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MEDICINE TODAY - DR. BAKER

## Summer Fun - Avoiding Summer Hazards



Summer means more than a season of sun and fun. Summer is vacation time, swim season, time for picnics, reunions, summer camp, travel, camping, fishing, beach time and so many other activities fueled by warm weather, sunshine and the school vacation. Summer is also a time of special hazards to our health and well-being. We talk all the time of prevention but as we see in the summer, common sense and thinking ahead are better than any medicine. Take a look at these Summer Hazards and see if something you learn might prevent a summertime discomfort or even a medical disaster. On other pages in this issue you will also find more information about mosquito-borne illness and immunizations you may need for international travel. So read, learn and have a great summer!

### Lawn Mower accidents

Lawn mowers can be fun to ride, but they can also easily sever an appendage. Toes, hands, fingers, and limbs can get caught in the blades if you're not careful. Don't tinker with your lawn mower or chainsaw. Don't reach under it to unclog it, and forget there's a spinning blade there. Those are hideous injuries. Wear closed-toed shoes -- preferably with a steel toe -- along with goggles or sunglasses, gloves, and long pants that will protect you from flying debris. Keep kids away from the push mower and off the riding mower. Riding mowers are not just another ride-on toy.

### Bee Stings

Bees make sweet honey, but their stings not so much. Bee stings leave behind a venomous toxin

that causes itching, pain, and swelling. Everyone knows the story—you're out for a pleasant day of working in the yard and you get stung by a bee or dig up a hornet's nest. For most people, a bee or wasp sting is just painful, but for a few, it can be life-threatening. You may not know you're one of them until after you've been stung -- sometimes more than once. Three in 100 adults in the United States -- or nearly 7 million people -- have life-threatening allergies to insect stings. So if you are stung and experience immediate hives, itching and swelling over large areas of your body, tightness in the chest or trouble breathing, swelling of the tongue or face and feeling dizzy as if you will pass out - seek immediate medical attention. For simple stings, try a paste of water

and baking soda. To stay free of bees (and other stinging insects, including mosquitoes) when outdoors, avoid heavy perfumes and scents (especially florals), wear light-colored clothing with no floral patterns (stinging insects are attracted to dark colors and flowers), and guard food and sugary drinks like sodas.

### **Bicycle-Related Injuries**

According to the Centers for Disease Control and Prevention, over 900 bicyclists were killed in the United States in 2013. An estimated 494,000 emergency room visits also occurred because of bike-related injuries. As much as you may just want to ride your bicycle (and ride it where you like), always follow basic bicycle safety rules starting with rule number – wear a helmet!

### **Boating accidents**

According to the U.S. Coast Guard, most boat related fatalities come as a result of victims not wearing their life vests. Kids must wear them all the time and anyone not a good swimmer should also wear a size-appropriate Coast Guard certified life vest. The main causes of boating accidents include operator inexperience, operator inattention, faulty machinery, and travel at excessive speeds. Alcohol is also a main contributor in boating accidents and deaths. Instead of alcohol drink plenty of water and sports drink. While the scenery and boating fun are great don't lose focus on your main task, safe operation of the boat. Also, don't forget a first aid kit and CPR training – chest compressions only nowadays - and be prepared in case it is your turn to save a life. Find information on Basic Life Support at [americanheart.org](http://americanheart.org).

### **Dehydration**

People can get dehydrated any time of year, but it's much more common in the summer months, when they are active outdoors in the warm sun. Simply put, you become dehydrated – when you don't take in enough fluids to replace those you've been sweating out. Symptoms of dehydration are lightheadedness, dizziness, dry mouth, blurred vision, headaches and muscle cramps. You may not urinate or your urine may darken. As dehydration worsens you may feel extremely weak, collapse or lose consciousness from low blood pressure and heat exhaustion. Heat stroke is the most severe form of dehydration and is a life-threatening medical emergency. Sun stroke or heat stroke occurs from extreme exposure to heat and sunlight, is prevalent in adults over the age of 50, and can cause permanent damage to the brain. Symptoms of heat stroke include a throbbing headache, dizziness, lack of sweating despite heat, an elevated body temperature and nausea and vomiting. To prevent dehydration and its potentially lethal consequences, drink lots of water. One caution however, is that if you are especially active or exercising consider switching to sports drinks which contain sodium and potassium which are lost in sweat along with water. Excessive sweating with only water as a replacement can lead to low blood sodium causing confusion, seizures and coma. Be wise - when you are working or exercising in the summer heat drink plenty of fluids. Take regular breaks in the shade, and try to schedule your most vigorous outdoor activities for times when the heat isn't so strong, such as early morning or late afternoon.

