

Too Hot to Handle: The Dangers and Treatment of Heat Stroke (Continued from Page 1)

Works Cited:

Beers, Mark H., et al. Editors. *The Merck Manual of Diagnosis and Therapy*, 18th ed. New Jersey: Merck Research Laboratories, 2006.

Berlinger, Joshua and Steve Visser. "Wildfires and Deadly Heat Wave Hit Southwest U.S." <http://www.cnn.com/2016/06/20/us/heat-wave-southwest-united-states/> [accessed: November 23, 2016].

Cullen, Heidi. *The Weather of the Future: Heat Waves, Extreme Storms, and Other Scenes from a Climate-Changed Planet*. New York: Harper Collins Publishers, 2010.

Litin, Scott C. Editor-in-chief. *Mayo Clinic Family Health Book*, 4th ed. Minnesota: Mayo Clinic, 2009.

Occupational Safety and Health Administration. *Heat Effects of Heat*. Washington, D.C.: U. S. Department of Labor, 2011. https://www.osha.gov/SLTC/heatillness/3431_wksiteposter_en.pdf [accessed: November 11, 2016].

Piazza, Gina M. Editor. *First Aid Manual*, 5th ed.

New York: DK Publishing, 2014.

American College of Emergency Physicians. *Standard First Aid, CPR, and AED*, 6th ed. Massachusetts: Jones and Bartlett Learning, 2012.

Pathfinder: Hot Stuff

Research Notes

Given frequent changes in medical and health information, it's always advisable to speak to your doctor about any medical concerns. However, learning about the dangers of heat stroke and other hot weather ailments is crucial to preventing and quickly treating a potentially dangerous condition. Be careful when reading or listening to medical advice. It is easy enough to pick up information from an article at the grocery store checkout line, but chances are those articles haven't been thoroughly researched or researched at all. There are plenty of verified websites and other resources that offer good medical prevention and treatment advice, but when in doubt, don't hesitate to call a professional. With heat stroke, emergency medical care is crucial to proper treatment and may prevent death.

The good news is that heat stroke is mostly preventable. Here are some

resources to prepare yourself and others *before* the situation gets too hot to handle. And don't forget the best resource of all: Montgomery City County Public Library, where you can cool off and learn more about heat-related illness.

Helpful Apps

First Aid – American Red Cross (Android and iOS) – Free! First aid tips and techniques. Extremely useful when on the go.

Pet First Aid – American Red Cross (Android and iOS) – Free! Just like First Aid, but for your pets.

Alabama SAF-T Net (Android and iOS) - Free! Keep track of weather alerts and daily temperatures.

KidSafeAlert - (Android and iOS) - Free! Set an "alarm" on your phone to remind you of your child or pet in the car if you stop moving for 5 minutes. Or,

install on your child's phone to allow them to contact their emergency contacts if they're stuck in a car or unsafe situation.

The following health guides for pets, people, and children have been reviewed and contain specific information on heat stroke. They are also good to have on hand as general health references for you and your family.

General Health Guides

Litin, Scott C. Editor-in-chief. *Mayo Clinic Family Health Book*, 4th ed. Minnesota: Mayo Clinic, 2009.

Piazza, Gina M. Editor. *First Aid Manual*, 5th ed. New York: DK Publishing, 2014.

Health Guides for Cats and Dogs

Adelman, Beth. Editor. *Cat Owner's Home Veterinary Handbook*, 3rd ed. New Jersey: Wiley Publishing, Inc., 2008

Adelman, Beth. Editor.

Dog Owner's Home Veterinary Handbook. 3rd ed. New Jersey: Wiley Publishing, Inc., 2007.

Copeland, Sue M. and John A. Hamil. *Hands-on Dog Care: The Complete Book of Canine First Aid*. Arizona: Doral Publishing, Inc., 2000.

Useful Websites

<https://www.osha.gov> - several great printable information posters and training guides.

<http://www.mayoclinic.org/>
<http://www.webmd.com/>
<http://www.petmd.com>
<http://www.avma.org>
(American Veterinary Medical Association)

