

health matters

Volume 14, Issue 2
Summer 2007

things to know ICE your cell phone

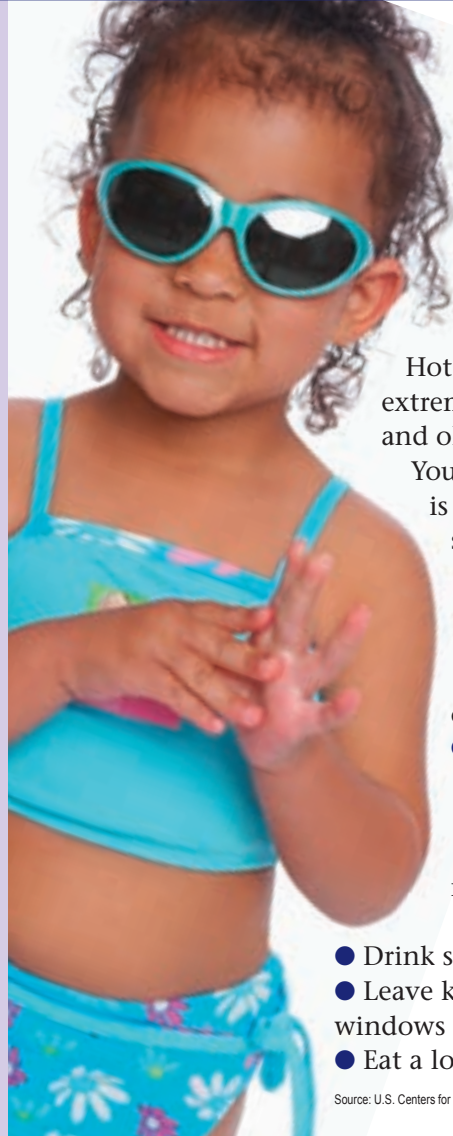
We all fill out forms about who to contact in case of emergency. But what about your cell phone?

A paramedic in England came up with the neat idea of entering the word "ICE" (in case of emergency) into your cell phone. You then link it with the number of the person you want contacted in an emergency.

Emergency room and hospital staff are then able to quickly call the person you want notified.

You can even list several ICE numbers and call them ICE1, ICE2, etc.

Let's program our phones now!



It's hot! Tips to be cool

Hot weather can be tough on anyone. But extreme heat is especially hard on children and older people.

Your best protection during a heat wave is to stay cool—and use a little common sense. Just remember these dos and don'ts for staying safe in the heat:

DO:

- Drink lots of fluids.
- Seek out air conditioning in malls or libraries or at the movies.
- Take a cool shower or bath.
- Dress yourself and others in cool, loose clothes.
- Try to go outdoors only in the morning and evening hours.

DO NOT:

- Drink sugary or alcoholic beverages.
- Leave kids or pets in a car, even with the windows open.
- Eat a lot of heavy or hot meals.

Source: U.S. Centers for Disease Control and Prevention

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Give yourself the
best present ever—
peace of mind.

Get a mammogram and
well-woman exam every year.



Think safety this summer

Summer is fun. But it can be dangerous too.

Follow these tips to keep your family safe:

Crossing streets. Kids will be on the move visiting friends and going to the park during the summer. Teach them to cross streets safely. Don't let kids younger than 10 cross alone.

On wheels. Before you get on a bike, don't forget to put on a bike helmet. And helmets aren't

just for biking. They should also be worn when skateboarding and in-line skating.

Around water. It's important to always watch children near water. That means swimming pools, hot tubs, and a lake or river. And tell children to never swim alone. All children should wear life vests when boating.

From the heat. Stay out of

the heat when possible. When exercising, wear light clothing and drink plenty of water.

If you do not have air conditioning, visit places that do. Try the library or mall.

In the sun. To protect you and your family from the sun, wear sunscreen with an SPF (sun protection factor) of 15 or more. Put it on 30 minutes before going outside. And wear a wide-

brimmed hat and sunglasses that provide UV (ultraviolet) protection.

Before you get on a bike, don't forget to put on a bike helmet.

It's also a good idea to stay out of the sun when it's strongest—between 10 a.m. and 4 p.m.

Near bugs. It's safe to use bug repellent on kids 2 months and older. Look for repellents that contain DEET, picaridin or oil of lemon eucalyptus.

Avoid using scented soaps and perfume. They attract bees. And stay away from standing water and blooming gardens, where bugs gather.

If you've been hiking in tall grass or in the woods, check yourself for ticks. You can use tweezers to remove ticks.

See a doctor if you think a bug bite made you sick. Symptoms include fever, headaches and a rash.

At meals. To guard against food illness, wash your hands before cooking and serving food. Be sure meat is fully cooked. And keep cold foods in a cooler with plenty of ice. Fruits and vegetables should be washed in cool water.

