

Road to Better Health

Twice Monthly
Health & Wellness
Newsletter Brought to you by



Located at **Pilot**

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Ask the Nurse Practitioner



Heat Safety

Q: What are the symptoms of heat exhaustion?

A: Symptoms of heat exhaustion include:

- Heavy sweating
- Weakness
- Cool, pale, clammy skin
- Fast, weak pulse
- Possible muscle cramps
- Dizziness
- Nausea or vomiting
- Fainting

Q: Which population is at greatest risk for heat related illness and/or death due to the heat?

A: Children, adults 40 years old and older, the elderly, and pets are at greatest risk. Remember to take them with you if you must leave the car for any length of time at all. Even 1 minute can be detrimental.

Heat Safety

By Kristy Moore, FNP – Cartersville, GA

With the temperatures starting to rise, the importance of heat safety is crucial to discuss. Heat is one of the leading weather-related killers in the United States, which results in hundreds of fatalities each year and even more heat-related illnesses. As we approach the warm months, there are several things to keep in mind when preparing for work, vacation, or just a quick trip to the store. When the weather is very hot and humid, the body's ability to keep cool is challenged. When the body's ability to cool itself is unable to match how quickly the body is heating, or when too much fluid is lost through dehydration or sweating, the body temperature can rise and you may experience symptoms related to heat. It is important to know symptoms so the appropriate quick response can be taken to prevent serious illness, disability, or even death.

While traveling, remember not to top off the gas tank. If gasoline spills, the vapors can harm you or your family's health and worsen pollution and smog. Try to buy gas in the early morning or at night. Heat affects those of all ages, however, after around the age of 40, the ability to sweat begins to decline, which greatly affects the body's ability to cool. Never leave anyone, especially the elderly, children, and pets, in a car for any length of time. Even, with the windows cracked, it can take less than 60 seconds to cause temperatures inside the vehicle to climb to critically high temperatures which can lead to a heat related illness or even death. The effects of heat are more severe with children because of the rate their body's warm is much faster than adults. The rate of water intake must equal the increased rate of water loss by perspiration to maintain normal body temperatures.

Easy Ways to Prevent Heat Illnesses:

- Stay hydrated by drinking plenty of water
- Stay indoors if possible
- Dress appropriately for the heat and wear light color clothing
- Use sunblock with an SPF of at least 15 or greater daily
- Limit or avoid outdoor activities from 2-6pm
- Know the signs and symptoms of heat cramps, heat exhaustion, and heat stroke
- Know how to contact emergency responders; Call 911 if heat stroke is suspected



Heat Safety article continued on next page.

Heat Safety (continued)

**Heat Index 130°
or Higher**

Heat Stroke or
Sun Stroke imminent

Heat Index 105°-129°

Sun Stroke, heat cramps and
heat exhaustion likely. Heat stroke
possible with prolonged exposure
and physical activity

Heat Index 90°-100°

Sun Stroke, heat cramps and
heat exhaustion are possible
with prolonged exposure
and physical activity.

How To Use Heat Index

1. Across top (Air Temperature) locate today's predicted high temperature.
2. Down left side (Relative Humidity) locate today's predicted humidity.
3. Follow across and down to find "Apparent Temperature" or "What it feels like"

Heat Index Values were devised for shady, light wind conditions. Exposure to full sun can increase values by up to 15°. Strong winds, particularly with hot, dry air can be extremely hazardous.

Source: Centers for Disease Control and Prevention.

Air Temp.	70°	75°	80°	85°	90°	95°	100°	105°	110°
Relative Humidity	Apparent Temperature (Degrees Fahrenheit) →								
0%	64°	69°	73°	78°	83°	87°	91°	95°	99°
10%	65°	70°	75°	80°	85°	90°	95°	100°	105°
20%	66°	72°	77°	82°	87°	93°	99°	105°	112°
30%	67°	73°	78°	84°	90°	96°	104°	113°	123°
40%	68°	74°	79°	86°	93°	101°	110°	122°	137°
50%	69°	75°	81°	88°	96°	107°	120°	135°	150°
60%	70°	76°	82°	90°	100°	114°	132°	149°	
70%	70°	77°	85°	93°	106°	124°	144°		
80%	71°	78°	86°	97°	113°	136°	157°		
90%	71°	79°	88°	102°	122°	150°	170°		
100%	72°	80°	91°	108°	133°	166°			

Below is a brief outline of the most common heat-related illnesses with the associated symptoms and what to do if a heat-related condition is suspected.

Heat Cramps	Heat Exhaustion	Heat stroke
Symptoms: Painful muscle cramps and spasms, usually in legs and abdomen; Heavy sweating	Symptoms: Heavy sweating, weakness; Cool, pale, clammy skin; Fast, weak pulse; Possible muscle cramps; Dizziness; Nausea or vomiting; Fainting	Symptoms: Altered mental state; One or more of the following symptoms: throbbing headache, confusion, nausea, dizziness, shallow breathing; Body temperature above 103 degrees; Hot, red, dry or moist skin; Rapid and strong pulse; Faints, loses consciousness.
First Aid: Apply firm pressure on cramping muscles or gently massage to relieve spasm. Give sips of water unless the person complains of nausea, then stop giving water.	First Aid: Move person to a cooler environment; lay person down and loosen clothing; apply cool, wet cloths to as much of the body as possible; Fan or move victim to air conditioned room; Offer sips of water; If person vomits more than once, seek immediate medical attention.	First Aid: Heat stroke is a severe medical emergency. Call 911 or get victim to a hospital immediately. Delay can be fatal; Move victim to a cooler, preferably air-conditioned, environment; Reduce body temperature with cool cloths or bath; Use fan if heat index temperatures are below high 90's. Do NOT give fluids.

