

REACH POTENTIAL PATIENTS WITH YOUR OWN COLUMN IN THE NEWSPAPER!

Healthy Talk

SUMMER HEAT DANGER FOR SENIORS

Q. How can I help my senior loved ones stay safe during the hot summer months?

A. According to the National Oceanic and Atmospheric Administration, heat is the number one weather-related killer in the U.S. On average, excessive heat claims more lives each year than tornadoes, hurricanes, floods and lightning combined.

"The elderly are often the most vulnerable to severe heat," said Bert Copple, local owner of Home Instead Senior Care®. "Their bodies do not adjust well to sudden changes in temperature and they are often on medications that impair the body's ability to regulate its temperature," he continued.

To help seniors combat the heat, Copple suggests keeping a glass of water in every room for frequent hydration, keeping blinds pulled during the heat of the day, and taking cool showers or baths to cool down. Eating more fruits and vegetables can also help, as protein-rich foods increase metabolic heat production. Finally, if higher air conditioning bills are a problem for the budget, consider purchasing a fan that can cool a room at a lower cost. However, do not rely on a fan as the primary cooling device during an extreme heat event. Seek medical care immediately if your senior shows symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting. Summer is also a good time to make sure your senior's home is free of clutter and other potential safety hazards.



Bert and Stephanie Copple, Owners

Home Instead
SENIOR CARE®

To us, it's personal™

For a free safety checklist,
call Home Instead Senior Care
at 248-203-2273.

Additional resources are available at
www.makinghomesaferforseniors.com.

0392-1426

Healthy Talk

HCG Diets

Q. Are all HCG Diet programs the same?

A. NO! Many self-proclaimed "HCG diet" programs engage in false advertising claims, especially those using "HCG drops" which usually contain no HCG at all! HCG is a hormone that requires a physician prescription. So if a program is not medically monitored and prescribed by an MD or DO, it cannot include actual HCG in it. HCG is Human Chorionic Gonadotropin, a hormone made in pregnancy which can assist both men and women achieve weight loss, when used together with a very low calorie diet, in a medically supervised program. It is very safe, and can help patients lose up to a pound per day. Because weight loss can be so rapid, it's important to be closely monitored with blood work, to make sure liver and kidney function is stable, and body composition testing, to make sure the weight loss is fat and not muscle.

A high quality program will have registered dietitians available to customize the diet, if muscle loss is occurring. Avoid programs that do not require weekly visits and close monitoring. If done correctly, an HCG program can help most people lose 20-30 pounds in as little as 6 weeks.



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Journal	264	228	234	210	210	192
Macomb Chronicle	204	174	180	162	162	150
Madison-Park News	204	174	180	162	162	150
Rochester Post	264	228	234	210	210	192
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