

## Summer sun can cause problems

Several health problems are associated with working in intense, summer sun. A minor heat-related concern is cramps, usually in the lower leg and abdominal area. It is due to water and salt losses. Get out of the sun, stretch your muscles gently, and drink plenty of water, slowly, with a small amount of salt (or substitute a sports drink).

A more serious health problem is heat exhaustion. Heat exhaustion can cause disorientation, nausea, and excessive sweating. Move into a cooler area, lie down and elevate the feet, and drink fluids. Don't get back up when the symptoms

subside and start operating power equipment.

The most serious problem is heat stroke. Heat stroke can be fatal. It is a major medical emergency! Danger signals include little or no sweating and a high body temperature, 104° or more. Immediately call for medical help. Get the person into the shade and cool them by loosening or removing clothing and applying water (NOT ICE!) to help them cool off.

Avoid these problems by drinking plenty of fluids, taking breaks to cool off, and watching for signs that something is wrong.

## Volunteers encouraged to serve on Health Licensing Office boards

The Health Licensing Office (HLO), a state consumer protection agency regulating 15 health and related professions, is encouraging women, minorities and other concerned citizens to serve on the volunteer citizen boards and councils the HLO central agency oversees.

Currently, the following positions are available:

- Board of Cosmetology: Public member and a Licensed practitioner
- Board of Denture Technology: Public member
- Board of Direct Entry Midwifery: Licensed physician involved at the time of appointment in obstetrical care or education.
- Advisory Council for Electrotechnologists, Permanent Color Technicians and Tattoo Artists: Public member who does not possess the professional qualifications and a Licensed physician (preferably specializing in dermatology)
- Environmental Health Reg-

istration Board: Representative of the food or food and alcoholic beverage retail industry, a Physician licensed to practice medicine or surgery by the Board of Medical Examiners for the State of Oregon and certified by the American Board of Preventative Medicine and Public Health

• Advisory Council on Hearing Aids: Two members who are licensed hearing aid specialists.

For information on the appointment process, go to the executive appointments page at <<http://governor.oregon.gov/Gov/boards.shtml>>.

For more information on specific vacancies, contact Board Liaison Samie Patnode at 503-378-8667, ext. 4323 or <[samie.patnode@state.or.us](mailto:samie.patnode@state.or.us)>.

Please visit <[www.oregon.gov/HLO](http://www.oregon.gov/HLO)> for more information on the HLO central agency and the multiple health and related professions it regulates.

## Health Notes

By Audeen Wagner



### NEED A SPORTS PHYSICAL?

A sports physical is mandatory for taking part in any school sports program. Providence Family Medicine will offer physicals at no charge. So, here's the deal:

WHO: 7th, 9th, and 11th graders (or any first-time participant regardless of grade).

WHAT: Sports physicals given by Dr. Gilmore and staff at Providence.

WHEN: One day only, August 16, from 8:00 a.m. to 4:00 p.m.

WHERE: Vernonia High School.

HOW: Pick up forms in advance, at the District Office or the Clinic. The form must be signed by a parent or guardian. Schedule your appointment at the District Office. Parents are welcome to attend with the student, but not necessary if they have signed the form – that part is required.

QUESTIONS? Contact the School District Office with any questions regarding registration and/or appointments. Their number is 503-429-5891, and the office is open from 8:00 a.m. - 4:00 p.m., Monday through Friday.

### MORE ON SUMMER SAFETY

Bee Stings: There are two concerns from insect stings: Allergic reaction and infection. What to do? Remove a stinger left behind by the bee as quickly as possible (one way is to gently scrape it out with a dull knife or a credit card). Keep the area clean – wash with soap and water two to three times a day until the skin is healed. Cold packs and acetaminophen are good for pain.

If you or a child are stung in the mouth, immediate attention is necessary, because stings in the mucous membranes of the mouth can quickly cause severe swelling that may block airways. Also, you should seek medical care if you note a large skin rash, or swelling.

Severe affects are rare, but can be potentially life-threatening allergic reactions. If you notice any of the following you should seek medical care immediately:

- wheezing or difficulty breathing
- tightness in throat or chest
- swelling of the lips
- dizziness or fainting
- nausea or vomiting

Skateboard safety. Summer is the time for skateboards – they can be a lot of fun, but also very dangerous. Broken bones and cuts can be the result of poor board maintenance and lack of skill. Here are some tips:


- Watch for fatigue – stop when you are getting tired.
  - Kneepads, elbow pads, helmets, long-sleeved shirts and pants can help protect your body, and reduce the number and severity of cuts and scrapes.
  - Always skateboard away from cars and pedestrian traffic. Seeking out skateboard parks makes sense!
  - Training. Get some training to help you master the basic skills of board control, and prepare you for more speed and difficult maneuvers.
  - Check your board on a regular basis. Look for defective parts, sharp edges, cracks in the wheels – these are often the cause of accidents.
  - Learn to crouch, relax, hug your arms and roll when you fall.
  - Ride with someone else or where there is supervision, and ride only in daylight hours.
- Using common sense about riding skateboards will make for more fun and less pain!

Fun in the Sun. For many of us, summer means hanging out at the pool or beach, soaking up rays – we seem to be infatuated with tanning. I read that the fad for tanning was started by the designer Coco Chanel in the 1920s, when she returned from the French Riviera with a deep tan, and thus started a new fashion craze. Before that time, it was stylish to be as pale as possible, an indication that you were wealthy enough to hire people for outside labor, like farming or gardening. But suddenly, Coco changed all that, and a suntan became the “badge of the rich.” Interesting, huh?

UVB radiation from the sun burns the upper layers of the skin, whereas UVA radiation, which penetrates to the lower layers, causes tanning. UVA rays are considered the culprit in aging of the skin, and UVB rays are more often linked to skin cancer. Skin cancer is considered an epidemic in the United States. Melanoma, the most serious type of skin cancer, is the fastest-growing type of tumor in terms of new cases. So, it makes sense to protect yourself when you are out in the sun. Wear sunscreen with a sun protection factor (SPF) of at least 15 (even on cloudy days!) Reapply sunscreen every 2 to 3 hours if you are outside for a while, especially after swimming. Wear sunglasses and a hat with a brim. And, be aware that reflective surfaces like snow and water increase the amount of radiation to which you are exposed.

So, enjoy your summer, traveling, hiking, swimming, biking, water-skiing, skating, or whatever strikes your fancy. The Cancer Society and other authorities out there say, “When you play it Safe, you're playing it Smart.”

**NEXT MAMMOVAN:** Wednesday, August 24.



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For an appointment, call  
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**Vernonia Friendship Jamboree, August 5-7**

