

PULSE

APRIL 2022



HEAT ILLNESS

A heat illness is one caused by high temperatures and humidity. You may get an illness while exercising or working in high heat and humidity. The four most common heat illnesses include:

- **Heat rash** (also called prickly heat or miliaria), which is a stinging skin irritation that turns your skin red. Heat rash happens when your excessive sweat gets trapped under your skin, blocking your sweat glands.
- **Heat cramps**, which are painful spasms in your muscles. Heat cramps occur when you're sweating so much, losing salt (electrolytes) and fluids, that your muscles cramp. It usually happens when you're exercising in the heat.
- **Heat exhaustion**, which is caused by too few fluids and long hours in high temperatures, causes heavy sweating, a fast and weak pulse and rapid breathing. This illness may happen after a longer period of time in high temperatures where you don't receive enough fluids.

Heat stroke, which is a life-threatening illness, happens when your temperatures rises above 106 degrees Fahrenheit (41 degrees Celsius) quickly – within minutes. Heat stroke is caused by a quick increase in core temperature as a result of high heat and humidity.

Your body sweats to keep itself cool. If temperatures and humidity are too high, sweating isn't effective enough.

How does the body stay cool?

The process that helps your body keep a healthy core temperature is called thermoregulation. Thermoregulation is controlled by a region of your brain called the hypothalamus. It activates receptors in your skin and other organs that cause you to lose heat and keep a normal core temperature. When your body gets really hot, it relies on sweat evaporation to dissipate heat (make the heat go away). If the heat entering your body is more than the rate of heat leaving your body, your core temperature will rise and you'll be at risk for a heat-related illness.

What are the types of heat illnesses?

Heat illnesses are categorized as either mild or severe. The mild types include:

- Heat rash.
- Heat cramps.

The severe types include:

- Heat exhaustion.
- Heat stroke.

HEAT ILLNESS

How can I prevent a heat illness? What can I do to reduce my risk of heat illnesses?

Heat illnesses are very preventable. Use the following simple steps to keep yourself from getting overheated:

- Drink water every 15 minutes when working or exercising in a hot environment, even if you're not thirsty. If you need to be out in extreme heat (heat index over 103°F), drink a total of two to four glasses (16 to 32 ounces) of water each hour.
- Take periodic rest breaks in the shade, a cool area or air-conditioned space.
- When working or exercising outside in hot, humid weather, wear a hat and loose, lightweight, light-colored cotton clothing.
- Do not drink alcohol or beverages that contain caffeine.
- Avoid going outdoors for activities or exercise when the temperature and humidity are high.
- Wear sunscreen. A sunburn reduces your body's ability to cool down. It can also dehydrate you.
- Wear a wide-brimmed hat and sunglasses outside.

- Avoid eating a hot, heavy meal.
- Pace yourself. Rest often.
- Monitor your urine output. If you urinate too much you could have a heat illness.

Remember that your body needs electrolytes, not just water. You can get electrolytes from common sports drinks, or powders you can add to your water. Choose an electrolyte drink or solution that's low in sugar.

Who gets heat illnesses?

If you work outside, or inside in a hot and humid environment, you're more likely to endure a heat illness. Examples of people who might be in such an environment include:

- Construction workers.
- Athletes.
- Military personnel.
- Firefighters.
- Landscapers.
- Farmers.
- Maintenance workers.
- Utility workers.

How are heat illnesses treated?

You may be able to treat mild heat illnesses yourself (heat rash and heat cramps) at home, but if the symptoms don't go away or you have the symptoms of heat exhaustion or heat stroke, you should go to the emergency room.

WORLD HEALTH DAY

WAYS TO BE HEALTHIER & HAPPIER

1

Set yourself small Goals. Set goals like "run 5km" rather than "run a marathon" or "eat less processed food" rather than "lose 100lbs". The small goals will all add up to the bigger goals. Set small monthly goals, and they all add up.

2

Walk where you can. Consider getting up earlier and walking rather than taking the bus/cab or if your journey is too long, take the bus but get off 2 stops earlier and walk the rest. If you drive, park your car as far away as possible. If you are working from home (or even if you aren't), then try taking a walk on your lunch break too - the fresh air will do you good.

3

Take the stairs. There are usually always stairs next to the escalator or lift, yet most of us will take the easy option. Take the stairs instead to get some extra steps in and feel the burn in your legs. Learning a language this year? Count every step in that language for an added challenge.

4

Focus on portion sizes. If you don't want to change what you are eating, try focusing on the portion size of that. You could use a smaller plate too. No need to cut out the foods you love, just be mindful of portions.