### **Drowning**

Drowning is one of the top five leading causes of accidental deaths in the United States. An inability to swim is the leading risk factor. Alcohol consumption also increases the risk of drowning, so if you plan to swim, leave the beer and Piña Coladas at home.

### **Food poisoning**

Your favorite aunt's potato salad looks delicious, but beneath the mayonnaise, celery, and potatoes lurk potentially dangerous bacteria. The summertime heat raises the risk of foodborne illness because food inevitably spends more time in the bacteria "danger zone," which the U.S. Food Safety and Inspection Service defines as between 39 and 140 degrees Fahrenheit. Keep perishable foods on ice or just eat them before they heat up. Food poisoning puts about 300,000 people in the hospital every year, hitting its peak in the summer months. Symptoms of food poisoning can be acute, severe vomiting accompanied by blurred vision and dizziness. This may be followed by severe diarrhea which may last for a couple of days depending on the specific bacteria causing the illness. To prevent food poisoning, follow the U.S. Department of Agriculture's advice to:

- 1) Clean -- Wash your hands as well as the surfaces where you'll be preparing foods.
- 2) Separate -- Wrap raw meat securely and keep it stored away from other food items.
- 3) Cook -- Bring along a meat thermometer. Grilling meat browns it very fast on the outside, but that doesn't mean it's safe on the inside. Steaks should be cooked to a minimum internal temperature of 145 degrees, ground beef and pork to 160 degrees,

and poultry to 165 degrees. 4) Chill -- Keep everything refrigerated as long as possible. Store perishable picnic items in an insulated cooler packed with ice, and follow the "last in, first out" rule -- whatever you're going to eat first should go at the top of the cooler.

### Fireworks

Nearly 9,000 individuals were injured by fireworks in 2009, according to the U.S. Fire Administration, and two were killed. Imagine how silly you'd feel telling the ER doctor that your hand was blown off because you were playing with fireworks. Those who don't have proper fireworks knowledge are at a high risk of injury from using them improperly. Leave the pyrotechnics to the professionals and enjoy the show safely from a distance. Explosive firework can go off in your hand; as Jason Pierre-Paul, defensive end for the New York Giants who lost part of his hand and 2 fingers found out. Sparklers can burn 2,000 degrees hot, enough to melt certain metals, not to mention your young child's hand. NOT WORTH THE RISK!!

### Grilling accidents

According to The National Fire Protection Association, there are 9,000 home fires each year caused by grilling. Although people grill all year round, July is the peak

month for grill-related fires. A failure to clean the grill grates raises the risk of the entire unit catching fire. Every grill has some basic operational features to be familiar with. Burns to the chef, injuries to guests and house fires can all be prevented by following instructions for use, keeping the unit clean and common sense.

### Lymes disease

A bite from a blacklegged tick can transfer the bacterium *Borrelia burgdoferi*, which leads to the development of Lyme disease. Ticks are abundant during the warm summer months especially in the Kern County mountains, and are likely to latch on to bare skin as people hike, picnic, and camp outdoors. To prevent a tick bite, cover up, use insect repellent and see your doctor about any tick bites.

### Poison Ivy

About 85 percent of people who touch poison ivy, sumac, and oak develop a rash, according to the American Academy of Dermatology. It affects millions of Americans annually, and the only way to avoid it without leaving the country would be to isolate yourself in Alaska or Hawaii (neither location being a bad place to spend summer). If irritated by poison ivy, rubbing some vodka on the rash may soothe it.

