



Health Notes

Surgeons Choice Medical Center

22401 Foster Winter Drive
Southfield, MI 48075
(248) 423-5100

Surgeons Choice Macomb Center

11012 E. Thirteen Mile Rd
Warren, MI 48093
586-751-9800

Surgeons Choice Dearborn Center

22731 Newman St
Dearborn, MI 48124
313-359-9540

Surgeons Choice Imaging Center

11012 E. Thirteen Mile Rd,
Suite 111
Warren, MI 48093
586-558-8470

Surgeons Choice Medical Clinic

Call for an appointment
to be seen by a specialist
within 24-hours
248-485-8300



EXTREME HEAT SAFETY

Learn how to stay safe during a heat wave and how to treat heat-related illness like heat exhaustion. An extreme heat event is a series of hot days, much hotter than average for a particular time and place. Extreme heat is deadly and kills more people than any other weather event. We can take action to prepare. Prepare now to protect yourself and your loved ones.

What Should You Do Before Extreme Heat Occurs?

Learn to Stay Hydrated

You need to drink enough water to prevent heat illness. An average person needs to drink about 3/4 of a gallon of water daily. Everyone's needs may vary.

- You can check that you are getting enough water by noting your urine color. Dark yellow may indicate you are not drinking enough.
- Avoid sugary, caffeinated and alcoholic drinks.
- If you are sweating a lot, combine water with snacks or a sports drink to replace the salt and minerals you lose in sweat.
- Talk to your doctor about how to prepare if you have a medical condition or are taking medicines.



Make a Plan to Stay Cool

Do not rely only on electric fans during extreme heat. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off.

- Spending a few hours each day in air conditioning can help prevent heat illness.
- If you have air conditioning, be sure that it is in working order.
- If you do not have air conditioning or if there is a power outage, find locations where you can stay cool. For example, a public library, shopping mall, or a public cooling center. Plan how you will get there.
- Additional resources may be available from local government or community groups.
- Make sure you have plenty of lightweight, loose clothing to wear.
- Create a support team of people you may assist and who can assist you. Check in with them often to make sure that everyone is safe

Gather Emergency Supplies

Gather food, water and medicine. Stores might be closed. Organize supplies into a Go-Kit and a Stay-at-Home Kit. Set aside at least one gallon of drinking water per person per day. Consider adding drinks with electrolytes. Include sunscreen and wide-brimmed hats.

- Go-Kit: at least three days of supplies that you can carry with you. Include backup batteries and chargers for your devices (cell phone, CPAP, wheelchair, etc.).
- Stay-at-Home Kit: at least two weeks of supplies.
- Have a 1-month supply of medication in a child-proof container and medical supplies or equipment.
- Keep personal, financial, and medical records safe and easy to access

Consider keeping a list of your medications and dosages on a small card to carry with you.

Learn Emergency Skills

- Learn how to recognize and respond to heat illness.
- Learn First Aid and CPR.
- Be ready to live without power. Be ready to live without power, gas, and water. Talk to your doctor. Plan for backup power.

Plan to Stay Connected

- Sign up for free emergency alerts from your local government.
- Plan to monitor local weather and news.
- Have a backup battery or a way to charge your cell phone.
- Have a battery-powered radio during a power outage.
- Understand the types of alerts you may receive and plan to respond when you receive them:
 - A WATCH means Be Prepared!
 - A WARNING means Take Action!

What Should You Do During Extreme Heat?

Stay Hydrated

- Drink plenty of fluids. Encourage others to drink plenty of fluids, too.
- Replace salt and minerals with snacks or a sports drink.

Stay Cool

- Stay in an air-conditioned place as much as possible.
- If your home does not have air conditioning, go to your predesignated cool location.
- Wear lightweight, loose clothing and take cool showers or baths.
- Limit your outdoor activity. If you must work outdoors, schedule tasks earlier or later in the day.

Prevent heat illness

Check on your friends, family, and neighbors. Help them prevent heat illness. Act fast if you notice someone with symptoms. Anyone can develop heat illness. But, people at greater risk are:

- Older adults
- Infants, children and pregnant women
- People with medical conditions
- Outdoor workers
- People with limited personal resources
- People living in places that lack green spaces



TRAVELER'S HEALTH: SUMMER TRAVEL

Before Your Trip

Check CDC's webpage for your destination to see what vaccines or medicines you may need and what diseases or health risks are a concern at your destination.

Make an appointment with your healthcare provider or a travel health specialist that takes place at least one month before you leave. They can help you get destination-specific vaccines, medicines, and information. Discussing your health concerns, itinerary, and planned activities with your provider allows them to give more specific advice and recommendations.

