



Kauai Nation Women's Health

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Never leave your child alone in a car

If you see an **unattended child** in a vehicle, **call 911** immediately.

Never leave a child **unattended** in a vehicle — even with the window slightly open.

Place something that you will need at your next stop — such as a purse, lunch, gym bag or briefcase — on the floor of the back seat where the child is sitting. This simple act could help prevent you from accidentally forgetting your child if he or she is sleeping.

Be especially careful if you change your routine for dropping off infants or children at day care. Have a plan that if your child is late for daycare that you will be called within a few minutes.

Ways to beat the summer heat

Blocking the sun by closing curtains and blinds can reduce the amount of heat that passes into your home.

Ice, ice, baby. If it's hot but not humid, place a shallow bowl of ice in front of a fan and enjoy the breeze. As the ice melts then evaporates, it will cool you off.

Give your A/C some TLC. Clean or replace the filter in room and central air conditioners about once a month during the summer. If you have central air-conditioning, have the ducts checked for leaks. Seal any cracks between a window unit and the frame with caulking or a sealant strip. These steps help ensure good airflow and keep the coils cleaner, which means more efficient and more effective cooling. While running any kind of air conditioner, shut your fireplace damper. An open one pulls hot air into your house.

Keep a spray bottle in the refrigerator, and spray yourself when it gets hot.

Make a "cold compress." Fill a cotton sock with rice, tie the sock with twine, and freeze it for two hours before bedtime. Then slide it between the sheets. Rice retains cold for a long period because it's dense and starchy.

Turn on the vent in the bathroom when taking a shower. It helps sticky moisture escape.

Skip the drying cycle on the dishwasher.

Instead, leave the door open to let the dishes dry. And put off using the dishwasher until evening, when the air is cooler. Or simply wash your dishes the old-fashioned way: by hand.

Stay hydrated. To replace the moisture that you lose as you perspire, be sure to drink. As you lose water to dehydration, your body temperature rises, so replacing fluids is essential to keeping cool. Avoid beverages that contain alcohol, caffeine or lots of sugar, which are dehydrating.

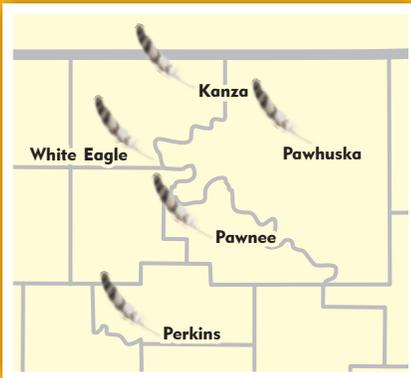
Add more fruits and vegetables to all your meals. Watermelon is a good choice.

Eat light. There's a reason we reach for salads in the summer. They're easier to digest than, say, a fatty hamburger, which leaves you feeling sluggish in the high heat. Instead, go for fruits and vegetables, which are watery and help keep you hydrated and cooler.

Give your oven a summer vacation. If you cook, use the stovetop, the microwave or a barbecue.

Shut off the lights. Or change the bulbs: Long-lasting compact fluorescent bulbs produce about 70 percent less heat than standard incandescent.

Give your clothes dryer a break. Hang a clothesline and let your towels and sheets dry in the breeze. They will smell wonderful.



Contact your clinic to schedule an appointment with the Kaw Nation Women's Health Program

Kanza
580-362-1039

White Eagle
580-765-2501

Pawnee
918-762-2517

Pawhuska
918-287-4491

Perkins
405-547-2473

The Kaw Nation Women's Health Program does not discriminate on the basis of age, race, sex, religion, national origin, language, education, marital status, sexual orientation, gender identity, HIV status or disability.

Ask if you are eligible for our program.

Examinations are performed by a female Nurse Practitioner/CDC Screener.

Sponsored by
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Health fair set for Sept. 21

The Kanza Health Clinic will hold its health fair, "Pass on the Tradition of Good Health," Friday, Sept. 21 from 9 a.m. until noon at the Johnnie Ray McCauley Multipurpose Building, 3251 E. River Road in Newkirk, Okla.

A Fun Walk at 8:30 a.m. Doors will open to the public at 9 a.m. Lunch will be served at 11 a.m.



Melon salad great to take to a barbecue

Ingredients

1 cup lemon yogurt
1 tablespoon honey
1 teaspoon lemon juice
2 cups watermelon balls
2 cups cantaloupe balls
2 cups halved fresh strawberries
1 cup blueberries (optional)

Directions

In a salad bowl, whisk together the lemon yogurt, honey and lemon juice until smooth, and gently fold in the watermelon balls, cantaloupe balls and strawberries. Toss to coat, and serve.



Amounts per serving

100 calories • 0.4g total fat • <1mg cholesterol



Avoid overexposure to the sun's harmful rays

Help your skin glow with health by protecting it from the sun's damaging rays. Use a sunscreen with SPF 30 or higher on all exposed skin — even when skies are overcast. Cover up with a wide-brimmed hat, long sleeves and long pants when you go out during the day — and wear sunglasses. When possible, avoid direct sunlight between 10 a.m. and 4 p.m.