

Summertime is fun and exciting...take precautions to keep safe and healthy!

DRINK PLENTY OF WATER & ELECTROLYTE (SALT) REPLENISHING FLUIDS WHEN THEY ARE INDICATED

Next to air, water is the most essential element for our existence. Water is much of what we are, as the average human body is 60-70% water. If you wait to drink until you are thirsty, you are already 1-3% dehydrated. So drink before you get thirsty, especially in warmer climates. Thirst mechanisms are not totally reliable and are particularly impaired in the elderly. Research suggests that at best 70-80% of us walk around in a state of mild dehydration. Imagine how much more at risk we are when out in the hot weather. Under ordinary circumstances, the average adult loses 10 cups of water daily by breathing, sweating, and eliminating. This is magnified when there is excess heat, sweating, and activity.

Even when swimming you need to drink plenty of fluids. Just because you are in water does not mean your body isn't losing fluids that need to be replenished.

I am amazed to hear from my patients how many people do not like water! These people need to be especially careful to drink enough. Since they tend to avoid water, it works best for them to put a 24 hour supply in a glass container, then take water from that supply and make sure all of it is gone in each 24 hours. Counting glasses can be tedious and inaccurate. If you are minimally active, the ideal number of ounces to drink in a 24 hour period is your weight divided by 2.

BUT HOW MUCH WATER DO YOU NEED TO DRINK?

If you are active, your water needs to increase. The more exercise you do, the greater is the need for water. The difference can be dramatic. A 158 pound person's daily need for water would increase from 79 oz when sedentary to 125 oz with daily aerobics. Many do not adjust water intake to activity level. The best way to make sure you keep hydrated is to always have a glass or bottle of water with you to remind you to keep drinking. Be sure you do not leave your bottled water in hot cars or other warm places as the

chemicals in the plastic are more apt to leach into the water when heated.

WHEN DO YOU NEED ELECTROLYTE REPLENISHING FLUIDS?

With high intensity exercise or work for more than 3-5 hours, or with prolonged excessive sweating you may also need to add the electrolytes, sodium, potassium, magnesium, and calcium such as in an electrolyte drink or electrolyte powders added to a drink. Smart water, Powerade Zero, Ultima Replenisher have electrolytes, but no sugar or calories. If you drink an electrolyte drink too fast it could be nauseating. Vegetable juices also contain electrolytes. Emergen C powder contains electrolytes and can be added to any drink. There are numerous electrolyte sports drinks on the market. Unless you are an endurance athlete or are doing hard sustained physical labor in the heat, you will usually not need anything beyond water, fruit, vegetables, and vegetable juice. Researchers also found that skim milk worked as well as an electrolyte drink in tests they performed on exercising subjects.

Because decreased water impairs the optimal functioning of the body at the cellular level, dehydration worsens almost any pre-existing health condition, such as allergies, asthma, heart disease, strokes, infections, kidney stones. Dehydration also impairs mental and physical functioning. For every 1% of water weight we lose, our capacity to do work or exercise decreases 10%. Pretty dramatic!

Trying to quench thirst with the wrong liquids can make matters worse. Alcohol, and caffeinated or carbonated drinks act as diuretics and can easily dehydrate, leaving you feeling tired and worn out. If it is hard to quit drinking these types of beverages all together, try to limit the amount you usually drink, switching from a large container every morning to a small container every other day. Also drink more water to try to compensate.



Other ways to stay cooler include wearing light, loose fitting clothing, a wet scarf around your neck, a wet hat, or even wet clothes when practical to do so. Portable hand held sprays are also available for cooling. Also taking a complete daily multivitamin mineral that includes B vitamins, zinc, potassium, calcium and magnesium along with antioxidants like vitamins C, E and carotenoids will help fight stress of heat and decrease sunburn risk.