Make sure you are up to date on all of your routine vaccines. Routine vaccinations protect you from infectious diseases such as measles that can spread quickly in groups of unvaccinated people. Many diseases prevented by routine vaccination are not common in the United States but are still common in other countries.

Prepare a travel health kit with items you may need, especially those items that may be difficult to find at your destination. Include your prescriptions and over-the-counter medicines in your travel health kit and take enough to last your entire trip, plus extra in case of travel delays. Depending on your destination you may also want to pack a mask, insect repellent, sunscreen (SPF15

or higher), aloe, alcohol-based hand sanitizer, water disinfection tablets, and your health insurance card.



During Your Trip

If your summer travel means you will be outside in the heat, learn how to prevent, recognize, and treat heat-related illness. The more active you are in high temperatures, the more likely you are to get a heat-related illness. Take the following steps to protect yourself:

- Drink plenty of non-alcoholic fluids.
- Wear a hat and sunglasses.
- Wear loose, lightweight, light-colored clothing.
- Plan outdoor activities during cooler parts of the day.
- Rest often and try to stay in the shade when outdoors.

If you will be doing strenuous activities in the heat such as hiking or biking, try to adjust before you travel by exercising 1 hour per day in the heat.

Protect yourself from the sun. Apply sunscreen with SPF 15 or higher when traveling. Protecting yourself from the sun isn't just for tropical beaches—you can get a sunburn even if it's cloudy or cold. You are at the highest risk for UV exposure when you are traveling during summer months, near the equator, at high altitudes, or between 10 am to 4 pm.

Stay safe during water activities. If your summer travels include water activities, be careful when swimming, boating, or diving, especially in countries where emergency services may not be quickly available. Avoid swimming in fresh water lakes and rivers. Infections such as schistosomiasis and leptospirosis are spread by contact with fresh water.

Avoid bug bites. Use insect repellent and take other steps to avoid bug bites. Bugs, including mosquitoes, ticks, fleas, and flies, can spread diseases such as malaria, yellow fever, Zika, dengue, chikungunya, and Lyme. These bugs are typically more active during warm weather.

After Travel

If you traveled and feel sick, particularly if you have a fever, talk to a healthcare provider and tell them about any areas you recently traveled to.

SEASONAL SAFETY: LEAVE FIREWORKS TO THE EXPERTS

Summer is synonymous with barbecues, parades and fireworks. The National Safety Council advises everyone to enjoy fireworks at public displays conducted by professionals, and not to use any fireworks at home.

They may be legal but they are not safe.

Every year, thousands of people are injured badly enough to require medical treatment after fireworks-related incidents, with many of the injuries to children and young adults. While the majority of these incidents are due to amateurs attempting to use professional-grade, homemade or other illegal fireworks or explosives, less powerful devices like small firecrackers and sparklers can also cause significant injuries.

Additionally, fireworks start an average of 19,000 fires each year.

FIREWORK SAFETY TIPS IF YOU CHOOSE TO USE LEGAL FIREWORKS:

If consumer fireworks are legal to buy where you live and you choose to use them, be sure to follow the following safety tips:

- Never allow young children to handle fireworks
- Older children should use them only under close adult supervision
- Never use fireworks while impaired by drugs or alcohol
- Anyone using fireworks or standing nearby should wear protective eyewear
- Never hold lighted fireworks in your hands
- Never light them indoors
- Only use them away from people, houses and flammable material
- Never point or throw fireworks at another person
- Only light one device at a time and maintain a safe distance after lighting
- Never ignite devices in a container
- Do not try to re-light or handle malfunctioning fireworks
- Soak both spent and unused fireworks in water for a few hours before discarding
- Keep a bucket of water nearby to fully extinguish fireworks that don't go off or in case of fire
- Never use illegal fireworks



Sparklers Are Dangerous

Every year, young children can be found along parade routes and at festivals with sparklers in hand, but sparklers are a lot more dangerous than most people think.

Sparklers burn at about 2,000 degrees - hot enough to melt some metals. Sparklers can quickly ignite clothing, and children have received severe burns from dropping sparklers on their feet. According to the National Fire Protection Association, sparklers alone account for more than 25% of emergency room visits for fireworks injuries. For children under 5 years of age, sparklers accounted for nearly half of the total estimated injuries.

Consider using safer alternatives, such as glow sticks, confetti poppers or colored streamers.

IN THE SPOTLIGHT:



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MEDICAL CENTER

**WISHES YOU AND YOUR FAMILY
A WONDERFUL SUMMER &**

**HAPPY
4TH OF JULY**



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