Severe Weather Readiness

By Jeff Owen, FNP – Oklahoma City, OK

Severe weather can strike at any time. Oftentimes, disasters hit without warning. In May 2013, tornadoes ripped through central Oklahoma, not far from the UrgentCareTravel clinic. In November 2013, more than 70 tornadoes were recorded in 7 Midwestern states.

In order to be prepared for a natural disaster, we all need to know our risk based on where we live. Once you know your risk, it is important to formulate an emergency plan for you and those around you. Local, state and federal governments recommend having a 72-hour survival kit with you at all times.

Many people download severe weather apps for their smartphones. Settings for these apps can be as specific or general as you would like. The apps can pinpoint your location and send weather warnings and alerts when severe weather is close to your location. This is extremely helpful when traveling on the open road.

Following are suggested items to have in a 72-hour kit:

- One gallon of WATER per person per day for at least 3 days.
- A 3-day supply of non-perishable food (e.g. canned foods, crackers, jerky, etc.).
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert. Keep extra batteries.
- A quality flashlight with extra batteries.
- First aid kit.
- Whistle to signal for help.
- Dust mask, plastic sheeting, and duct tape for a temporary shelter.
- Antibacterial wipes, garbage bags and plastic ties for sanitation purposes.
- Manual can opener for food.
- Cell phone with chargers, inverter or solar charger
- Comfort items for children – favorite toys, candy, chewing gum, etc.



Although not a complete list, these items will help you and your loved ones to be prepared for disasters where you live and work.

Check with your local government authorities or go to ready.gov for more information.

UrgentCareTravel Programs and Services

UrgentCareTravel's affordable **GOLD Healthcare Membership program** includes unlimited FREE visits (in-clinic services) at UrgentCareTravel locations. With health insurance plans costing more, providing less medical coverage and requiring higher deductible payments, UrgentCareTravel's **GOLD Healthcare Membership program** is a cost-effective option to address the healthcare needs of drivers, local businesses and communities. To enroll or get more information about the **Gold Healthcare Membership Program**, please contact a UCT clinic or send an e-mail to services@urgentcaretravel.com.

UrgentCareTravel's **Referral Network** lets you earn extra cash whenever you refer drivers, co-workers and friends to any UrgentCareTravel clinic. When a patient at the clinic provides your name and mobile phone number, you earn cash based on the service they receive. To find out more about the UrgentCareTravel **Referral Network**, visit an UrgentCareTravel clinic or send an e-mail to services@urgentcaretravel.com. To join the UrgentCareTravel **Referral Network**, please provide your name, mobile phone number, e-mail address and mailing address.

The Wellness Corner: Checking Under Your Hood and Kicking Your Tires

When was the last time you had your fluids checked (blood, urine), your engine listened to (heart, lungs) or your gauges calibrated? (blood pressure, pulse, reflexes). Most likely, it was your last DOT physical exam and not since. Which means your truck likely gets more frequent upkeep and attention than you do!

Unfortunately, the workings of the human body are much more subtle than those of a truck. An underinflated tire or worn brakes are obvious maintenance issues to the professional driver and gauges and indicators of all kinds prominently display fluid levels, temperatures, engine timing, and most aspects necessary for the smooth operation of your truck. In the human body there are no dials, gauges, or displays to indicate things like high blood pressure or pre-diabetes or slow and progressive weight gain. And many of these health issues may be completely asymptomatic... meaning they are quietly progressing while you mind the less subtle aspects



of your life! Nor are there obvious signs like pot-holes or road debris to indicate a change in course is necessary to avoid an impending health crisis. So many truckers soldier on....until an urgent health crisis strikes or they fail a DOT physical exam.

UrgentCareTravel has a solution! It is the GOLD Healthcare Membership program. For one low, monthly rate you can visit any of our clinics as often as you like to keep your body running smoothly. Our healthcare practitioners focus on the health of truckers...so they have a trained eye for the health issues to look out for. They can assist with recommendations on how to improve your diet, exercise regimen, sleep habits, stress levels, and any other issues or concerns that you might have. Our healthcare experts will keep track all of your visits and health information, and monitor/keep you advised as to health patterns and progress on healthcare goals you establish.

And because Urgent Care Travel clinics are conveniently located at Pilot Flying J Travel Centers you can service your health at the same time as your truck....with ample parking and no appointments necessary.

So take care and be well....with the GOLD Healthcare Membership at UrgentCareTravel.

About UrgentCareTravel

UrgentCareTravel (UCT), in partnership with Pilot Flying J, addresses one of the trucking industry's biggest challenges of offering easily accessible and affordable healthcare services for truck drivers. Located at Pilot Flying J Travel Centers, UCT clinics offer Occupational Medical services (DOT/non-DOT physicals, workers comp, sleep apnea screening, urine/hair drug screens, etc.) and Primary/Urgent Care services (chronic disease screening and management (e.g. diabetes, cholesterol, hypertension), blood pressure checks, Men's & Women's wellness exams, wound care, cold/cough/flu, upper respiratory infections, sinus infections, ear infections, muscle pain/strain, etc.).

UrgentCareTravel Locations

UCT – Knoxville (865) 329-9492
7200 Strawberry Plains Pike
Knoxville, TN 37914
Pilot Store #219 I-40, Exit 398

UCT – Oklahoma City (405) 789-0212
406 South Morgan Road
Oklahoma City, OK 73128
Pilot Store #460 I-40, Exit 140

UCT – Cartersville (770) 386-0707
970 Cassville-White Road NE
Cartersville, GA 30120
Pilot Store #067 I-75, Exit 296

