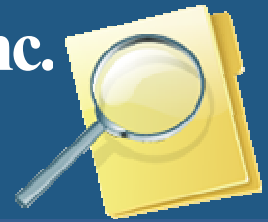


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*"Gardening is the art that
uses flowers and plants
as paint, and the soil
and sky as canvas."*

~Elizabeth Murray

HEAT STROKE - FIRST AID

Heat stroke is a form of hyperthermia, an abnormally elevated body temperature with accompanying physical and neurological symptoms. Unlike heat cramps and heat exhaustion, two forms of hyperthermia that are less severe, **heat stroke is a true medical emergency that can be fatal if not properly and promptly treated.**

The body normally generates heat as a result of metabolism, and is usually able to dissipate the heat by either radiation of heat through the skin or by evaporation of sweat. However, in extreme heat, high humidity, or vigorous exertion under the sun, the body may not be able to dissipate the heat and the body temperature rises, sometimes up to 106°F (41.1°C) or higher. Another cause of heat stroke is dehydration. A dehydrated person may not be able to sweat fast enough to dissipate heat, which causes the body temperature to rise.

Those most susceptible to heat stroke include: infants, the elderly, athletes

and outdoor workers physically exerting themselves under the sun.

Some signs and symptoms may include:

rapid heartbeat; rapid and shallow breathing; blood pressure changes; cessation of sweating; irritability; confusion; unconsciousness; dizziness; lightheadedness; headache; nausea; fainting.

If you suspect heat stroke:

- Move the person out of the sun and into a shady or air-conditioned space.
- Dial 911 or call for emergency medical assistance.
- Cool the person by covering him or her with damp sheets or by spraying with cool water. Direct air onto the person with a fan or newspaper.
- Have the person drink cool water, if he or she is able.

-Mayo Clinic & EMedicine-2008

FACT OR FICTION?

Vodka Keeps Cut Flowers Fresh. Does vodka really dull flowers' senses and inhibit their aging process? If small amounts are added, vodka works as a flower preservative by interfering with the plant's ripening process.

The answer: **FACT**

- Scientific American 2008

ECO QUIZ OF THE MONTH

TRUE or FALSE? Biking to work one day a week would reduce the average commuter's greenhouse gases by 1,000 pounds of carbon per year.

ANSWER: TRUE -- Riding a bike to work 50 times a year saves 1,000 pounds of carbon, figuring a 20-mile round-trip commute. Burning a gallon of gas to go 20 miles makes approximately 20 pounds of CO₂. The average American car emits about seven tons of carbon dioxide per year.
- Sierra Club

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