### Sunburn

There's a delicate balance between bronzed and burnt, but it only takes a few extra minutes of sun to do some serious damage to your skin. The sun can do damage above and below the skin, but both forms can age skin prematurely and contribute to skin cancers. With all the skin cancer warnings, you'd think Americans would be getting fewer sunburns, not more. But you'd be wrong. The percentage of adults nationwide who got at least one sunburn during the preceding year rose from 31.8% in 1999 to 33.7% in 2004, according to the CDC.

Your risk for melanoma doubles if you've had just five sunburns in your life. A sunburn is at least a first-degree burn, and may be severe enough to be severely blistered as a second degree burn just as if from hot water or a hot stove. Simple sun exposure without recognizing a sunburn is the main factor underlying basal and squamous cell skin cancers. Most experts and Dermatologists agree that sunburns and sun-tanning are universally harmful. Simply put - protect your skin whenever in the sun. In the summer, wear loose, light-colored clothing with long sleeved covering you skin. Wear a broad brimmed hat and stay in the shade. When outdoors wear a high-quality sunscreen of 50 SPF or higher which provides UVA and UVB protection.



# Exercising in the Bakersfield Heat

By Kelsey Reason, CEP

Whether you are new to Bakersfield or a long time resident you're probably aware that the typical Bakersfield summer heat is right around the corner. While our bodies are used to our cooler, moderate temperatures when summer dawns we somehow

manage to make it through. This process is called acclimatization and as seasons change it will occur naturally over time. When considering exercise as the temperature is heating up, there are a few precautions one should take to facilitate the acclimatization

process. Acclimatization can take between 10-14 days so be patient. During this time, you may need to modify your exercise regime as your target heart rate will be achieved at a lower workload and you may find you fatigue quicker due to the increased physiologic



strain; take more frequent and/or longer rest breaks. Proper acclimatization results in decreased cardiovascular strain and a lower core temperature at the same stress level; as you acclimate, you can progressively increase your workload to achieve your target heart rate. A few other things to consider during the acclimatization process include ample fluids, rescheduling or relocating your exercise, and realizing it's more than just the heat you have to contend with. Although sweat rates vary person to person, a good rule of thumb is to consume 8-11 oz. of water per 100 lb. of body weight at least 4 hours prior to exercise. You may need to consume more fluid 2 hours prior to exercise if you do not produce any urine or it is dark in color. As you exercise, continue to drink fluids to maintain your initial

body weight (you should weigh the same after exercise as you did before you began; drink 16 oz. for every pound lost). If you are on fluid restrictions, always consult your doctor before changing your fluid intake routine. Always wear sweat-wicking clothing or as little clothing as possible to aid evaporative cooling, but don't forget your sunblock! Consider rescheduling your exercise session to a cooler time of day, early morning or late evening, when temperatures are less. You may even consider moving your exercise indoors so long as it is temperature controlled with proper ventilation and fans for evaporative cooling of your body. When planning to exercise in the heat, one must understand that it is more than just the outside temperature that needs to be considered. As you exercise, your

body generates heat, 25% of which translates into movement, 75% of which is absorbed into the body and must be managed. Without taking precautions, this generated heat can exceed acceptable limits and cause various problems so please be careful. Also know that your physical fitness level, sleep, nutrition, and exercise surface (concrete, grass, dirt, asphalt, etc.) can contribute to your body's ability to acclimate as well. As we buckle down to endure these next few months of extreme temperature, don't be too worried about maintaining a certain exercise regime. Just make a point to stay as active as possible; take a walk in the evening, plan a family picnic in the park with ample shade, water, and rest breaks, or swim laps before the kids cannonball into the pool. Have fun!