5

Find a way to enjoy exercise. Or at least find a way to hate it less. Not everyone is a runner or a swimmer, so don't force yourself to do something you really don't enjoy, as you won't stick to it (but do give something a chance for a couple of weeks). Try different workouts to see what you enjoy - maybe yoga, pole fit, dance or cross-fit is more for you.

6

Start your day with a healthy breakfast. Not everyone feels like eating first thing in the morning, so it doesn't have to be anything huge, but having something small will stop you from being starving come 11am and then eating everything in sight.

6

Reward yourself. If you reach a goal, like running a personal best, then reward yourself for that. Celebrate the big and small things.

7

Aim for 10,000 steps a day. This might seem like a lot, but it all adds up. Try topping up your steps by walking on the spot whilst waiting for the kettle to boil. Or run up and down the stairs a few times.

8

Ban all electronics in bed. Whilst you might feel the need to see what everyone is doing on Facebook before you go to bed, checking your phone in bed can actually stop you from getting a good nights sleep. Try a book instead.

9

Sit up straight. Did you know that sitting up straight can decrease your stress hormones and increase serotonin.

10

Learn something new. Make the time this year to learn something new. It doesn't have to be anything huge like become fluent in Spanish, but learning a new skill can really put your brain to work and give you a sense of achievement.

11

Pay attention to your pee. Yes, this isn't the nicest goal to set yourself this year, but taking a look at the colour of your pee can help you to see if you need to be drinking more water. You should be aiming for a light yellow to clear colour.

12

Try interval training. Interval training, where the speed is varied, can help you to burn more calories and fat.

13

Aim for half your plate filled with fruits and vegetables. Load up your plate with fruit and vegetables to get lots of vitamins and keep yourself fuller for longer.

BEST INDIAN FOODS AND DRINKS TO COOL YOU DOWN THIS SUMMER

Watermelon, a seasonal summer fruit comes for a reason. As it contains 91.45 per cent water, it helps in fulfilling your body's water requirement. Also, loaded with anti-oxidants properties, watermelon gives you a wonderful cooling effect. Loaded with fibre, eating cucumber in summer helps in keeping constipation at bay. **Cucumber** also contains high amount of water content. So, have this crunchier food and stay cool during the hot weather. **Curd** is not only delicious but also gives a coolant effect to the body. You can have curd in different variants too. Make spicy buttermilk, or sweet lassi. You can also make raita and can eat it with your food. Another option to eat curd is by adding seasonal fruits in it or by making lip-smacking smoothies.

Coconut water is the best summer drink. This 'not-so-expensive' drink is available in almost all fruit shops and is loaded with essential vitamins, minerals and other nutrients. It has cooling properties that help you fight against the hot weather. Studies also show that drinking coconut water regularly also protect against cancer.

This inexpensive herb is easily available with almost all vegetable vendors. Adding mint in curd, chaach or in raita could give you added benefits. You can also prepare mint chutney, which is a common thing prepared in almost all Indian houses. **Mint** not only keeps your body temperature cool but also gives you a refreshing effect.



Having **green leafy vegetables** around the year gives you numerous benefits. And adding them to your daily diet is also beneficial as green leafy vegetables contain high amount of water content. Remember, avoid over-cooking these vegetables as it could cause loss of water content in them.

Onions You may get surprised to know that onions too provide cooling properties. Eating them raw may ruin your taste, hence mixe it with lemon and salt and prepare salads. Another way to eat onion is by adding it in your vegetables, curries and raita. The red onions are loaded with quercetin, which is considered as a natural anti-allergen. Adding onion to your daily diet also helps in protecting you against the sun-stroke.

Melons Loaded with high amount of water content, it is great to eat melons during summer. They help you in staying hydrated and gives you a cooling and refreshing effect.

WORLD MALARIA DAY

WHAT IS MALARIA?

Malaria is a serious disease that spreads when an infected mosquito bites a human. Tiny parasites can infect mosquitoes. When it bites, the mosquito injects malaria parasites into the person's bloodstream. If it isn't treated, malaria can cause severe health problems such as seizures, brain damage, trouble breathing, organ failure and death. The disease is rare in the United States. If you're traveling to an area where malaria is common, talk to your provider about malaria prevention.

WHAT CAUSES MALARIA?

People get malaria when an infected mosquito bites them. A mosquito becomes infected by biting someone who has malaria. The infected mosquito transfers a parasite into a person's bloodstream, where the parasites multiply.

Five types of malaria parasites can infect humans. In rare cases, pregnant women with malaria can transfer the disease to their children before or during birth. Very rarely, malaria can transfer through blood transfusions, organ donations and hypodermic needles.

