



## Beat the Heat

*By Samuel Schimelpfenig, MD, FAAP*

Heat illness takes many forms, from mild to severe. Heat rashes and heat cramps are considered mild. Dehydration can occur quickly when it's hot, and contributes to more severe heat illnesses like heat exhaustion and heat stroke. While mild heat illness tends to be self-limited, heat stroke is a medical emergency.

**Read more about these heat illnesses, the signs and symptoms, prevention methods, and when medical attention is required.**

### Heat Cramps

Heat cramps often involve major muscle groups, and tend to follow long periods of activity in the heat. They are thought to be secondary to sweat loss and electrolyte imbalance. Treatment may include gentle massage, stretching and rehydration in a cool area. To prevent them, stay hydrated, eat regularly and take an occasional break to stretch and recover.

### Heat Rash

Heat rash is caused by tight clothing or areas of skin that rub together and obstruct the pores in the skin that produce sweat. The sweat then leaks into the surrounding tissue causing itchy red bumps. By wearing loose, breathable fabrics, this condition can be avoided. Use a cool, damp cloth to relieve affected areas.

### Dehydration

Dehydration typically occurs after prolonged exposure to a hot climate. Symptoms include headache, confusion, nausea and vomiting, exhaustion and dizziness. Heat exhaustion must be taken seriously because it can lead to heat stroke. Leaving the hot environment, cool liquids, something to eat and rest is usually all that is needed for treatment. However, see a medical provider to ensure other forms of treatment aren't needed.

### Heat Stroke

Heat stroke occurs when the body becomes completely overwhelmed by the hot environment. The victim will have a fever, will not be sweating (usually, but not always), and will have alterations of his or her mental status including passing out completely. If heat stroke is suspected, call 911 or bring that person to the hospital immediately.





## Unplugged at Summer Camp

*Erik Anderson, LCSW-PIP, Avera Outpatient Therapist, lends advice to help parents convince their teen to leave the smartphone, tablet or other online device at home during summer camp.*

Technology plays a significant role in connecting teens with their friends all day long. Texting and social media use on smartphones give instant feedback and gratification. Therefore, separating your teen from the device can be difficult.

In the weeks prior to camp, observe your child's behavior while interacting with technology to learn whether he or she will have withdrawals. Look for a change in mood while using his or her device, an overwhelming urge to have technology close "in case someone sends a message," actively choosing to communicate via text and anxiety when separated from technology.

Anderson advises tapering off your teen's technology use in the weeks leading up to camp rather than going cold turkey so he or she can know what to expect. "Instead of focusing on simply taking away the technology and repeating 'no,' emphasize the positives in order to help reduce the habit."

### 3 reasons to leave the smartphone at home

- 1** The camp schedule is typically packed with one activity after another, each designed to foster social interaction and enjoyment. Kids should savor these activities!
- 2** Expensive electronic devices may be stolen by another camper or lost in the lake or dirt.
- 3** "Bringing technology to camp could lead to social isolation since your teen could be spending too much time on it," says Anderson. "It may prevent your child from making friends."

Your child can pack a pen and paper to jot down the contact information of new camp friends. Also, make sure you know how to contact your child in case of an emergency; your child should also know how he or she can contact you while at camp.

"Children should look forward to the relationships they'll build with the people they meet as well as the enjoyment of being outside," reminds Anderson. "These moments are remembered for a lifetime, and the friendships could be cherished all life long."

## Beware the Blue Light

*Source: Live Science*

**Like to read at night or scroll through Facebook one last time before bed? Beware of the "blue light" in computers, smartphones and tablets.**

Blue light wavelengths, found in sunlight, are known to give us energy. While much of today's technology is also known to emit blue light rays, too much blue light before bed can trick the body into speeding up metabolism and make it harder to get a good night's sleep. According to a recent study by Spanish researchers, blue light can also damage cells found in the retinas. Consider giving your technology a rest at least an hour before bed so that you get a better rest yourself!



**Note:** Newsletter information should not replace direct medical advice from your doctor. If you have questions or concerns, please contact your family's health care provider.

## Health Events and Programs

### Super Sitter Babysitting Class

Tuesdays, June 7 OR 28 • 9 a.m.–3 p.m. • Cost: \$45  
Boys and girls ages 10–13 can learn the basics of babysitting in this one-day class. To register and for more info, visit [Avera.org/mckennan](http://Avera.org/mckennan) (Attendee must bring bagged lunch.)

### Babysitter Toolkit

Tuesday, June 21 • 9 a.m.–noon • Cost: \$30  
Boys and girls ages 10–13 can learn games, snacks, songs, etc., to use when babysitting. To register and for more info, visit [Avera.org/mckennan](http://Avera.org/mckennan)

Find out your risk for certain types of health issues. Confidential, online assessments are available for lung cancer, colon cancer, diabetes, stress and many more. Go to [Avera.org/mckennan](http://Avera.org/mckennan) to learn more.