

Dog Days of Summer

Are You Ready for the Heat?

Summer is a great time to take advantage of the warm weather and fit in some fun outdoor activities. With the season also comes the hot and muggy days commonly known as the “Dog Days of Summer”. Many of us take those really hot days for granted without realizing that “heat can be a silent killer because it doesn’t topple trees or rip roofs off houses like tornadoes and hurricanes” (NOAA’s *National Weather Service*). No matter how you spend your summer time, you should take preventative measures.

As a dialysis patient here is what you can do:

1. Be informed and stay alert

Pay close attention to heat advisories or warnings that have been issued for your community.

2. Plan for periods of extreme heat & stay cool

You can be safe, comfortable, and save money by setting your air conditioner to 78°F or low cool. Find cool indoor places to spend time on hot summer days, such as a local library, shopping mall, museum or aquarium. If your home air conditioner fails identify cooling centers near you by contacting your local police or fire department.

3. Know what to do and what not to do during hot weather

DO - Slow down, and reduce strenuous activity.

DO - Dress in lightweight, nonrestrictive, light-colored clothing.

DO NOT eat salty and spicy foods; they can make you thirsty.

DO NOT drink too much fluid.

Tips for the summer...

- You should always check with your physician before beginning any type of physical activity.
- If you’re really thirsty try sucking on an ice cube, a piece of sugar-free hard candy, or a wedge of lemon or lime to help quench your thirst.
- Frozen grapes, pineapple chunks, or frozen cubes of apple or cranberry juice are also refreshing.
- Brush your teeth often; it cleans your teeth, freshens your mouth, and lessens the urge to drink.
- Don’t forget to wear your hat!

