

Med-Sense Guaranteed Association

# JOURNAL

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## Beat the Heat

### Staying Safe in the Summertime

After a long winter cooped up, the arrival of sunny days can make you eager to be outside. Getting outdoors can be good for you in many ways. It provides opportunities for exercise. It can also boost your mental health.

But as the heat rises, some health risks also increase. Intense heat can put strain on both your body and brain. Too much heat can cause a heat-related illness called hyperthermia. Mild hyperthermia can cause discomfort, like muscle cramps or swelling in the ankles and feet.

Heat exhaustion is more serious. It occurs when your body can no longer keep itself cool. You may start to feel dizzy or nauseated. Other symptoms include feeling thirsty, weak, or uncoordinated.

The most extreme form of hyperthermia is heat stroke. Heat stroke is life-threatening, so seek medical help right away. Symptoms include fainting or having trouble walking. You may start feeling confused or agitated. You can also feel very hot but not sweat or have dry, flushed skin.

Some people are more at risk for heat-related illness than others. That includes infants and young children, and those with certain health conditions, such as heart, lung, or kidney disease. Older adults are the most heat sensitive. That's because the body's ability to cool itself changes as we get older.

There are two main ways your body regulates its temperature, explains Dr. Craig Crandall, who studies heat effects on the body at UT Southwestern Medical

Center. "One is increasing how much blood flows to the skin. The other is how much we sweat."

Neither of these works as well in older adults, Crandall says. That makes it more difficult for them to cool off. His research has shown that sitting in front of a fan increased older adults' body temperature in extreme heat. That's because they weren't sufficiently sweating when the hot air was blowing over their skin. This suggests that older adults may need to use other ways to keep cool, such as going to an air-conditioned place.

Too much heat is not safe for anyone. If you're outside in the heat, drink lots of water. Don't try to exercise or do a lot of activities outdoors when it's hot.

If you start to feel sick in the heat, rest in a cool place and drink plenty of fluids. If you think someone has heat stroke, get them to a cool place and call 911.

"Shade is your friend," Crandall says. "If you're going out to exercise or mow the lawn, take breaks in the shade."

If possible, go into an air-conditioned room for a while. "That time you're inside, your core temperature is going to be cooled," Crandall explains. "If you stay outside, it may just go up and up and up."

If you want to exercise outside in the summer, start slow. "It takes about 10 days to two weeks to get acclimated to hotter temperatures," Crandall says.

Heat isn't the only hazard during the summer. It's also important to protect your skin and your eyes from the sun.

## Protect Yourself From the Heat and Sun

- Do outdoor activities during the coolest part of the day, in the early morning or evening.
- Exercise in an air-conditioned space if possible. Or do water workouts.
- Try to stay in the shade when outdoors during peak sunlight.
- Drink plenty of liquids, especially water. Avoid drinks that contain alcohol or caffeine.
- Wear protective clothing, such as hats, long-sleeve shirts, and long pants to block out the sun's harmful rays. Choose light-colored, loose-fitting clothing.
- Use sunscreen that blocks both UVA and UVB radiation. Choose a sun protection factor (SPF) of at least 15, preferably 30. Reapply frequently.
- Use sunglasses that block both UVA and UVB.
- If you don't have air conditioning, keep your home as cool as possible. If you need help paying energy bills, visit [go.usa.gov/x6arw](https://www.go.usa.gov/x6arw) or call 1-866-674-6327.



# Welcome!

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## SIMPLE TRICKS TO ATTRACT HUMMINGBIRDS TO YOUR YARD

(Family Features) Throughout the warmer months, many backyards play host to a variety of birds, including hummingbirds. When you see flowers and trees begin to bud and bloom and other migrating birds, like warblers, that's nature's way of letting you know it's time to ready your yard for hummingbirds.

It's enchanting watching hummingbirds – named for the humming sound of their fast-flapping wings – as their tiny size and speed make them natural wonders. Hummingbirds can fly 25-30 miles per hour, flapping their wings an estimated 70 times per second. They fly in every direction, even backwards, which only hummers can do, and float majestically in midair.