If engaging in high performance outdoor activities, certain nutrients have been researched to be helpful. The amino acid tyrosine has an effect on nerve impulse transmission which may improve vigilance, performance, drive, motivation and lessen anxiety and stress response. The amino acid glutamine, improved survival in research animals subjected to heat shock. Choline may reduce fatigue and improve muscle performance.

Carbohydrates help extend duration of activity, especially when combined with protein. Small amounts of caffeine limits the deterioration of performance associated with fatigue. Those who have higher risk of heat related illness include:

- Infants and children up to four years of age.
- People 65 years of age and older
- People who are overweight
- People who are ill
- Endurance athletes and hard physical laborers
- Those exercising at high altitude

Also at higher risk are those taking the following medications:

- Psychotropics, such as major tranquilizers or antidepressant medications.
- Medications for Parkinson's disease, because they can inhibit perspiration

Diuretic medications or "water pills" that affect fluid balance in the body.

The symptoms of mild dehydration can be thirst, headaches, general fatigue, nausea, dark colored urine, constipation and bloating, dry skin and mucous membranes, and a flushed face. If you ever get a dull headache immediately start drinking water and you will usually find the headache disappears.

The symptoms of moderate dehydration can be fatigue, dizziness, vertigo, light headedness, confusion, difficulty concentrating, drowsiness, impatience and irritability, headache, cold hands

and feet, muscle cramping, fainting, and reduced urine output.

REMEMBER EXTREME HEAT CAN BE DANGEROUS!

All outdoor activities in high heat are physically stressful and can lead to heat exhaustion or even heat stroke. The difference between the two may mean life or death.

Heat exhaustion sets in when we become so dehydrated that our body cannot sweat enough to cool down causing the temperature to rise. The person's temperature may be elevated up to 104 F. Heat exhaustion symptoms can cause pale cool, moist skin, profuse sweating, muscle cramps or pains, feeling faintness or dizziness, headache, weakness, thirst, and nausea. There may be a rapid pulse, and decrease in blood pressure.

Heat stroke is a life-threatening condition which occurs when your body temperature reaches 104 F (40 C) or higher. High environmental temperatures can bring it on, especially when combined with strenuous physical activity or other conditions that raise your body temperature. Whatever the cause, you'll need immediate medical attention to prevent brain damage, organ failure or death.

Heat stroke symptoms include unconsciousness, markedly abnormal mental status including dizziness, confusion, hallucinations, coma, flushed, hot, and dry skin (*although it may be moist initially from previous sweating or from attempts to cool the person with water*), slightly elevated blood pressure at first that falls later, and/or hyperventilating. If you or someone around you has heatstroke, you need to immediately go to the emergency room to receive intravenous fluids.

Priscilla Slagle, MD
Newsletter For Healthy Living
June 2010



Upcoming:

July 7-Cooking With Art

July 26-Hike Bald Mountain

July 29-Beach Volleyball against GKG and MCC

August 17-Cruise the Erie Canal

For details check the website:

<http://www.utica.edu/hr/wellness/>

Good luck to the Utica College Corporate Club Team & all UC employees/students/friends participating in Boilermaker 2014!

Here are some runners we know of, email Caren at cbsummers@utica.edu if you participated. We want to recognize you for your efforts in the next issue!

Sue Boucher	Brian Marcontonio
James Brown	Ann McGowan
Gil Burgmaster	Doreen Murray
Laura Casamento	Adam Pack
Michele Davis	Diane Pudney
Connor Downing	Richard Racioppa
Sarah Elleman	Jason Rose
Brad Emmons	Emily Schuler
David Fontaine	Dale Scalise-Smith
John Gardner	James Smith
Austen Givens	Bobbi Smorol
Richard Gloo	Meghan Soja
Gary Heenan	Michael Stockman
Dottie Kalies	Sharon Wise
Sharon Kanfoosh	Linda Zee



For those who don't know:

The Boilermaker Road Race was established in 1978 by Earle C. Reed as a measure of giving back to the local community through his Utica Boiler business. The first 15K race in 1978 had a budget of \$750 and attracted just over 800 local runners. The race failed to gain any national prominence until 1983, when American distance runner Bill Rodgers won with a time of 44:38.

