



Healthy Living Digest



Summer Issue

5 Tips for a Healthy Summer!

1. **Drink plenty of water:** Water cleanses the body and allows the body to function more efficiently. Drink a minimum of eight 8-ounce glasses of water daily.
2. **Establish a support system:** Getting connected with family and friends and staying active keeps the body mobile and feeling great. Having a good support system will help you to stay on track.
3. **Eat small more frequent meals:** It's important to notice portion size when eating out. Making healthier choices is better for your weight and helps you feel better.
4. **Fun in the sun:** Avoid being in the sun midday if the sun is intense. Always use sunscreen with at least SPF 15.
5. **Get a good night's rest:** Well rested people not only cope better with stress, but may also have better control of their appetites.

Summer Skin Protection:

You are probably in the habit of packing sunscreen for a day at the beach or pool. But the sun is up there 365 days a year. You need protection much of that time to reduce your lifetime sun-exposure total. Practice these sun-protection basics all year round to give your skin the best chance of long-term health.

1. **Drink plenty of fluids:** Aim to drink 6 to 8 glasses of water per day. By the time you are thirsty, your body is already dehydrated. For seniors, the feeling of thirst decreases as we age.
2. **Pick the right outfit with accessories:** When possible, wear loose, lightweight, and light-colored long sleeves to help protect your skin from sun, while also allowing your skin to breathe.

3. **Turn on your air conditioning:** Air conditioning is important when it is hot and humid outside. During a heat wave, if you don't have central air or a room air conditioner, spend part or most of each day at locations with air conditioning, including a friend's house, shopping mall, senior centers or movie theatre.
4. **Watch for heat stroke:** It is extremely important to watch for signs of heat stroke, especially for seniors. Some signs to look for include confusion, disorientation, dry skin, excessive tiredness, headache, lethargy, nausea, and a rapid pulse.
5. **Wear sunscreen:** Sunscreen is a major component to preventing sunburns. Look for a sunscreen that blocks both UVA and UVB rays, and also have a sun protection factor (SPF) of 15 or more. Be sure to apply it about 15-30 minutes before exposure.

4 Tips to Eating Healthier with COPD

- 1). Limit or **avoid caffeine** altogether, as it could interfere with your medication. Caffeinated drinks include coffee, tea, sodas, such as cola, and energy drinks like Red Bull.
- 2). **Limit dairy** in your diet. Some people find that dairy products such as milk and cheese make phlegm thicker.
- 3). Drink plenty of water. Increasing your water intake could help to loosen excess phlegm.
- 4). Try eating five to six small meals per day, rather than three large ones. Eating smaller meals helps avoid filling your stomach up too much and gives your lungs enough room to expand, making breathing easier.



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Recognizing the Signs of Stroke

Stroke is an emergency and getting help and treatment is extremely important. Learn how to quickly identify stroke by using the **FAST test**.

FACE: Ask the person to smile. Does one side of the face droop?

ARMS: Ask the person to raise both arms. Does one arm drift downward?

SPEECH: Ask the person to repeat a simple phrase. Is their speech slurred or strange?

TIME: If you observe any of these signs, call 9-1-1 immediately.

Getting to a hospital rapidly will more likely lead to a better recovery. Note the time of the first symptom. This information is important and can affect treatment decisions.

Signs of Atrial Fibrillation

A heart in atrial fibrillation doesn't beat efficiently. It may not be able to pump enough blood out to your body with each heartbeat.

Symptoms:

- Palpitation: (feelings that your heart is skipping a beat, fluttering, or beating too hard or fast)
- Shortness of breath
- Weakness or problems exercising
- Chest pain
- Dizziness or fainting
- Fatigue (tiredness)
- Confusion

Although atrial fibrillation itself is not life-threatening, complications of the condition can be. A major risk for people with afib is stroke, and more than 70 percent of people with afib who have a stroke will die because of a stroke,

according to the National Stroke Association. It's extremely important to maintain an open line of communication with your physician. Your physician can make an informed decision about your health. Inform your doctor today about any new or worsening health challenges.

Quick Summer Time Recipes

Tropical Cucumber Salad

195 calories

2 teaspoons lime juice

1 teaspoon of olive oil

2 teaspoons of Splenda

1 teaspoon of rice vinegar

¼ teaspoon crushed red pepper

1 medium English cucumber, cut ¾-inch dice

1 avocado, cut into ¾-inch dice

1 mango, cut into ¾ inch dice

¼ cup chopped fresh cilantro

Preparation: Whisk lime juice, Splenda, olive oil, and crushed red peppers in a large bowl until combined. Dice cucumbers and mangos into ¾ inch cube pieces and combine in a large bowl. Dice avocado into ¾ inch pieces and add to cucumber and mango blend. Combine all ingredients and top with diced cilantro. Garnish with lime zest.

- **Please visit www.primarypartners.org in order to see our full list of community events and seasonal digests.**