



## Summer Physical Activity & Heat Safety Tips

**W**arm summer temperatures increase perspiration to maintain constant body temperature. Normally, as a person perspires, their body cools. This process comes with a loss of body fluids, which can lead to dehydration over a long period or intense exposure. High humidity prevents cooling through perspiration and increases the risk of becoming overheated. The two factors combined with the heat of the sun can create a dangerous situation.

You don't have to take the summer off to beat the heat. Just use caution and follow these steps:

- \* Avoid strenuous activity during the heat of the day, if possible. Plan activities for the cooler parts of the day, such as early in the morning or just before dusk.
- \* Monitor children for these signs and symptoms and be sure to have lots of water on hand for them to drink. Keep them in cool or shaded areas as much as possible.
- \* Watch for dehydration. Signs include reduced urine amounts and weight loss.
- \* Residents should go slowly and wait for their bodies to feel comfortable with their activity level.
- \* Be sun safe. Wear a hat, sunglasses, and sunscreen (SPF of at least 15). Stay out of the sun as much as possible.
- \* Drink plenty of fluids.

\* Recognize the symptoms of heat exhaustion: thirst, fatigue, disorientation, vision problems, a rapid and weak pulse, headaches, dizziness, and weakness. Anyone who experiences any of these symptoms should immediately stop their activity, drink fluids (preferably water), and find a cool place to rest. Seek medical attention if they don't start feeling better very quickly. Heat exhaustion can lead to heat stroke if not treated. Heat stroke is a medical emergency.

\* Anyone who must be active during the heat of the day should wait to acclimatize him or herself by increasing their activity intensity. It can take up to two weeks to get used to increased temperatures. This acclimatization is lost after one week of cool weather.

\* Residents are reminded to take into account the effects of humidity. Even if the temperature is relatively low, high humidity can still lead to detrimental health effects

\* Exactly how much fluids your body will require to stay hydrated depends on many factors from stomach size to the weather conditions. Recommended amounts include: two to three cups of water a few hours before activity, one to two cups 15 minutes before activity, and one cup every 15 to 20 minutes during activity.

\* Anyone doing intense activity should weigh him or herself before and after and replenish by drinking two cups of water per pound (1/2 kg) of weight lost.

If the weather is very hot, plan your activity for air-conditioned places, or skip your workout for that day. Physical activity should be both fun and safe. Following these guidelines will help you stay safe as you enjoy summer activity.



# Surviving a Fractured Hip

## Biography

### Darlene Yee, B.Sc.PhM

Darlene Yee started with Pulse Rx in January 2011 as a Clinical Pharmacist at the Ottawa location. Darlene completed her Pharmacy degree from the University of Saskatchewan in 1989. Darlene worked as a staff pharmacist with Shoppers Drug Mart for fifteen years and owned her own Shoppers Drug Mart for five years. Darlene enjoys keeping active in her spare time by running marathons and cycling. Darlene is planning to run the Boston Marathon and hiking up Kilimanjaro one day. Darlene is planning on pursuing to become a Certified Diabetic Educator .

### Quick facts on cancer

- Two in 5 Canadians will develop some form of cancer in his/her lifetime.
- An estimated 166,400 new cases of cancer will be diagnosed in 2008 and an estimated 73,800 people died from the disease.
- Cancer is the leading cause of premature death in Canada

Read more: <http://www.cancer.ca>

Some preparation before a loved one comes home from the hospital will reduce the demands on the caregivers, and will facilitate recovery:

**1. A reacher. This will enable your loved one to pick up items from the floor or those just "out of reach". Also, this device will enable your loved one to don pants or underwear.**

**2. A long shoe horn. This will allow shoes to be donned without bending forward.**

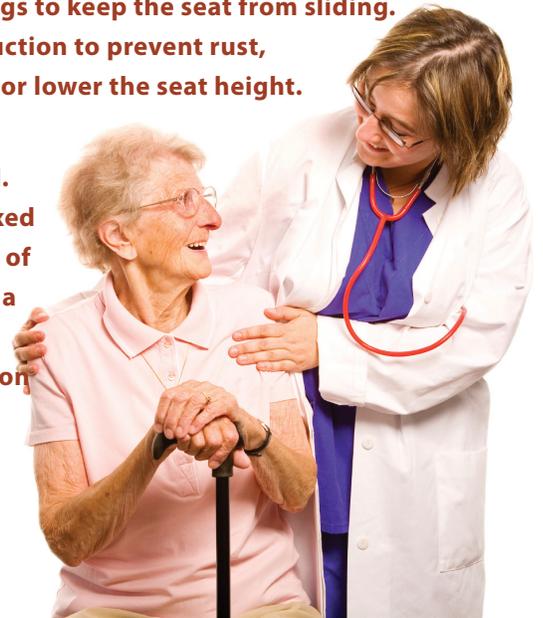
**3. Shoes that do not tie. Either loafers or tennis shoes with velcro closures are better. For ladies, a simple slip-on style without heels is another option.**

**4. A long handled bath sponge. This will enable your loved one to bathe their legs without bending forward.**

**5. A bath seat with a back for in the bathtub or shower stall. Sitting while showering will conserve your loved one's energy and will eliminate the possibility of a fall while bathing. Features to consider are rubber tips on all four legs to keep the seat from sliding.**

**Anodized aluminum construction to prevent rust, and adjustable legs to raise or lower the seat height.**

**6. A hand held shower head. Sitting in a shower with a fixed head will give the sensation of being in a waterfall. Having a hand held shower head will give control over the direction of the water flow.**



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