The Boilermaker, a USATF (USA Track & Field)-certified 15-kilometer (9.3 mi) race attracts runners from all over the world as well as runners from across the country.

Organized by a staff of race directors in conjunction with the National Distance Running Hall of Fame, the Boilermaker has been run every year since 1978. The race is touted as the largest 15k road race in the United States. For 2012, the race was capped at 14,000 entrants, which was met on March 21, nearly four months before the day of the race.

*Dolgeville Farmers' Market	Kinney Drugs parking lot Main Street	Saturday 8am-12 Noon May 17 - October 31	Carolyn Chavez (315) 725-8999
*Herkimer Farmers' Market	Herkimer Arc Association parking lot 420 E. German St.	Monday 1pm-5pm TBD	Cat Macera (315) 895-0138
*Ilion Farmers' Market	Clapsaddle Farm, heated barns 437 Otsego St. (State Rt 51 S)	Friday 12 Noon-6pm Saturday 10am-5pm Year-round	James Parker (315) 894-4660
*Little Falls Farmers' Market	M&T Bank parking lot Albany St.	Saturday 8am-12 Noon May 3 - October 25	Mary Davis (315) 866-2619
*Mohawk Farmers' Market	Weller Park 41 West Main St.	Wednesday 2pm-5pm May 21 - October 8	Marilyn Bridger (315) 866-1671
*Old Forge Farmers' Market	Park Ave. behind Old Forge Hardware	Friday 1pm-5pm June 27 - October 10	Nicholas Rose (315) 369-3353
*West Winfield Farmers' Market	The Federated Church parking lot, 452 E. Main St.	Wednesday 4pm-7pm June 18 - October 22	Patti Laymon (315) 794-8154

Oneida County

*Boonville Farmers' Market	222 Schuyler St., fair grounds	Thursday 12 Noon-6pm June 19 - October 23	Kelly Ulrich (315) 335-9851
*City of Sherrill Farmers' Market	377 Sherrill Rd Next to the Gazebo	Tuesday 12 Noon-5pm June 10 - October 7	Sara Getman (315) 363-6525
*Clinton Farmers' Market	Village Green West Park Row	Thursday 10am-4pm June 5 - October 16	Ferris Betrus Jr. (315) 853-1735
*Oneida County Public Market	Downtown Utica, 321 Main St.	Saturday 9am-1pm May 17 - October 25	Elizabeth Irons (315) 798-3639
Oneida County WINTER Public Market	Inside Historic Union Station, Downtown Utica	Saturday 9am - 1pm Bi-weekly, Nov - Dec Monthly, 2nd Sat, Jan-Apr November 8 - April 11	Brian Noonan (315) 798-5800
*Rome Vendors Market	101 W. Dominick St. Berkshire Bank parking lot	Friday 9am-5pm May 2 - November 7	Judith Wagner (315) 339-5182
*Trenton Farmers' Market	Village Green, Holland Patent	Saturday 9am-1pm June 14 - October 11	Nick Keblish (315) 865-4423
*Utica Farmers' Market	Chancellor Park, Elizabeth Street	Wednesday 8am-5pm June 4 - November 5	Thalia Hunter (315) 792-0114
*Vernon Center Park Farmers' Market	Route 26, Vernon Center	Thursday 12 Noon - 5:30pm June 6 - October 10	Tom Geer (315) 335-9635
*Village of Waterville Farmers' Market	122 Barton Ave.	Wednesday 11am-6pm June 4 - October 29	Debra Atkinson (315) 750-5785
*Westmoreland Farmers' Market	Seymour's Diner Route 233	Sat 9am-12 Noon Sun 9am-1pm June 1 - October 5	Denise & Bernie Szarek (315) 853-5901
Westmoreland WINTER Farmers' Market	Fire House Station, Station Rd. Westmoreland, 13490	Monthly, 1st Saturday 9am - 12 Noon November - April	Denise & Bernie Szarek (315) 853-5901
*Whitesboro Farmers' Market	Whitesboro Village Green Main & Clinton Streets	Monday 3pm - 7pm June 2 - October 13	Beth Park (315) 736-1613

