



BOBO GAZETTE

August 2023



LETTER FROM THE EDITOR: Don't worry everybody, I'm really not being overcome by the heat, it's just a photo op about the dangers of overheating. This month's newsletter is for all people and their pets because the high heat and humidity can affect us all. So, we have put together some useful tips on avoiding the severe effects of the sun, high temperatures and humidity in the summertime.

If you notice my demonstration of breathing with my tongue hanging out (panting). I found this explanation on the internet *"Dogs can cool themselves down through panting by evaporating water in their mouths and across the dog's tongue which cools them off. Panting helps dogs regulate body temperature because it causes air to flow over the dog's wet mucous membranes in its mouth and nose."*



Heat Disorder	Symptoms	First Aid
Sunburn	Redness and pain. In severe cases, swelling of skin, blisters, fever, headaches.	Ointment for mild cases if blisters appear. If breaking occurs, apply dry sterile dressing. Serious, extensive cases should be seen by a physician.
Heat Cramps	Painful spasms usually in muscles of legs and abdomen possible. Heavy sweating.	Firm pressure on cramping muscles, or gentle massage to relieve spasm. Give sips of water. If nausea occurs, discontinue use.
Heat Exhaustion	Heavy sweating, weakness, skin cold, pale and clammy. Pulse thready. Normal temperature possible. Fainting and vomiting.	Get victim out of sun. Lay down and loosen clothing. Apply cool wet clothes. Fan or move victim to air-conditioned room. Sips of water. If nausea occurs, discontinue use. If vomiting continues, seek immediate medical attention
Heat Stroke (or sunstroke)	High body temperature (106°F, or higher). Hot dry skin. Rapid and strong pulse. Possible unconsciousness	Heat stroke is a severe medical emergency. Summon medical assistance or take the victim to a hospital immediately. Delay can be fatal. Move the victim to a cooler environment. Reduce body temperature with cold bath or sponging. Use extreme caution. Remove clothing, use fans and air conditioners. If the temperature rises again, repeat process. Do not give fluids.



NATIONAL WEATHER SERVICE
NATIONAL OCEANIC AND ATMOSPHERIC ADMINISTRATION



The most common heat-related conditions are heatstroke, heat exhaustion, heat cramps, sunburn and heat rash. Heatstroke and heat exhaustion are the most serious conditions.

Symptoms of Heat Exhaustion

Symptoms of heat exhaustion may start suddenly or progress over time, especially with prolonged periods of exercise. Possible heat exhaustion symptoms include:

- Cool, moist skin with goose bumps when in the heat.
- Heavy sweating.
- Faintness.
- Dizziness.
- Fatigue.
- Weak, rapid pulse.
- Low blood pressure upon standing.
- Muscle cramps.
- Nausea.
- Headache.



The body's heat combined with environmental heat results in what's called your core temperature. This is your body's inner temperature. Your body needs to regulate heat gain in hot weather or heat loss in cold weather to keep a core temperature that's typical for you. The average core temperature is about 98.6 F (37 C).

When your body can't cool itself

In hot weather, your body cools itself mainly by sweating. The evaporation of your sweat regulates your body temperature. But when you exercise

strenuously or otherwise overexert in hot, humid weather, your body is less able to cool itself efficiently.

As a result, heat cramps may start in your body. Heat cramps are the mildest form of heat-related illness. Symptoms of heat cramps often include heavy sweating, fatigue, thirst and muscle cramps. *Prompt treatment may prevent heat cramps from progressing to more serious heat illnesses such as heat exhaustion.*

Drinking fluids or sports drinks that have electrolytes (Gatorade, Powerade, others) can help treat heat cramps. Other treatments for heat cramps include getting into cooler temperatures, such as an air-conditioned or shaded place, and resting.

A note from Cleveland Clinic

IV fluids are specially formulated liquids that are injected into a vein to prevent or treat dehydration. Intravenous rehydration is a simple and safe procedure used in people who are sick, injured, dehydrated from exercise or heat, or undergoing surgery. Also, IV fluids are specially formulated liquids that are injected into a vein to prevent or treat causes dehydration. They are used in people of all ages who are sick, injured, dehydrated from exercise or heat, or undergoing surgery. Intravenous rehydration is a simple, safe



and common procedure with a low risk of complications.

Risk Factors

Anyone can get heat illness, but certain factors increase your sensitivity to heat. They include.

- **Young age or old age.** Infants and children younger than 4 and adults



older than 65 are at higher risk of heat exhaustion. The body's ability to regulate its temperature isn't fully developed in children.

In older adults, illness, medicines or other factors can affect the body's ability to control temperature.

