

July 2018

Premier Pulmonary Invites you To the...

# Pulmonary Pulse



## How to Stay Cool During the Summer

### **Part 1. Staying out of the Sun**

When it's hot in the summer, you can put yourself at risk of heat illness if you don't take the proper precautions. Whether you're inside or outside, you should be aware of the heat and humidity and how your body is reacting to it. If you take the proper steps to prevent heat illness, you'll have no problem staying cool in the summer.

1. Plan time inside. Air conditioning is not an amenity that every household has. If you don't have air conditioning, plan a few hours to go somewhere that has it. Try to do so in the middle of the afternoon (the hottest part of the day). Have late lunch with friends in a restaurant. Study at the library. Walk through the mall. Go to a museum. See a movie.

2. Stay covered. If you are outside, don't spend extended amounts of time without shade. The cooling effect of a tree is equivalent to ten room-size air conditioners operating 20 hours per day. Under trees, umbrellas, tents, gazebos, or awnings are all great places to relax in the shade.

3. Find a breeze. If you live near a body of water, there is likely to be a breeze there. If you live in the mountains, the valley between them is likely to have a cool breeze. If you don't have access to a breezy area, you can use a fan for the same effect.

### **Part 2. Hydrating Properly**

1. Drink water every 15 minutes. You should consume 6-12 ounces of water every 15 minutes in the hot summer days. If you do this, you'll be aiming to drink a gallon of water a day. If you don't normally drink water, this may sound daunting. However, if you switch out soft drinks during lunch or your afternoon coffee with waters, you'll have no problem drinking a full gallon throughout the day.

2. Avoid caffeine. Caffeinated beverages, such as coffee, tea, and soda are detrimental to your hydration. They pull water from your body. You don't have to cut it out of your diet completely but limit yourself to one or two a day.

3. Drink sports drinks. Sports drinks were designed to hydrate you properly. They contain electrolytes (a mixture of carbohydrates, sodium, and potassium). These help replace the minerals that you lose when you sweat and help keep you hydrated. Plus, if you don't like the taste of water, sports drinks come in hundreds of flavors.

### **Part 3. Going Easy in the Heat**

1. Wear light colored clothing and a hat. These will reflect the light away from your body. Dark colored clothing attracts the light and holds heat in, making your body temperature rise.

2. Wear the right fabrics. Lightweight clothes are the best choice when you're trying to keep cool. Of course if you're at the beach or at home, you can wear minimal clothing. But if you're running errands or going to work, you should wear linen, cotton, silk, or other breathable fabrics. Keep your clothing loose and breezy.

3. Rest during the day. The heat will exhaust you more quickly than cooler temperatures. Take time to rest during the day in a shaded spot to keep your body temperature down.

4. Know your limits. You might not be able to rest during the day. If you work outside or play outdoor sports in the summer, you need to be aware of your limits. Make sure that you're consistently drinking water throughout the day—not just during the time of activity. If you get a moment to rest, do so under the shade. As soon as you notice that you don't feel well, take yourself out of the heat. Any dizziness, headaches, or stomach aches can be early signs of heat illness.

### **Part 4. Acting Quickly**

1. Recognize signs of heat illness early.

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## Did You Know: Lake Superior

Lake Superior is the largest freshwater lake in the world.

Lake Superior contains ten percent of all the fresh water on Earth.

The water in Lake Superior could cover all of North and South America with water one foot deep.

There have been over 350 shipwrecks in Lake Superior, claiming over 10,000 lives.

In summer, the sun sets more than 35 minutes later on the western shore of Lake Superior than on its southeastern edge.

The lake is 1,300 feet (400 meters) at its deepest point. Because of this, it rarely freezes over, only on average once every twenty years. In winter, however, it does have ice over 40 to 95 percent of its surface.

Lake Superior has over 300 streams and rivers emptying into it. It has a small outflow at St. Mary's River (Sault Ste. Marie) into Lake Huron and several other small outlets, but it takes almost 200 years for the water to be completely replaced.

Isle Royale is a large island surrounded by Lake Superior. On this island itself are several smaller lakes.

It is estimated that about 100 million trout live in Lake Superior.

### Quick Tips: Travel Tip

While everyone seems to have GPS these days, nothing beats a good old-fashioned map for a long road trip with kids. Before heading out, plot your route on the map and identify landmarks. During the car ride, have the kids follow along and find navigation points and interesting things along the way. Not only does it keep them more engaged with the trip, it can help pass the long and sometimes boring hours in your vehicle.