*Canastota Farmers' Market	Hickory & Main Sts.	Saturday 9am-2pm July 12 - October 18	Lois Brown (315) 697-9291
*Cazenovia Farmers' Market	Memorial Park Albany St.	Saturday 9am-2pm May 10 - November 1	Aileen Randolph (315) 655-4429
Cazenovia WINTER Farmers' Market	American Legion Hall, 26 Chenango St	Monthly, 3rd Sat 10am-1pm November 15 - April 18	Andy Shepard (315) 224-8122
Circa Restaurant WINTER Farmers Market	76 Albany Street, Cazenovia	Monthly, 1st Saturday 9am - 12 Noon December - April	Alicyn Hart (315) 655-8768
*Hamilton Farmers' Market	Village Green, Broad & E. Broad Sts.	Saturday 8am-1pm May 3 - November 1	Kim Taranto (315) 824-1111
Hamilton Parry's Hardware WINTER Farmers' Market	100 Union Street Hamilton	Monthly, 3rd Saturday 8am - 12pm November - April	Gwenn Werner (315) 824-0002
Morrisville WINTER Farmers' Market	Madison Hall, Rt. 20, Second floor Near Morrisville State College	Monthly, 1st Saturday 9am - 1pm November 2 - April 5	Duane Button (315) 684-3402
*Oneida Farmers' Market	Oneida & Main Sts.	Thursday 9am-2pm June 5 - October 30	Marty Winchell (315) 363-4308
Poolville WINTER Farmers' Market	Poolville Community Center (PCC), 7484 Willey Road	2nd & 4th Saturday 10am - 12 Noon November - April	Susan Tallman (315) 824-1720

Onondaga County

*Camillus Farmers' Market	Municipal Bldg. lawn 4600 W. Genesee St.	Friday 8am-2pm June 6 - October 24	Sue Lucio (315) 488-1234
*Downtown Syracuse Farmers' Market	Clinton Square	Tuesday 7am-3pm June 10 - October 14	Charles McFadden (315) 422-8284
*Fayetteville Farmers' Market	Fayetteville Town Center	Thursday 3pm-7pm June 5 - October 30	Stephanie Lipsey (315) 691-2327
*Liverpool Bayberry Plaza Farmers' Market	Kinney lot 7608 Oswego Rd.	Wednesday 8am-3pm May 15 - November 1	Sheila Perrotti (315) 652-1463
*Skaneateles Farmers' Market	One East Austin Street Austin Park Pavilion	Thursday 3:30-6:30 Saturday 10am-1pm May 15 - October 11	Sue Murphy (315) 727-9320
*Syracuse Eastside Neighborhood Market	Westcott Community Ctr 826 Euclid Ave	Wed 2pm - 6pm June 11 - Oct 29	Jennifer Walton (315) 478-8634
*Syracuse Farm Fresh Mobile Market	(315) 345-0600 www.ssinterfaithcdc.org Contact for locations & times	Mon-Fri 9am-5pm Year-round	Diane Turner (315) 475-8136
*Syracuse/CNY Regional Market	2100 Park St.	Sat/Sun 7am-2pm & Thu 7am-2pm, May-Nov Year-round	Eugene Elemos (315) 422-8647

Get the best deals when you buy in season.
So what's in season for New York?

Apples-July through October (cold storage until spring)

Arugula-May through September

Asparagus-May and June

Basil-July through September

Beets-June through December

Blueberries-July and August

Broccoli-June through November

Broccoli raab-August through November