Sources: American Academy of Pediatrics; Safe Kids Worldwide

Be safe with fireworks



Everyone loves to ooh and aah over fireworks. But don't let them make you say "Ouch!"

Fireworks injuries are common. And some are serious. To be safe:

- Don't let kids touch fireworks. That includes sparklers.
- Always have an adult present.
- Don't throw or point fireworks at people.
- Only use fireworks outside.
- Light only one at a time.
- Don't relight duds. Wait 20 minutes, then soak them in water.
- Go to a public fireworks show instead of lighting your own.

Sources: National Council on Fireworks Safety; U.S. Consumer Product Safety Commission

Sun safety smarts

A sunburn is no fun. Your skin hurts, turns red and sometimes even peels. Yuck!

That's why it's important to protect your skin from the sun when you go outside. Too much sun can harm your skin. You could even get skin cancer.

To start with, have a parent help you put on sunscreen with a sun protection factor (SPF) of 15 or higher. Using sunscreen can help keep you from getting sunburned.

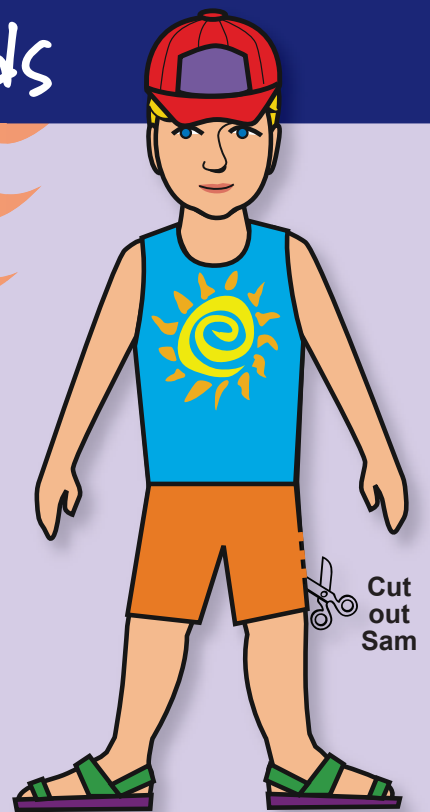
Here are some games to help you learn what else you can do to stay safe in the sun.



Find the sun-safe hats

Before going outside on a hot day, put on a hat with a wide brim. This helps protect your face, ears and neck.

Circle the hats that provide the best sun protection.



Dress Sam for fun in the sun

Sam wants to play outside. But he needs to be dressed so he'll be safe in the sun. Cut out items and dress Sam in clothes to protect him.



men's health



**Make
an effort
to be
safe**

Some chances just aren't worth taking.

That's advice that men in particular should listen to. Men

are more likely than women to experience certain injuries and diseases. Falls, drowning, car crashes and HIV are a few.

The reason is that men are more likely to do things that put them in danger.

But these steps can help men stay healthy:

Don't smoke. It raises your risk for heart disease, stroke, cancer and other diseases.

Don't use illegal drugs. You could get diseases such as HIV and hepatitis.

Using illegal drugs can also lead to violent behavior and even death.

Drive carefully. Never drink and drive, and always wear your

safety belt. Don't tailgate or cut off other drivers. These actions can lead to accidents and road rage.

Know the risks of drinking alcohol. It can make you act violently and lead to car accidents. It can also cause serious health problems.

Practice safe sex. Limit your sex partners, and always use a condom.

Take charge of your health for yourself and your family.

Play sports safely. Don't go swimming or skiing alone. Wear a helmet when bicycling, skiing, skating or riding an ATV.

See your doctor regularly. Follow his or her advice about health screenings. And if you feel sick or depressed, ask your doctor for help.

Men sometimes feel pressure to take risks. But you are in charge of your own health. Be safe for yourself and your family.

Sources: American Medical Association; U.S. Centers for Disease Control and Prevention

Screenings: A step toward better health

For many men, regular health screenings are low on their to-do lists.

But they should be at the top. Screenings don't take much time—many tests are only needed once every few years.

But they can find problems early, when they are easier to treat. Screenings can even save your life.

Your regular checkup is a good place to start. Your doctor can find any health problems you might have. He or she can also tell you which tests you need. Some tests start at a certain age. Others depend on risk factors, such as your

family history. For example, if someone in your family has diabetes, your doctor might suggest that test now.

You can take charge of your own health by making an appointment with your doctor today.



Sources: American Medical Association; U.S. Department of Health and Human Services

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HEALTH MATTERS is published as a community service for the members of MERCY CARE PLAN, 2800 N. Central, Suite 400, Phoenix, AZ 85004-1036.

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