WHAT ARE THE SYMPTOMS OF MALARIA?

Malaria symptoms usually appear 10 days to one month after the person was infected. Symptoms can be mild. Some people don't feel sick for up to a year after the mosquito bite. Parasites can live in the body for several years without causing symptoms.

Signs of malaria are similar to flu symptoms.

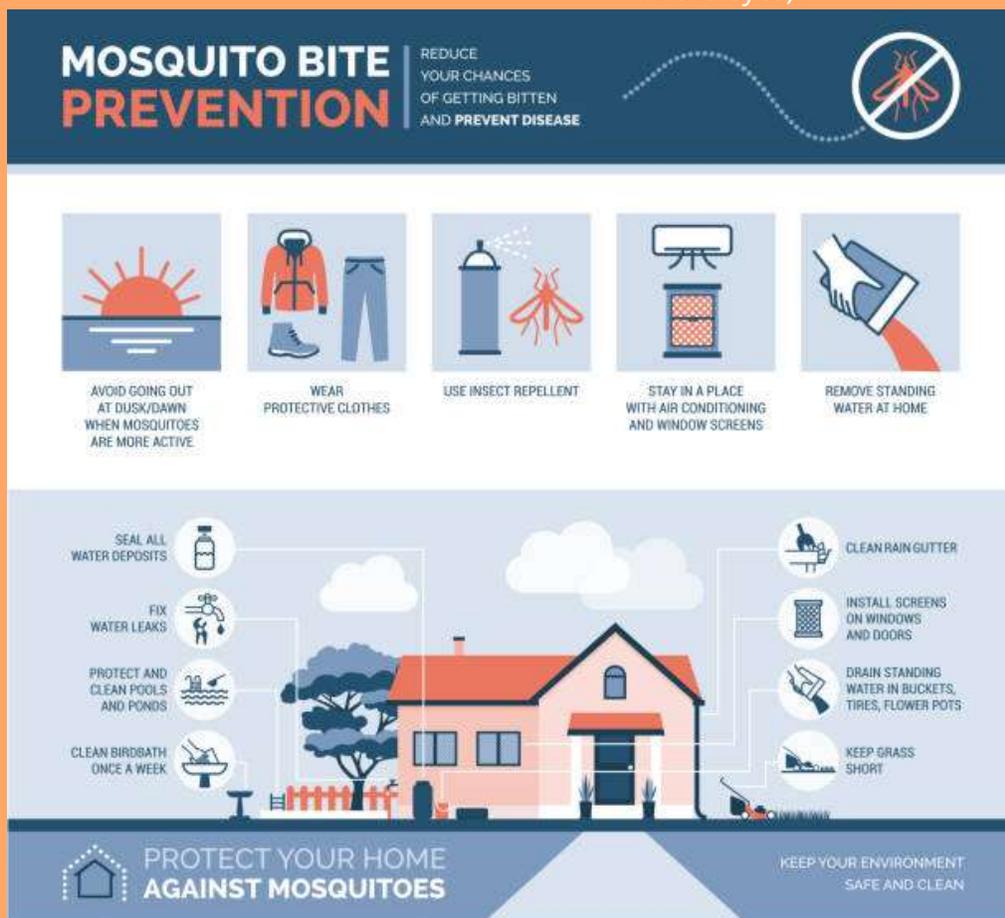
They include: Fever and sweating, Chills that shake the whole body, Headache and muscle aches, Fatigue, Chest pain, breathing problems and cough, Diarrhea, nausea and vomiting,

As malaria progresses, it can cause anemia and jaundice (yellowing of the skin and whites of the eyes).

PREVENTION

If you live in or are traveling to an area where malaria is common, take steps to avoid mosquito bites. Mosquitoes are most active between dusk and dawn. To protect yourself from mosquito bites, you should:

- Cover your skin. Wear pants and long-sleeved shirts. Tuck in your shirt, and tuck pant legs into socks. Apply insect repellent to skin.
- Apply repellent to clothing. Sprays containing permethrin are safe to apply to clothing.
 - Sleep under a net. Bed nets, particularly those treated with insecticides, such as permethrin, help prevent mosquito bites while you are sleeping.



Covid Update



Call your doctor if symptoms persist for three days with high fever



Avoid taking tests unless symptoms persist



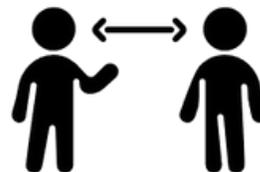
Get vaccinated



Rest up for 7 seven



Continue to Mask Up



Maintain Social Distancing



Avoid Large Crowds