# What's that summer buzz?

From the Editor – Dr. Baker



Mosquitos, those pesky insects around since before the dinosaurs (or at least according to the movie Jurassic Park) cause diseases resulting in millions of deaths world-wide. Most of us have heard of malaria and yellow fever and maybe been treated to prevent these life-threatening disease when we traveled abroad. Scientifically speaking, mosquitos are known as vectors. Vectors are living organisms that can transmit infectious diseases between humans or from animals to humans. Many of these vectors are bloodsucking insects, which ingest disease-producing microorganisms during a blood meal from an infected host (human or animal) and later inject it into a new host during their subsequent blood meal. Mosquitoes are the best known disease vector. Others include ticks, flies, sandflies, fleas, triatomine bugs and some freshwater aquatic snails. Vector-borne diseases account for more than 17% of all infectious diseases, causing more than 1 million deaths annually. Of the mosquito-borne diseases, more than 2.5 billion people in over 100 countries are at risk of contracting dengue alone. Malaria causes more than 600 000 deaths every year globally, most of them children under 5 years

of age. Although a single case of Chikungunya has been reported in Florida, the mosquito-borne illnesses of concern in the US (including Kern county) are West Nile Virus and the encephalitis viruses (Japanese encephalitis, Saint Louis Encephalitis (SLE), Eastern Equine Encephalitis (EEE), LaCrosse Encephalitis (LAC), Western Equine Encephalitis (WEE), Eastern Equine Encephalitis (EEE) transmitted by the Cutex mosquito and Zika virus transmitted by the Aedes mosquito.

## West Nile Virus

West Nile virus (WNV) causes a potentially serious illness related to Japanese Encephalitis (JE) and Saint Louis Encephalitis (SLE). The virus survives in nature in birds and is transmitted by mosquitoes that feed on infected birds. When humans and other mammals, such as horses, are bitten by infected mosquitoes they may also become infected with WNV. Most persons who become infected with the virus will not become ill. However, for the small number who do become sick, symptoms can include fever, headache, rash, muscle weakness, and nausea and vomiting. A smaller proportion may develop neurological symptoms such as limb paralysis, tremors, and altered mental status. Before 1999, when it was detected in New York City, WNV was found in Africa, Asia, Europe, Middle East, and Australia. Since then, the virus has spread throughout the United States as well as other parts of North America. In 2014, 2,205 confirmed human WNV cases were reported nationally to the Centers for Disease Control and Prevention (CDC); California

reported 801 cases. Since 1999 at least 1,900 in the US have died.

## Zika

This virus was first discovered in 1947. Since then it has spread throughout Africa, Asia and recently South America. There have been cases in US territories already (Puerto Rico, the US Virgin Islands, and American Samoa) and it will likely reach US mainland soon. Although Zika can be transmitted via sexual intercourse, an infection is far more likely through the bite of Aedes mosquitoes. Most infected people suffer from mild symptoms like fever, joint pain and red eyes. Many victims who carry the virus don't even realize it. The signs usually go away after several days or remain undiscovered. However, Zika virus has been reported to cause birth defects in newborn infants. It increases the risk of microcephaly, a disorder which hinders the brain from developing properly. It can also lead to Guillain-Barré syndrome, an autoimmune disease that weakens the muscles, can cause paralysis and in rare cases death. What you can do to prevent becoming a mosquito meal and possibly contracting a serious infection:

- 1) No vaccine to prevent disease is available so the most important action is to avoid getting a mosquito bite.
- 2) Avoid areas known to be breeding areas for mosquitos
- 3) Report dead birds which may indicate West Nile Virus
- 4) Cover up and always use mosquito repellent when outdoors during the summer months
- 5) Exercise caution during the dawn and dusk hours when mosquitos are most active
- 6) Help Mosquito Abatement by draining all standing water and reporting any pools of standing water likely to be mosquito breeding grounds.

# Immunizations for Foreign Travel



Examples are listed below. For more countries and more details go to the CDC Traveler's Health website. Routine Vaccines for adults (as summarized in the last 2 Centric Newsletter issues. These are referred to below and include Mumps, Measles and Rubella (MMR), Diphtheria, Tetanus and Pertussis (DTAP), Influenza, Pneumonia, and for certain populations Hepatitis A and B.

