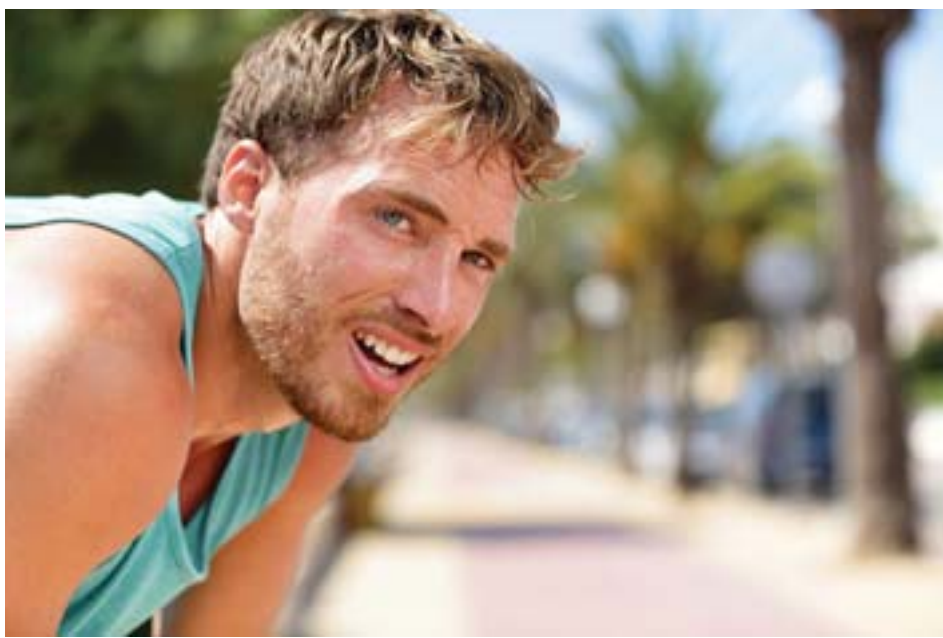


# Staying Safe in the Heat



By Kevin M. Roth, MD

When 19-year-old Braeden Bradforth came off the football field in visible distress after the first day of summer conditioning at Garden City Community College in Kansas last August, his coaches failed to take the appropriate actions to save the young man's life. Precious minutes were wasted trying to decide what to do, rather than calling appropriate medical professionals, and Braeden died of exertional heat stroke later that evening.

Only a few months earlier, the University of Maryland was in the news when another 19-year-old athlete, Jordan McNair, died in a very similar way after a strenuous summer workout. Tragically, had appropriate steps been taken immediately when Jordan and Braeden began displaying the classic symptoms of heat stroke, or had better preventative measures been taken before and during the workouts, both of these young men would likely still be alive today, going to class and playing football.

Both tragic stories are unfortunately not uncommon. Nearly 400 people die annually in the United States from heat related illnesses, and heat stroke is the third leading cause of death in athletes. Temperature records were broken around the Bay Area recently, with many areas in the triple digits, and as the summer

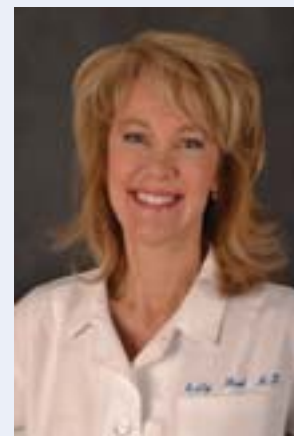
progresses, it is important to review some common heat related illnesses and important treatment and prevention strategies.

Athletes sustain heat stroke fatalities in football more than in any other sport, though other sports are not immune. Risk factors for heat illness include both intrinsic factors (those inherent to the athlete) and extrinsic factors (those related to the environment). Examples of intrinsic factors include obesity, dehydration, sleep deprivation, sunburn, and sickle cell trait. Extrinsic factors include ambient temperature, humidity, and clothing or equipment.

Heat illnesses range from the mild to life threatening; likely the most important factor to prevent heat illness is the athlete's hydration status. Athletes should weigh themselves before and after exercise as pre- and post-exercise body weight is a measurable indicator of an athlete's loss of fluid. Ideally, replace approximately 16 to 20 ounces of fluid per pound lost. Urine color should be pale yellow to clear, and athletes should have an overall hydration strategy: drink fluids and eat fruits and other foods high in water content. People who are salty sweaters should eat salty foods as well to replace salt losses.

