

The Great American Smokeout Challenge



According to the 2004 Surgeon General's Report, cigarette smoking is the number one cause of preventable disease and premature death in the United States. Tobacco use has been shown to cause cardiovascular disease, breathing problems, and lung cancer. Despite public warnings, over 20% or one in five adult Americans continue to smoke.

Smoking is the leading cause of cardiovascular disease. Over twenty percent of all heart related deaths are directly related to smoking. Recent studies have clearly shown that the number of cigarettes used and the duration of tobacco use are directly proportional to one's likelihood of developing

heart disease. Passive and regular exposure to smoke, known as second hand smoke, also results in chronic respiratory problems, cancer, and heart disease.



On June 22, 2009, President Obama signed the Family Smoking Prevention and Tobacco Control Act. This anti-smoking bill allows the FDA to oversee and regulate tobacco. The FDA is expected to reduce the nicotine in cigarettes and regulate advertising of tobacco.

The American Cancer Society (ACS) encourages everyone to join the **Great American Smokeout Challenge**. For more information, please visit <http://www.cancer.org/docroot/subsite/greatamericans/Smokeout.asp>

Information on the ACS website includes:

- Reasons to Quit Smoking
- Cost Savings of Quitting Smoking
- Dangers of Second Hand Smoke
- Guide to Quitting Smoking

If you would like to learn more about how you can quit smoking, please consult with your physician.

Contact Us

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Heat Exhaustion

With the summer months upon us, it is important to recognize the signs and symptoms of heat exhaustion and heat stroke. People with heart disease need to take extra precautions to stay cool in the summer heat.

Heat Exhaustion often develops after prolonged exposure to high temperatures and inadequate fluid intake. The body re-

acts to high temperatures by sweating and cooling itself. A large amount of water and salt are lost in sweat. If you don't drink enough fluids to replace the water and salt lost in sweat, heat exhaustion can occur.



Signs and symptoms of heat exhaustion include:

- Profuse sweating
- Fatigue or dizziness
- Weak and rapid pulse
- Muscle cramps
- Nausea, vomiting
- Fast, shallow breathing.

If you have any of these signs or symptoms of heat exhaustion, move indoors to a cool, air-conditioned room. Drink a cool, non-alcoholic, non-caffeinated beverage.

Seek medical attention immediately if your symptoms are severe, last for more than one hour, or if you have a history of heart problems or high blood pressure.

Heat Stroke

Heat exhaustion, if left untreated, can lead to heat stroke.

Heat stroke is a potentially life-threatening condition. During a heat stroke, your body loses its ability to deal with heat. A normal body temperature is 98.6 F; heat stroke victims often have body temperatures greater than 104 F.

During a heat stroke, the body is unable to sweat to cool down. This, in turn, causes a rapid rise in body temperature. If not immediately treated, this may result in death or permanent disability.

Signs of heat stroke include:

- A high body temperature or fever

(greater than 104 orally)

- Warm, dry skin with absence of sweat
- A strong and rapid heartbeat
- Confusion, altered mental status
- Nausea, vomiting
- Rapid, shallow breathing
- Fainting

If you suspect heat stroke, dial 911 and seek immediate medical attention.

Stay safe in the summer heat!