>4</sup>

4. *New England Journal of Medicine*, March 17, 2005.

## **Hidden Costs of Obesity**

A new study from the Centers for Disease Control and Prevention (CDC) cites obesity as a major contributing factor to airline cost increases over the past decade or two. During the 1990s, the average passenger weight increased by 10 pounds. The extra fuel required to keep this extra weight aloft cost airlines \$275 million during the year 2000 alone, according to CDC calculations. It's little wonder they've quit serving meals. The environment is worse off as well, as the extra 350 million gallons of fuel burned released another 3.8 million tons of carbon dioxide into the atmosphere.<sup>5</sup>

5. Associated Press, Nov. 4, 2004.

## **Mercury and Autism**

A study reported in the *journal Health and Place*<sup>6</sup> links environmental mercury and autism. The study looked at autism rates and mercury contamination from coal-fired power plants in Texas. Researchers say their data suggest a 17-percent increase in autism rates per thousand pounds of contaminant. The study

comes from researchers at the University of Texas Health Science Center in San Antonio.

6. *Health and Place*, March 16, 2004.

## **Sunshine for the Prostate**

A large study from Brigham and Women's Hospital and Harvard Medical School in Boston suggests that a little bit of sunshine may go a long way toward preventing prostate cancer. Researchers found that men with higher blood levels of vitamin D were about half as likely to contract an aggressive form of prostate cancer. While milk provides vitamin D, it also provides calcium, which will decrease blood levels of vitamin D. Other studies have suggested that high levels of calcium seem to increase the chances of prostate cancers. It is generally thought that about 15 minutes of sunshine each day is enough for the body to make sufficient quantities of vitamin D for normal body functions.<sup>11</sup>

11. Associated Press, Feb. 17, 2005.