- **Certain drugs.** Some medicines can affect your body's ability to stay hydrated and respond properly to heat. These include some medicines used to treat high blood pressure and heart problems (beta blockers, diuretics), reduce allergy symptoms (antihistamines), calm you (tranquilizers), or reduce psychiatric symptoms such as delusions (antipsychotics). Some illegal drugs, such as cocaine and amphetamines, can increase your core temperature.
- **Obesity.** Carrying excess weight can affect your body's ability to regulate its temperature and cause your body to keep more heat.
- **Sudden temperature changes.** If you're not used to the heat, you're more susceptible to heat-related illnesses, such as heat exhaustion. The body needs time to



get used to higher temperatures. Traveling to a warm climate from a cold one or living in an area that experiences an early heat wave can put you at risk of a heat-related illness. The body hasn't had a chance to get used to the higher temperatures.

- **A high heat index.** The heat index is a single temperature value that considers how both the outdoor temperature and humidity make you feel. When the humidity is high, your sweat can't evaporate as easily, and your body has more trouble cooling itself. This makes you more prone to heat exhaustion and heatstroke. When the heat index is 91 F (33 C) or higher, you should take precautions to keep cool.

Complications

If heat exhaustion isn't treated, it can lead to heatstroke. Heatstroke is a life-threatening condition. It happens when your core body temperature reaches 104 F (40 C) or higher. Heatstroke needs immediate medical attention to prevent permanent damage to your brain and other vital organs that can result in death.

Prevention

There are a lot of things you can do to prevent heat exhaustion and other heat-related illnesses. When temperatures climb, remember to:

- **Wear loose-fitting, lightweight clothing.** Wearing too much clothing or clothing that fits tightly won't allow your body to cool properly.



• **Protect against sunburn.**

Sunburn affects your body's ability to cool itself.

Protect yourself outdoors with a wide-brimmed hat and sunglasses. Use a broad-spectrum sunscreen with an SPF of at least 15. Apply sunscreen generously and reapply every two hours. Reapply more often if you're swimming or sweating.



• **Drink plenty of fluids.** Staying hydrated helps your body sweat and keep a normal body temperature.

• **Be careful with certain medicines.** Watch for heat-related problems if you take medicines that can affect your body's ability to stay hydrated and respond to heat.

• **Take it easy during the hottest parts of the day.** If you can't avoid strenuous activity in hot weather, drink fluids and rest often in a cool spot. Try to schedule exercise or physical labor for cooler parts of the day, such as early morning or evening.



• **Get acclimated.** Limit time spent working or exercising in heat until you're conditioned to it. People who aren't used to hot weather are especially susceptible to heat-related illness. It can take several weeks for your body to adjust to hot weather.



• **Be cautious if you're at increased risk.** If you take medicines or have a condition that increases your risk of Heat-related problems, such as a history of prior heat illness, be cautious. Avoid the heat and act quickly if you notice symptoms of overheating. If you take part in a strenuous sporting event or activity in hot weather, make sure there are medical services ready in case of a heat emergency.*[Mayo Clinic article on Heat related illness](#)

THE HEAT AND YOUR PET

Never Leave Your Pets or Anyone In A Parked Car. This is a common cause of heat-related deaths in children. When parked in the sun, the temperature in your car can rise 20 degrees Fahrenheit (more than 11 C) in 10 minutes.

Not even for a minute! Not even with the car running and air conditioner on. On a warm day, temperatures inside a vehicle can rise rapidly to dangerous levels. On an 85-degree day, for example, the temperature inside a car with the windows opened slightly can reach 102 degrees within 10 minutes. After 30 minutes, the temperature will reach 120 degrees. Your pet may suffer irreversible organ damage or die. Learn how to help a pet left inside a hot car by taking action or calling for help.



Limit exercise on hot days.

Take care when exercising your pet. On very hot days, limit exercise to early morning or evening hours, and be especially careful with pets with white-colored ears, who are more susceptible to skin cancer, and short-nosed pets, who typically have difficulty breathing. Asphalt gets very hot and can burn your pet's paws, so walk your dog on the grass if possible. Always carry water with you to keep your dog from dehydrating.

Watch the humidity.

"It's important to remember that it's not just the ambient temperature, but also the humidity that can affect your pet," says Dr. Barry Kellogg, VMD, of the Humane Society Veterinary Medical Association. "Animals pant to evaporate moisture from their lungs, which takes heat away from their body. If the humidity is too high, they are unable to cool themselves and their temperature will skyrocket to dangerous levels—very quickly."

Taking a dog's temperature will quickly tell you if there is a serious problem. Dogs' temperatures should not reach over 104 degrees. If your dog's temperature does, follow the instructions below for treating heat stroke.



Provide ample shade and water.