### Quick Tips: Home Tip

It can be a challenge to keep your home cool during the hot summer months. Your best bet is to keep doors and windows closed during the day to keep the cool air inside. If you are struggling to keep your home cool, however, you can place a window fan on the downwind side of the house facing out. With this technique, there should be a window open in each room and all interior doors should be open to allow air flow. This added ventilation can help cool your home.

### Call the Doctor

A man called his wife's doctor's office, frantically yelling into the phone, "My wife is pregnant, and she thinks she's in labor. Her contractions are only two minutes apart!"

The receptionist calmly replied, "It's ok sir. Is this her first child?"

"No, you dummy! This is her husband!"

Continued from Page 1.

If you are in the heat for an extended amount of time, you're putting yourself at risk of heat illness. This ranges from basic symptoms to heat stroke. Watch for the basic symptoms so that you can react before it becomes more serious.

Dizziness

Headache

Muscle cramps

Nausea

2. Recognize more serious signs of heat illness. If you pass off the early signs as something other than heat illness, the symptoms will grow more severe. This is when you're passing the realm of heat exhaustion and entering a medical emergency situation called a heat stroke.

Profuse sweating

Convulsions and chills

Confusion/mumbling

Vomiting

3. Have a plan. Be prepared just in case these heat illnesses happen. If you recognize early signs, you can simply rest in the shade, and drink 2 quarts of water in the next hour while you rest. If they become more severe, you will need medical attention. If no one is with you, call for help. Immediately strip and cover your entire body in cool water. (You can use the spray from a garden hose.) Place ice packs under the armpits and groin.

**From all of us at Premier Pulmonary Service, Have a wonderful and safe Summer.**

### Quick Tips: Healthy Living Tip

If you haven't yet taken a vacation this year, summer might be the best time to indulge in some getaway activities. Research has shown that a vacation can lower your blood pressure and can reduce levels of stress hormones such as cortisol. If you can't manage a full vacation, consider going away for a weekend or two this summer—even short trips have health benefits.



## Hydrate Your Way To Happiness

In a study by the University of Connecticut, researchers found that people who were dehydrated were more emotional and cranky, and felt more fatigued than their hydrated counterparts. This is because water nourishes your body on a cellular level.

When you are well-hydrated, your body can perform at the highest level. This cellular rejuvenation applies to your brain as well, which controls your emotional wellness.

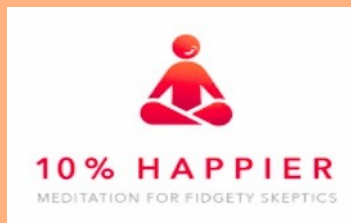
According to University of Delaware research, women need to drink 6 pints (3/4 gallon) of water per day and men need to drink 8 pints (1 gallon) of water per day to remain well-hydrated. The sooner you start sipping, the better your body and mind will feel. So, there's only one thing left to say... bottoms up!



### 3 Apps To Improve Meditation Techniques

Stress happens when our minds are full of to-do lists, worries, thoughts, and emotions that can't be turned off. This constant loop of stress thinking can leave us feeling burned out. Being quiet and intentional about giving your brain a break means turning off the TV, putting away projects, silencing your phone, and just being.

Mediation allows you to clear your thoughts and focus on what's important. You can purchase these apps to learn how to relax and go with the flow:



### How to meditate

First, find a comfortable place where you can sit without distractions for at least 15 minutes.

Sit comfortably with your back upright and without back support, if physically possible.

Close your eyes and focus within.

Focus your attention.

You can focus your attention on your breath and breathing. Breathe in and out. Just watch the movement of your in and out breaths.

You can repeat an affirmation (a positive statement about yourself and life).

If you use an affirmation, try to feel what it means to you.

You can focus on your heartbeat.

You can use any other method with which you feel comfortable.

If you notice your mind thinking, that's okay, just bring your focus back to your technique.

When you have completed meditating, it is a good idea to give yourself a few minutes to acclimate slowly back into the activities of your day.

### Meditation Tips for Beginners and Advanced Meditators Alike

The most important advice is to meditate regularly, which means daily. The commitment to a regular, daily practice is more important than any method or technique.

If you are a beginning meditator, even 15 minutes daily is enough to start.