## Western Europe

- Routine vaccines and consider Hepatitis A, B and Rabies depending on area of travel (rural versus metropolitan area)

## Mexico

- Routine vaccines and consider Hepatitis A, B and
- Rabies depending on area of travel (rural versus metropolitan area)
- Malaria prophylaxis if in malarial risk areas
- Typhoid if in small villages and similar rural areas

## Bahamas

- Routine vaccines and for most consider Hepatitis A, B
- Rabies depending on area of travel (rural versus metropolitan area)
- Typhoid if in small villages and similar rural areas

## Botswana

- Routine vaccines and consider Hepatitis A, B and
- Rabies depending on area of travel (rural versus metropolitan area)
- Malaria prophylaxis if in malarial risk areas

- Typhoid if in small villages and similar rural areas
- Yellow fever if traveling from Yellow Fever infected area

## Brazil

- Routine vaccines and consider Hepatitis A, B and
- Rabies depending on area of travel (rural versus metropolitan area)
- Typhoid if in small villages and similar rural areas
- A yellow fever if traveling from Yellow Fever infected area and to multiple Brazilian states with active Yellow Fever outbreaks
- Malaria prophylaxis if in malarial risk areas

## China

- Routine vaccines and consider Hepatitis A, B and
- Rabies depending on area of travel (rural versus metropolitan area)
- Malaria prophylaxis if in malarial risk areas
- Typhoid if in small villages and similar rural areas
- A yellow fever if traveling from Yellow Fever infected area
- Japanese encephalitis – rural areas and extended travel
- Polio – Xinjiang Province and exposure to possibly infected individuals

# National Quality Care from a Hospital that Cares

The Bakersfield Heart Hospital was recently recognized for being in the top 10% of all hospitals nationwide for patient safety in cardiac care. According to CareChex, a nationally recognized company which specializes in rating the quality of U.S. hospital care, the Bakersfield Heart Hospital scored in the 90th percentile or above using a variety of outcomes of care measures.

As a patient, you can rest assured that when you choose the Bakersfield Heart Hospital for your medical care, you are in the best possible hands. Patient Safety is our priority and we believe each and every patient deserves excellent healthcare. From the moment you enter our newly remodeled lobby until you leave for home, we strive to provide you with the safest environment possible. From cardiac care to joint replacement and wound care to heart assessments, the Bakersfield Heart Hospital takes care of all of you. It just goes to show, when it comes to

quality care it's not the size of the hospital that counts, it's the size of the hospital's heart. For more information on service lines at Bakersfield Heart Hospital go to [www.bakersfieldheart.com](http://www.bakersfieldheart.com).

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For questions about Bakersfield Heart Hospital's services or programs, please contact

**Stephanie Marina, Physician/Community Liaison, at 661-852-6189 or [Stephanie.marina@bakersfieldheart.com](mailto:Stephanie.marina@bakersfieldheart.com)**

*Bakersfield Heart Hospital is owned in part by certain physicians who practice at the Hospital. A list of physician investors is available upon request.*



National Quality Care  
from a Local Hospital  
that Cares.

CareChex 2018 has just ranked Bakersfield Heart Hospital in the top 10% of hospitals nationwide for patient safety in cardiac care.

Which just goes to show, when it comes to quality care it's not the size of the hospital that counts, it's the size of the hospital's heart.



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**[BakersfieldHeartHospital.Com](http://BakersfieldHeartHospital.Com)**

THE HOSPITAL IS PARTIALLY OWNED BY PHYSICIANS



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HEART  
HOSPITAL**

*We put our hearts into healing yours.*

# Centric Health

Centric Health is a multispecialty medical group comprised of many of the most outstanding medical professionals and medical groups in Bakersfield dedicated to providing the highest quality of medical care in a rapidly changing health care landscape. Centric Health was developed to enable physicians to do their best work and to assure access to high quality care for residents of our community. Centric Health includes a broad spectrum of medical specialties and services designed to meet the many needs of patients.

