



Being Proactive

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Quarter 2

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Medicine

Heat Exhaustion- What is it? How can you avoid it? What to do if you suspect you have it!

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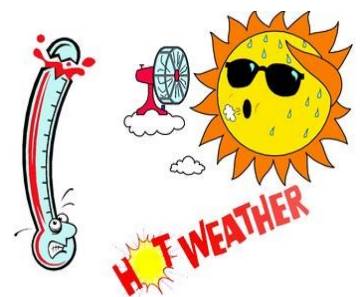
Well it is summer again in Arkansas and that means hot and sticky weather! Heat exhaustion and heat stroke are not uncommon occurrences here and it is important to know the signs and symptoms in yourself as well as others to be able to prevent it and know when to seek treatment. In hot weather, your body cools itself by sweating but when you exercise strenuously or overexert in hot and humid weather, your body is less able to cool itself efficiently. Heat cramps are the mildest form of heat related illness and usually includes heavy sweating, fatigue, thirst and muscle cramps. If untreated, this can progress to heat exhaustion including cool, moist skin with goose bumps when in the heat, heavy sweating, faintness, dizziness, fatigue, weak, rapid pulse, low blood pressure upon standing, muscle cramps, nausea and headache. This can lead to heatstroke, a life threatening condition

that occurs when your core body temperature reaches 104F or higher and this can cause permanent damage to your brain and other vital organs and ultimately death is possible. Signs of heatstroke include the same for heat exhaustion but proceed into confusion, agitation, and loss of consciousness. If any of these symptoms occur or if the person is unable to drink fluids, you need to seek urgent medical treatment in the ER.

There are other causes and risk factors though including dehydration, alcohol use and overdressing, particularly in clothes that don't allow sweat to evaporate easily. Certain people are at higher risk as well including children younger than 4 and older than 65 years of age. Certain drugs like blood pressure medications, allergy medications and psychiatric drugs as well as illegal drugs like cocaine and amphetamines increase your core tempera-

ture. Obesity is also a risk factor and people who recently moved to our area are at higher risk, especially when there is a high heat index from high humidity.

Prevention of heat exhaustion includes wearing loose fitting, light weight clothing and using sunscreen because sunburn itself impairs the body's ability to cool itself. Drinking fluids and staying hydrated is the key. Patients should also take special precautions if they are on certain medications that might make them more susceptible. Also never leave anyone or any pet in a parked car because the cont pg 2..



Heat Exhaustion, cont..

temperature in the car rises 20 degrees in less than 10 minutes or leave a car unlocked where a child can get inside unattended. Also try to avoid strenuous activity in the hottest parts of the day if possible. Limiting time spent working or exercising in the heat and lengthening that time slowly over several weeks can allow your body to acclimate.

So if you think you are experiencing heat cramps or exhaustion, stop all activity and rest. Move into a cooler

place and drink cool water or sports drinks. If signs and symptoms don't improve within one hour, contact your doctor. If there is a loss of consciousness, confusion or agitation, or if the person is unable to consume fluids, you need to proceed immediately to the ER for treatment or call 911.

So please have a safe and happy summer! And remember to always hydrate!



Clinic vs Urgent Care vs ER: Where should you go & When

Last quarter we discussed the opioid epidemic. We have another crisis on our hands and this one we can control a little easier. Emergency Room Over Utilization. The Emergency Department is for Serious and Life-Threatening Emergencies ONLY. Being Pro-Active will prevent a lot of non-urgent Emergency Room trips. I'm going to list out what is clinic/walk-in vs urgent care vs Emergency Room.

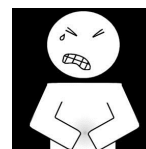
Call or Visit your Primary Care Physician if you need medical care and feel safe to wait a day if needed. For example: runny nose, simple backache, sore throat, ear ache, cuts and

scrapes, tick bites, flu or cold symptoms, Urinary Tract Infections.

Go to Urgent Care—Need medical care today: call your provider, AND IF your provider is not available, go to Urgent care. For example: Minor injuries, lacerations and burns, sprains and strains, small bone fracture (i.e. fingers and toes)

Go to the ER or Call 911—Need medical care Now and do not feel safe to wait—a medical emergency. For example: Trouble breathing or chest pain, fainting, sudden weakness or difficulty speaking, uncontrolled bleeding, severe pain or serious inju-

ry.



The number one thing we see in cases of non-urgent Emergency Room visits is symptoms have been present for 3-5 days.

This means you've had 3-5 days to work with our office to be seen, send a message through the portal, or call the office if you have symptoms and need in. Don't wait until the pain becomes unbearable, or it becomes an emergency.

As always if you feel you have a life threatening emergency Call 911 or proceed to the nearest emergency room for treatment.

Employee Spotlight—Mellissa Dove

Mellissa has been with our office since 2008. She's the 2nd longest tenured employee. If you have called our office, or came in early for labs you've probably talked to Mellissa. She's our main operator and early morning coverage person, but that's just some of her many duties. She handles all of your pre-certs for procedures, transfers documents into charts, handles

all our minor IT issues in the office and pretty much can do any non-clinical job in the office. When something is broke she can fix it.

Mellissa is originally from Fort Smith and is now living in Booneville with her family. She enjoys spending time with them when she's not working. Each day during lunch you'll find her catching up on her soap opera, and in

the evenings if she's not playing with her son they'll be watching cartoons or Netflix.