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## Kelly Hood, M.D. DERMATOLOGY



*"Check your skin today. Come see me if you have concerns or want to be certain. As a board certified Dermatologist and Lafayette resident I'm here to help."* Kelly Hood M.D.

### 1. CHECK YOUR MOLES AND BUMPS

Looking at your skin and noticing changes in your moles and bumps is very important. Skin cancer is the most common cancer in the U.S- but it is treatable if detected early.

- Self examination each month will help you detect changes. Warning signs include asymmetry, irregular borders or colors, a diameter greater than a pencil eraser or an increase in size.
- If you have a new lesion or changing growth, have it checked by a board certified dermatologist.

### 2. WEAR SUNSCREEN

Sunscreen can help reduce the risk of skin cancer and early skin aging caused by the sun. Picking the right sunscreen for you is important as it needs to be worn everyday on the face. 1 in 5 Americans will develop skin cancer in their lifetime.

- Wear broad spectrum sunscreen that protects against Ultraviolet A (UVA) and Ultraviolet B (UVB) rays, both of which cause skin cancer and photoaging.
- SPF30 or higher helps protect you from sun damage. An ounce of sunscreen, enough to fill a shotglass, is considered the amount needed to cover the exposed areas of the body.

### 3. PROTECT THE SKIN FROM OUTDOOR COLD AND INDOOR HEAT

Winter itch is commonly caused by dry skin. Be good to your skin this winter by protecting and moisturizing.

- Moisturize daily.
- Choose a moisturizer that suits you and makes your skin feel comfortable. Avoid fragrance.
- Be gentle with the largest organ in the body and prevent dry, itchy, irritated and flaky skin.

### 4. SKIN CONDITIONS SHOULD BE EVALUATED AND TREATED BY A BOARD CERTIFIED DERMATOLOGIST

- A dermatologist is a medical doctor with 4 years of medical school, one year of internship and 3 years of residency consisting of intensive training in the medical science of the skin, hair and nails.
- 50 continuing medical education hours per year are required after residency.
- This depth of knowledge can not be acquired any other way.

If you have a skin condition of concern, contact Dr. Hood.  
Dr. Hood accepts most PPO insurance.  
Initial office visits \$150, follow up office visit \$75.

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# Hair Conservation During Cancer Treatment

By Tiffany Svahn, MD

One of the most common questions my patient asks during our discussion of breast cancer treatment is, "Will I lose my hair?" For many women who will go through chemotherapy, losing their hair is an unwelcome reminder of their diagnosis and negatively affects their self-image and sense of well-being.

There is hope on the horizon. The FDA has approved what are called "scalp-cooling systems" and they can help prevent chemotherapy-induced alopecia for some patients with solid tumor cancers. These scalp-cooling systems provide automated cooling to the patient's scalp during chemotherapy treatments. Cooling the cells on the scalp reduces blood flow and cell metabolism to this area, which helps to protect the hair follicles from chemotherapy. Scalp cooling only works for certain chemotherapy drugs (taxanes), but of these regimens, a nationwide study showed that scalp cooling prevented significant hair loss in about 50% of women.

Diablo Valley Oncology is the first cancer centers in the East Bay area to become certified and trained to offer the Paxman Scalp Cooling System to patients.

We have also incorporated this new technology into the comprehensive services we offer at our Women's Cancer Center of the East Bay's Multidisciplinary Breast Cancer Clinic. Patterned after academic centers, our Multidisciplinary Breast Cancer Clinic evaluates patients with diagnosed breast cancer in a comprehensive, single-day setting to minimize the time between diagnosis and treatment. In the initial appointment, women meet with a breast surgeon, medical oncologist and a radiation oncologist. After a tumor board discussion, each physician consults with the patient and presents the most appropriate course of treatment based on the consensus opinions from this breast cancer physician team. This team approach spares patients and their family the anxiety and uncertainty of waiting days or weeks between individual appointments.

One of the main goals of our program is to reduce the anxiety experienced by patients who have been diagnosed with cancer. Because Paxman addresses the stress of hair loss, it is a natural addition to our practice. Reducing patient's anxiety and stress allows them to focus their energy on what's most important: getting well and putting cancer behind them.

Dr. Svahn is a Medical Oncologist and Breast Cancer Specialist with Diablo Valley Oncology and Hematology Medical Group in Pleasant Hill. She is the Medical Director of the Women's Cancer Center of the East Bay. Contact information: 925-677-5041 or [www.wcc-eastbay.com](http://www.wcc-eastbay.com)



~ Healthy Lifestyle ~