- Central Cardiology Medical Center
- Preferred Family Care
- Sillect Medical Centers
- Central Nephrology Medical Group
- Kern Endocrine Center
- WF Baker MD and Associates
- J. Foster Campbell, MD
- Dr. Kuran and Dr. Soogoor – Infectious Disease
- Dr. Viridi - Neurology
- Dr. Fontaine - Radiology
- Dr. Ashraf - Pulmonology
- Dr. Nisim - General Surgery
- Southwest Internal Medicine
- Clinica Del Valle
- Dr. Sinaie & Dr. Hartman - Podiatry
- Golden State Hospitalists
- Centric Health Imaging
- Centric Urgent Care
- Centric Infusion Center
- Centric Priority Care Clinic

## What's new at Centric?

**It is an exciting time at Centric Health as we grow to better serve our community. We are pleased to announce the following developments:**

- Centric Health would like to welcome to our family of providers, Dr. Atam Bir Singh and Dr. Moshe Sinaie. Dr. Atam Bir Singh completed his postdoctoral fellowship in endocrinology and metabolic disorders from Charles R Drew University of Medicine and Science. Dr. Singh is a highly regarded clinician in diabetes and related illnesses. Dr. Moshe Sinaie, a podiatrist, has been practicing in Bakersfield for last 10 years. Dr. Sinaie has extensive clinical background in foot and ankle reconstructive surgery and is well versed in the needs of our community. In July we will also welcome Kyle Heber M.D., Internist, joining WF Baker MD and Associates on completion of his Residency at UCSF Fresno. Please extend a warm welcome to our new Centric providers next time you meet them.
- Our new Magnetom wide bore MRI is now up and running. This MRI has one of the largest bore (opening) that is currently on the market – accommodating patients weighing up to 500 lbs. The MRI suite offers additional comforts including the ability for patients to rest with their heads completely outside the magnet to alleviate claustrophobia. We are pleased to offer this advanced technology to the community. Give us a call at **(661) 716-4770** to schedule appointments.



# Centric Health is Pleased to Welcome

## Atam Bir Singh, MD Endocrinologist to Kern Endocrine Center



Dr. Atam Bir Singh has joined Dr. Jasleen Duggal and her team at Kern Endocrine Center. Dr. Atam Bir Singh completed his residency in Internal Medicine at Medical College of Ohio before going onto Charles R Drew University of Medicine and Science as a postdoctoral fellow in endocrinology and metabolism. Dr. Singh has served as Assistant Professor of Endocrinology at UC Riverside School of Medicine as well as Charles R Drew University of Medicine and Science. His scientific accomplishments over the past 40 years have established his reputation as a highly regarded clinician in diabetes and related disorders.

He has published more than 40 articles, chapters and reviews on endocrinology and metabolic disorders. Some of Dr. Singh's pioneer studies include the effects of varying doses of testosterone on insulin sensitivity, differential diagnosis of pituitary tumors, and nutritional status and obesity.

He has been the recipient of many awards and honors not only as a clinician but also a professor and researcher. The Endocrine Society has presented Dr. Singh with the International Award for Excellence in Published Clinical Research and during his residency at Medical College of Ohio he was recognized as the Best Student Teacher. In his pastime, you may find Dr. Singh engaging in photography or simply enjoying a quiet bike ride.

**3008 Sillect Avenue, #220, Bakersfield, CA 93308,  
Phone : 661.748.1999**

## Moshe Sinaie, DPM Foot and Ankle Reconstructive Surgeon



Centric Health is proud to announce that Dr. Moshe Sinaie has joined our team. Dr. Sinaie has been practicing podiatric medicine in Kern County for a number of years and established Bakersfield Foot and Ankle Surgeons in 2008. After graduating medical school, he completed four years of training in Foot and Ankle Reconstructive Surgery and Trauma at New York College of Podiatric Medicine and University of Medicine and Dentistry of New Jersey.

After graduating from residency as Chief Resident, he worked in an orthopedic surgery group in Manhattan before relocating to Bakersfield.