The birds get their brilliant color from the iridescence in the arrangement of their feathers, not color pigment. Plus, they have the fastest metabolism of any animal on Earth, burning 1-2 times their body weight in food daily. Hummingbirds draw nectar from its source into their mouths, lapping it up almost 12 times per second.

**To increase your chances of observing these petite powerhouses at home, consider these tips from the experts at Cole's Wild Bird Products:**

- **Be conscious of beneficial insects**

Hummingbirds rely on insects, which provide essential protein, to complement the nectar they crave. To attract insects, try placing rotting fruit near feeders and leave it until insects arrive for hummers' easy eats.

- **Leave spiderwebs alone**

Hummingbirds use spiderwebs as construction material to hold their nests together and pluck insects caught in the webbing.

- **Offer a water mister**

Hummingbirds adore bathing; a mister gives them the fine spray they prefer. Once soaked, they're off to find a preening perch.

- **Provide tiny perches**

Leave small, sturdy, bare branches for hummingbirds, to perch on for rest, preening and hunting. Perches provide vantage points to see danger and launching pads to swiftly pounce on insects. Once hummingbirds find a favorite perch, they'll use it repeatedly.

- **Hang hummingbird feeders first**

Feeders are one of the most effective ways to consistently entice and encourage hummingbirds to come visit. However, not all feeders are created equal. For example, Cole's Hummer High Rise Feeder is scientifically designed with elevated perches to make hummingbirds feel safe and comfortable, which encourages their consistent return.

Although hummingbird feeders can attract bees and ants, this feeder is uniquely designed to keep pests at bay. It doesn't drip, so large bees can't get to the nectar, plus it has a built-in ant moat to keep ants away from nectar when filled with plain water. Since birds drink from the moat, never use any repellents or additives.

Hummingbirds are territorial and not likely to share feeders, so **hang multiple feeders** far enough apart to attract more birds. To ensure a steady stream of birds, hang feeders in the shade to avoid fermentation of sugar-based liquids, check feeders



bi-weekly to keep food fresh and clean feeders as needed with one part white vinegar to four parts water.

- **Plant flowers**

Trumpet honeysuckle, bee balm and sage plants are particularly attractive to hummingbirds and provide rich nectar. Hummingbirds consume 1 1/2 times their body weight daily, eating every 10-15 minutes and visiting 1,000-2,000 flowers per day.

- **Choose the right nectar**

Not all nectar is alike, and hummingbirds can taste the difference. Almost all commercial nectars contain one sugar source – sucrose – because it's cheaper to make. However, real flower nectar contains three sugar sources – sucrose, fructose and glucose – in varying amounts depending on the flower.

Researched and designed to attract the greatest variety of hummingbirds, Cole's Nature's Garden is a high energy, nutrient-rich nectar that combines all three types of organically sourced sugars North American hummingbirds love, with a spring water base. It closely mimics the sugar ratios they favor and provides a healthier, nutritious, all-natural alternative to table sugar.

Don't forget, hummingbirds have memories like elephants; once they discover your hummer-friendly habitat, they'll come back every year if there's a reliable food source. Learn more at [coleswildbird.com](http://coleswildbird.com).



# MSGGA Scholarship Program

## **MSGGA will be accepting scholarship applications June 6 through July 22**

In 2021, MSGGA proudly awarded 17 college scholarships in the amount of \$5,000 each to MSGGA members and their dependents.

MSGGA plans to continue this scholarship program for the 2022-2023 school year. These scholarships will be awarded in early August.

To be eligible, applicants must be able to demonstrate how their scholarship funds will be used to help with their academic success. The Scholarship Committee also reviews letters of recommendation, overall GPA, and the student's goals when awarding scholarships.

**Information regarding the 2022-2023 scholarship program will be e-mailed to MSGGA members starting June 1. You can also find more information by logging into the member website at [www.medsensemembersonline.com](http://www.medsensemembersonline.com).**

For information regarding your membership and association services, call or write:

**Membership Services Office  
Med-Sense Guaranteed Association  
12444 Powerscourt Drive  
Suite 500A  
St. Louis, MO 63131  
1-800-992-8044 or (636) 530-7200**

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