Any time your pet is outside, make sure they have protection from heat and sun and plenty of fresh, cold water. In heat waves, add ice to water when possible. Tree shade and tarps are ideal because they don't obstruct air flow. A

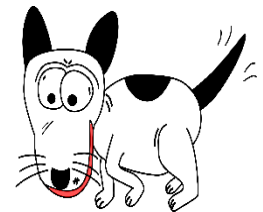


doghouse does not provide relief from heat—in fact, it makes it worse.

Keep your pet from overheating indoors or out with a cooling body wrap, vest or mat. Soak these products in cool water, and they'll stay cool (but usually dry) for up to three days. If your dog doesn't find baths stressful, see if they enjoy a cooling soak.

Watch for signs of heatstroke.

Extreme temperatures can cause heatstroke. Some signs of heatstroke are heavy panting, glazed eyes, a rapid heartbeat, difficulty breathing, excessive thirst, lethargy, fever, dizziness, lack of coordination, profuse salivation, vomiting, a deep red or purple tongue, seizure and unconsciousness.



Animals are at particular risk for heat stroke if they are very old, very young, overweight, not conditioned to prolonged exercise, or have heart or respiratory disease. Some breeds of dogs—like boxers, pugs, shih tzus and other dogs and cats with short muzzles—will have a much harder time breathing in extreme heat.

How to treat a pet suffering from heatstroke

Move your pet into the shade or an air-conditioned area. Apply ice packs or cold towels to their head, neck and chest or run cool (not cold) water over them. Let them drink small amounts of cool water or lick ice cubes. Take them directly to a veterinarian.



TUMERIC

What is turmeric?

Turmeric is a spice that comes from the root of the *curcuma longa* plant, which is a perennial in the ginger family. Its major active ingredient is curcumin. “Curcumin gives turmeric that yellowish color,” Hopsecger says. “But beware: It stains easily. Try not to get it on your clothing!”

Turmeric’s treasure lies in curcumin’s benefits. Curcumin has antioxidants and anti-inflammatory properties. Researchers are investigating whether it may help diseases in which inflammation plays a role — from arthritis to ulcerative colitis.

Turmeric health benefits.

The spice, which is easy to add to smoothies and curries, shows promise when it comes to the following health benefits.

Lessens inflammation.

For chronic conditions where inflammation starts to affect tissues in your body, taking turmeric may be beneficial.

In one study of patients with ulcerative colitis, those who took 2 grams of curcumin a day along with prescription medication were more likely to stay in remission than those who took the medicine alone.

“It won’t necessarily help during an active flare-up, but it may help prolong remission,” Hopsecger explains.

Improves memory.

Another clinical trial showed that 90 milligrams of curcumin taken twice a day

for 18 months helped improve memory performance in adults without dementia.

“Researchers thought that the reduction in brain inflammation and curcumin’s antioxidant properties led to less decline in neurocognition, which is the ability to think and reason,” Hopsecger says. “Curcumin may also have a role in preventing the development of Alzheimer’s disease — however, that’s an area where we need more research.”

Lessens pain.

Turmeric has also deep roots in both Chinese traditional medicine and Ayurveda for treating arthritis. Research suggests that taking turmeric extract could potentially reduce pain from osteoarthritis, though further study is still needed.

“But I wouldn’t rely on a curcumin supplement alone,” Hopsecger notes. “Medical management should come first.”

Fights free radicals.

Turmeric has antioxidant properties, and one study shows that it may protect your body from free radicals by neutralizing them.

Another study suggests that turmeric’s antioxidant effects may also stimulate the action of other antioxidants.

Lowers risk of heart disease.

With its ability to help reduce inflammation and oxidation, turmeric could lower the risk of heart disease.

Studies show that turmeric may help reverse the heart disease process. In healthy middle-aged and older adults who took curcumin supplements for 12 weeks, resistance artery endothelial production —

which plays a significant role in high blood pressure — was increased.

Another study followed 121 people who had coronary artery bypass surgery. A few days before and after the surgery, the group that took 4 grams of curcumin a day saw a 65% decreased risk of having a heart attack in the hospital.

Turmeric also may be helpful when used along with medication for managing cholesterol levels. Research shows that curcumin is safe and may protect those at risk for heart disease by lowering certain levels of cholesterol, though more study is needed to look at how much and what type is effective.

Helps fight depression.

If you have depression, the protein known as brain-derived neurotrophic factor (BDNF) is reduced and your hippocampus, which helps with learning and memory, starts to shrink. A study shows that curcumin can boost BDNF levels and may reverse changes.

Another study shows that curcumin was just as effective as fluoxetine (Prozac) in lessening symptoms of depression. Curcumin may also increase levels of serotonin and dopamine — which are chemicals in your brain that regulate mood and other body functions.

Helps prevent cancer.

Curcumin may affect cancer growth and development according to a few studies.