High-Tech Meditation soundtracks are created in 30-minute segments so that you can meditate for 30–60 minutes in a single session. If you can meditate more than once a day, even better.

Brief balancing exercises are also beneficial and are a way to maintain your balance throughout the day. We will discuss this again under "Balance Breaks" below.

Make sure you choose a time of day that you will not be disturbed.

Most people choose early in the morning or late at night. But it really does not matter when you meditate, as long as you can devote a period of time to your practice without being disturbed. Each of us has a unique biorhythm and we know what times are likely to be best for us. If possible, create a space where you can practice your meditation and which you use for nothing else. This could be a spare room or a section of a room.

It is also best to meditate at the same time every day.

These tips will assist you in generating momentum. Treat your meditation as a sacred act because it is! If you revere it, the results will be even more impressive.

Meditation generates a lot of power from within. This power, in turn, affects the world around you. So be wakeful and watch the magic and miracles unfold.

## What to Expect as Alzheimer's Disease Progresses

Alzheimer's disease causes a slowly progressive loss of brain function. It is characterized by a gradual deterioration of all the thinking or cognitive faculties caused by the death of nerve cells and the connections between them. Alzheimer's disease is often accompanied by changes in behavior and personality. Its course is relentless, but the rate of mental decline varies from person to person.

Alzheimer's disease advances slowly through three stages, progressing from mild forgetfulness to severe dementia.

**In the first stage** (early/mild Alzheimer's disease), symptoms include impaired memory of recent events, faulty judgment, and poor insight. People may forget important appointments, recent family events, and highly publicized news stories. They may not be aware of their forgetfulness and strongly deny it when told or asked about it. Other symptoms include losing or misplacing possessions, repetition of questions or statements, and minor or occasional disorientation.

**In the second stage** (middle/moderate Alzheimer's disease), memory problems grow worse and basic self-care skills begin to decline. Patients have trouble expressing themselves verbally or in writing and very gradually lose the ability to perform everyday activities, such as dressing, bathing, using a knife or fork, or brushing their teeth. They may also suffer from delusions or hallucinations, become lost if they go outside on their own and sometimes do not recognize family members, friends or familiar places, such as their home.

**In the third stage** (late/severe Alzheimer's disease), almost all reasoning capacity is lost and physical symptoms develop. Individuals become completely dependent on others for their care. The disorder eventually becomes so debilitating that most patients cannot walk or feed themselves and have impaired ability to swallow. Lung and urinary tract infections are common. Pneumonia is the most common cause of death in Alzheimer's patients.

## Healthy habits may help ward off Alzheimer's.

### Consider the following steps.

**Exercise.** "The most convincing evidence is that physical exercise helps prevent the development of Alzheimer's or slow the progression in people who have symptoms," says Dr. Marshall. "The recommendation is 30 minutes of moderately vigorous aerobic exercise, three to four days per week."

**Eat a Mediterranean diet.** "This has been shown to help thwart Alzheimer's or slow its progression. A recent study showed that even partial adherence to such a diet is better than nothing, which is relevant to people who may find it difficult to fully adhere to a new diet," says Dr. Marshall. The diet includes fresh vegetables and fruits; whole grains; olive oil; nuts; legumes; fish; moderate amounts of poultry, eggs, and dairy; moderate amounts of red wine; and red meat only sparingly.

**Get enough sleep.** "Growing evidence suggests that improved sleep can help prevent Alzheimer's and is linked to greater amyloid clearance from the brain," says Dr. Marshall. Aim for seven to eight hours per night.

### Learn new things.

"We think that cognitively stimulating activities may be helpful in preventing Alzheimer's, but the evidence for their benefit is often limited to improvement in a learned task, such as a thinking skills test, that does not generalize to overall improvement in thinking skills and activities of daily living," says Dr. Marshall.

**Connect socially.** "We think that greater social contact helps prevent Alzheimer's," explains Dr. Marshall, but so far, "there is only information from observational studies."

**Drink—but just a little.** There is conflicting evidence about the benefit of moderate alcohol intake (one drink per day for women, one or two for men) and reduced risk of Alzheimer's. "It is thought that wine in particular, and not other forms of alcohol, may be helpful, but this has not been proved," says Dr. Marshall.



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F.E.A.R.  
has two meanings -  
Forget Everything And Run  
OR  
Face Everything And Rise  
The choice is yours.



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