



# THE HEALING PLACE

## Health Ministry Team

*"wholeness of body, mind and spirit"*

### Spiritual Leaders

Father Vicente Teneza  
Father Felipe Paraguya

### Chair

Clara Heimericks, RN

### Members

Grace Bati, RN  
Paz Cajucom, RN  
Dana Dinh, RN  
Carmela Encina, RN  
Romy Encina, RN  
Norv Latreille  
Patti Morrow, RN  
Hank Morrow, RN  
Lottie Munsayac, RN  
Judy Niedzwiedz  
Monica Parker, LVN  
Ramona Parks, RN  
Bernie Silla, RN  
Rhonda Vrchoticky, RN

### Regular Meetings

Third Monday, 7pm  
Campaign Office  
(Mobile Home)

### Membership

You need not be a medical professional. If you are interested in the Health Ministry please call Clara Heimericks at 689-3932 or the rectory at 381-5200.

## SUMMER HEAT— THE SILENT KILLER



One of the biggest health hazards that affects our region during the summer is heat. Many of us don't realize how deadly heat can be. In contrast to the visible, destructive, and violent nature of fire, floods and earthquakes, heat is a "silent killer". The Center for Disease Control (CDC) reports that an average of 350 people die each year due to the effects of heat.

### How Heat Affects the Human Body

Human bodies dissipate heat by varying the rate and depth of blood circulation, by losing water through the skin and sweat glands. The heart begins to pump more blood, blood vessels dilate to accommodate the increased flow, and the bundles of tiny capillaries in the upper layers of skin are put into operation. The body's blood is circulated closer to the skin's surface, and excess heat drains off into the cooler atmosphere. At the same time, water diffuses through the skin as perspiration. The skin handles about

90 percent of the body's heat dissipating function. Sweating, though, by itself, does nothing to cool the body, unless the water is removed by evaporation. Evaporation occurs when the heat energy required to evaporate the sweat is extracted from the body, thereby cooling it. The heart is pumping a lot of blood through dilated circulatory vessels; the sweat glands are pouring liquid, including essential dissolved chemicals, like sodium and chloride onto the surface of the skin. The body does everything it can to maintain 98.6 degrees inside.

### What Happens When the Body Can't Maintain 98.6 degrees?

When the temperature can't be maintained properly, heat disorders develop. Ranging in severity, heat disorders share one common feature: the person has overexposed or over exercised for his or her age, physical condition and the weather.

### What Are the Heat Disorders?

**Sunburn:** The symptoms of sunburn include redness and pain. In severe cases, swelling of skin, blisters, fever and headaches can result. To treat sunburn, ointments usually work for mild cases and if blisters appear but do not break. If blisters do break, apply dry sterile dressing. More serious extensive cases should be seen by a doctor.

**Heat Cramps:** Heat cramps are muscular pains and spasms due to heavy exertion. They usually involve

the abdominal muscles or the legs, and can be very painful. If you have heat cramps, stop activity and rest. Drink sips of water or a diluted sports drink, at the rate of one-half cup every 15 minutes. Gently stretch the cramped muscle and hold the stretch for about 20 seconds, then gently massage the muscle. Repeat if needed. If there is heavy sweating, cramps will recur. If there are no other symptoms of heat-related illness, resume activity after the cramps stop, but avoid any strenuous exercise for at least 24 hours.

**Heat Exhaustion:** Due to prolonged and profuse sweating, the body loses large quantities of salt and water. When salt and water are not replaced, blood circulation diminishes and affects the heart, brain and lungs. With heat exhaustion, sweat does not evaporate so the body is not cooled properly. Symptoms include cool, moist, pale, flushed or red skin, heavy sweating, headache, nausea or vomiting, dizziness and exhaustion. Body temperature will be near normal. Get the person to a cool place in a comfortable position. Give them a half glass of cool water every 15 minutes. Remove or loosen clothing and apply cool, wet cloths. Call 9-1-1 if the person refuses water, vomits or loses consciousness. If not treated, the victim's condition will worsen, the body temperature will keep rising, possibly leading to heat stroke.

**Heat Stroke:** The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled

quickly. Symptoms include hot, red and dry skin, changes in consciousness, rapid, weak pulse, rapid, shallow breathing, very high body temperature, dilated pupils, decreased blood pressure, increasing dizziness, weakness, headache, nausea or vomiting, loss of appetite, and confusion. Call 9-1-1. Move the person to a cool place and cool the body. Wrap wet sheets around the body and fan it. Wrap ice packs in a cloth and place them on the victim's wrists, ankles, armpits and neck to cool the large blood vessels. Keep the person lying down.

## PREVENTION

You can reduce your chances of heat disorders by following these few simple safety tips.

### Slow Down.



Reduce strenuous activities or reschedule them to a cooler time of day.

### Dress for Summer.

Lightweight light-colored clothing reflects heat and sunlight. Cover all exposed skin with high SPF sun screen and wear a wide brimmed hat.



### Drink plenty of Water.



Avoid caffeine, soda and fruit juices. Eat fre-

quent small, lower protein meals.

### Spend time in cool places.

If you don't have a home air conditioner visit malls, stores, libraries, pools or other public places. Use fans.



### Check on the elderly,

infants, young children and people with chronic health problems or disabilities. They are more vulnerable to the effects of heat.



### Keep pets indoors,

or provide them with shade and plenty of cool water. Refill their water bowls frequently. Do not leave pets, or anyone else, in a closed, parked vehicle.



### A NOTE ABOUT HUMIDITY



While high humidity is not a problem in our area, if you are traveling to an area where it is, please take a few minutes and review the relative humidity information posted on the bulletin boards in the entrances of the church.

*Sources: The National Weather Service, the Federal Emergency Management Agency and the American Red Cross.*

### Upcoming Health Ministry Events and Activities:

**August 5—Blood Pressure Screening—Parish Hall 8:30—12:30. FREE**