One study, which focused on colorectal cancer, saw a 40% reduction of the number of lesions in the colon in men.

Nutritional value.

While doctors commonly recommend taking 500 milligrams twice daily with food, the dose that's right for you depends on your overall health. *More isn't always better, so talk to your doctor.*

“It's safe to take up to 8 grams per day, but my recommendation would be somewhere on the lighter side: 500 to 1,000 milligrams a day for the general population,” says Hopsecger.

For optimal absorption, try taking with heart-healthy fats like oils, avocado, nuts and seeds, she adds.

While the risk of side effects is low and drug interactions are unlikely, stop taking turmeric if you notice ill effects. *Turmeric may cause bloating, and there is a theoretical concern that it may interact with blood-clotting medications.* Also avoid it if you have gallbladder disease.

Always talk to your doctor before starting a dietary supplement, since they could potentially interact with other medications you're taking. Turmeric can help supplement your conventional care, but it's not a substitute for medicine.

“No dietary supplement can replace medications or even a well-rounded diet,” Hopsecger cautions. “If your diet is poor, taking a curcumin supplement isn't going to do anything miraculous.”

How to use turmeric.

You can take turmeric as a supplement or use it as a spice.

“Curcumin is more potent in a supplement because they've extracted it from the turmeric,” Hopsecger says. “If you are

buying turmeric in the store, it does have some antioxidant properties. While using it as a spice may not have a significant impact, it is a great way to season food without salt.”

Not ready to commit to a supplement? While cooking with turmeric doesn’t give you as big of a health boost, you can still benefit by adding it to:

- Smoothies.
- Golden milk.
- Soups.
- Eggs.
- Muffins.
- Rice.
- Roasted veggies.

“It’s one of the main ingredients in a curry sauce — it’s potent, pungent, bitter and very earthy,” says Hopsecger. “I always think of that curry smell as being what turmeric tastes like. You can buy the spice ground these days from many supermarkets and spice stores, or you can buy the fresh root and store it in an airtight container in the refrigerator. You can then peel, and chop or grate to use in your recipes.”

Cleveland Clinic: Health Essentials Nov. 10, 2021
Registered dietitian Nicole Hopsecger, RD, discusses turmeric’s many benefits and shares advice on how to



incorporate turmeric into your daily life.

GRIEF AND SUICIDE PREVENTION HELP LINE

In 2020, Congress designated the new 988 dialing code to operate through the existing National Suicide Prevention Lifeline. Ohio convened a broad and diverse stakeholder planning group to prepare the state for this transition. Ohioans with live experience, family members, veterans, multi-cultural, and other special population groups participated in the planning process along with law enforcement, local ADAMH boards, providers and telecom operators.

- 988 will accept calls, texts, and chats from anyone who needs support for a suicidal, mental health, or addiction crisis. People can also call 988 if they are concerned about a loved one in crisis.

- Ohio’s 988 implementation plan is part of the state’s larger commitment to providing quality, person-centered crisis supports in communities across the state.

The state's crisis system is being built to enhance our Connect, Respond, Stabilize and Thrive supports in all communities.

- Ohio has increased the number of in-state Lifeline approved call centers from 12 to 19 in preparation for the transition to 988. These call centers are actively providing call coverage to the entire state. Ohio has also established secondary, back-up, and chat and text providers so that the state can achieve its goal of all calls, texts, and chats made to 988 being answered in-state.
- In 2021, there were approximately 90,000 calls to the National Suicide Prevention Lifeline from Ohio.



- Ohio's Lifeline counselors are trained to listen and support callers who are in distress with a focus on de-escalation and coping skills. Ohio's Lifeline call centers will offer language translation services when needed. Spanish language counselors can be reached by pressing "1" after the voice prompt. Other languages are available based on a caller's needs.
- 988 in Ohio is supported by the Ohio Department of Mental Health and Addiction Services, and its first year of operations is fully funded with federal dollars that the Department has dedicated to the launch of 988. The DeWine

Administration and the Ohio Legislature are evaluating ongoing use and needs and determining an appropriate, sustainable funding plan to ensure the long-term success of 988 in Ohio.

- In addition to the state-operated Ohio CareLine, many communities offer local crisis and support lines. The Ohio CareLine and local support and response lines will not go away when 988 launches and will continue to provide support to Ohioans who use them.



Ohio CareLine

The Ohio CareLine is a toll-free emotional support call service created by the Ohio Department of Mental Health and Addiction Services. Behavioral health professionals staff the CareLine 24 hours a day, 7 days a week. They offer confidential support in times of personal or family crisis when individuals may be struggling to cope with challenges in their lives. When callers need additional services, they will receive assistance and connection to local providers.

Call 1-800-720-9616 to connect

It's okay to not be okay. **Call 1-800-720-9616 to connect.**