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Menopause, Andropause And Other Hormone Imbalances
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Cool Down with Hot Summer First–Aid

By Louise Roach

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When the temperature tops 90 and the soles of your shoes sizzle on the sidewalk, cold therapy is a necessity for summer first–aid. Whether it is ice from your freezer, a bag of frozen vegetables or a convenient commercial cold pack, ice therapy has many more uses than treating bumps and bruises.

Here are five summer first–aid tips for cold therapy:

Chill heat–related illnesses.

During the hot summer months, heat exhaustion and heat stroke can be a problem. Symptoms of exhaustion can include dizziness, weakness, a feeling of nausea, excessive sweating and a shallow, quick pulse. With more serious heat stroke, the skin is hot and dry, and mental confusion can occur along with a loss of consciousness. Cold packs can be used to keep the body cool in excessive temperatures, helping to prevent heat exhaustion. Many athletes cool down after a summer event with an icy cold pack on the back of their necks. If symptoms are present, ice packs along with hydration can be used to lower the body temperature to a safe level. Always seek medical attention in the case of heat stroke as this condition can be sudden and deadly.

Ice bug bites.

Let's face it, insect bites are a nuisance, causing swelling, itching and sometimes pain. Icing a bite immediately will keep the bug poison from spreading to other parts of the body, reduce swelling and inflammation, and numb the area, lessening the need to itch. Use ice therapy on mosquito, bee, spider, fire ant and centipede bites. If an allergic reaction happens or it is a serious bite, such as from the poisonous Brown Recluse Spider, immediately seek medical help.

Keep pets cool.

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Even pets can suffer in the summer heat. Keeping them cool can be tricky. An ice pack wrapped in a towel or beneath a thin blanket might do the trick if they decide to snooze on top of it. Ice cubes are a cool treat that some animals enjoy. There are also commercial products made specifically for horses to ice their legs down after a ride. Special caution should be taken to never use a product containing toxins or one that might easily break, endangering a pet if they decide it would be more fun to play with the ice pack than lay on it.

Cool a Burn.

Getting too much sun or being careless around an outside grill can result in summer burns. For minor first degree burns caused by brief contact with a hot object, water or steam, and sunburn, cool the skin by first holding it under running water, then apply a cold pack to numb the pain. If blistering occurs (second or third degree burns) seek medical help.

Cold treatment for night sweats.

Hot summer evenings can mean intense night sweats for menopausal women. A great natural approach to cooling off when awakened by a wave of heat is to tuck a cold pack into the pillowcase so that it lies at the crook of the neck. Within a few minutes, the heat wave will subside, allowing for a restful night's sleep.

Make sure you have at least one or two cold packs in your freezer for summer first–aid. Chill out and be prepared!

Disclaimer: This information is not intended as a substitute for professional medical treatment or consultation. Always consult with your physician in the event of a serious injury.

Louise Roach is the editor of on–line health and fitness newsletter, NewsFlash*SnowPack. She has been instrumental in the development of SnowPack, a patented cold therapy that exhibits the same qualities as ice. Her injury prevention and treatment articles have been published on health and fitness websites. For more information visit

or NewsFlash*SnowPack at

Make The Most Of Summer: Stay Healthy While Having Fun

By News Canada

(NC)–Canadians are eager to make full use of summer's long days, often at the expense of good health. To enjoy the season, it's important to be prepared. Try to moderate activity on hot days and wear the proper gear to protect the body from sun damage and overheating.

During hot, humid summer months, even Canada's top athletes will train in the cool early morning hours or after dark. Be smart when exercising or playing outdoors: don't push it in hot, muggy weather.

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Harmful pollutants hang in the air on humid days, making it difficult to breathe. In these conditions, perspiration won't evaporate efficiently, so the body can't cool down. Opt for air-conditioned, indoor workouts whenever possible and remember to replenish fluids.

"Don't underestimate the amount of fluids lost from perspiration on hot summer days," says Sandra Edwards, Registered Dietitian & Sports Nutritionist. "Keep drinking to cool the body and prevent dehydration. You can supplement water with other beverages, like Brisk Lemonade, as long as they don't contain alcohol or caffeine." Take a rest when you need to refresh – a quick breather will help restore energy levels and keep the body cool.

If the mid-day heat is unavoidable, wear the right gear to stay cool. Protect the eyes from the potentially dangerous effects of sunlight by wearing sunglasses with UVA and UVB protection. Choose cotton clothing so the body can breathe and perspire freely, opting for light colors that reflect the sun's hot rays. And, it's crucial to keep the head covered on hot summer days. A vented or loose-weave hat will protect from the sun and allow air to circulate, reducing the risk of heat-related illness. And, always remember to wear sunscreen with at least SPF 15 to protect from harmful UVA and UVB rays.

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