He has published multiple articles in national publications and holds numerous patents on foot and ankle inventions to date. He is an associate of the American College of Foot and Ankle Surgeons and is board certified for foot surgery through the American Board of Podiatric Surgery (ABPS). The ABPS is the only officially recognized podiatric surgical board by the American Podiatric Medical Association.

He enjoys spending time with his two children as well as judo, kayaking and camping. He is fluent in English, Hebrew, Farsi, and Arabic.

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# Healthy Eating

## Grilled Shrimp Remoulade

From: EatingWell Magazine, June/July 2005



An updated and non-traditional rémoulade makes a tangy sauce for these spice-rubbed shrimp. While this is a warm-weather favorite on the grill, you can also cook the shrimp under a preheated broiler. Cook shrimp on a lightly sprayed broiler rack, about 4 inches from the heat, for a winter warmer any night of the week.

By: Kathy Farrell-Kingsley EatingWell Recipe Contributor

### Ingredients (4 servings)

#### Remoulade Sauce

- ¼ cup reduced-fat mayonnaise
- ¼ cup low-fat plain yogurt
- 1 tablespoon chopped flat-leaf parsley
- 1 teaspoon Dijon mustard
- ¼ teaspoon hot sauce

#### Shrimp

- 2 teaspoons ground cumin
- 2 teaspoons paprika
- 1 teaspoon ground coriander
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ⅛ teaspoon freshly ground pepper
- 36 raw shrimp, peeled and deveined (about 1 pound)

### Preparation

- Ready in 25 min
- To prepare sauce: Mix mayonnaise, yogurt, parsley, mustard and hot sauce in a small bowl. Cover and refrigerate.
- Preheat grill to high.
- To prepare shrimp: Combine cumin, paprika, coriander, garlic powder, salt and pepper in a

large bowl. Add shrimp and toss to coat with spices. Thread the shrimp onto four 12-inch skewers. Oil the grill rack (see Tip). Grill the shrimp until just cooked through, about 3 minutes per side. Carefully remove the shrimp from the skewers. Serve immediately, with the sauce.

- **Make Ahead Tip:** Cover the rémoulade sauce and refrigerate for up to 1 day.
- **Equipment:** Four 12-inch skewers (see Tip, below)
- **Grilling tip:** When using wooden skewers, wrap the exposed parts with foil to keep them from burning. (Contrary to conventional wisdom, soaking skewers in water doesn't protect them.)
- **To oil a grill rack:** Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill.)

### Nutrition information

Per serving: 116 calories; 4 g fat(1 g sat); 1 g fiber; 7 g carbohydrates; 13 g protein; 16 mcg folate; 109 mg cholesterol; 2 g sugars; 0 g added sugars; 677 IU vitamin A; 2 mg vitamin C; 86 mg calcium; 1 mg iron; 768 mg sodium; 135 mg potassium  
Carbohydrate Servings: ½  
Exchanges: 2 lean meat, 1 fat



**“Don’t worry about burning the calories — that’s already been done!”**

# HEAT STROKE




### WHO AT RISK




SENIOR CHILDREN ATHLETES OUTDOOR WORKERS

### SIGN & SYMPTOM

104 F



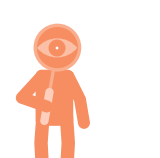

NO SWEATING




DRY, HOT RED SKIN




DIZZINESS & HEAD ACHE



PINPOINT PUPILS




VOMITING



UNCONCIOUSNESS


### PREVENTION



DRINK ENOUGH



NO ALCOHOL & CAFFEINE



COOL SHOWERING



WEAR LIGHT PROTECTION



DO NOT STAY CLOSED CAR



LIMIT OUTDOOR TIME

Life is 10% what happens to you and 90% how you react to it.

Charles R. Swindoll

When you come to a fork in the road, take it.

Yogi Berra



GLASBERGEN

**“Of course I know how to communicate without a phone. I have an app for that!”**

You must not rely on the information in these materials as an alternative to medical advice from an appropriately qualified professional. If you have any specific questions about any medical matter you should consult an appropriately qualified professional. If you think you may be suffering from any medical condition you should seek immediate medical attention. You should never delay seeking medical advice, disregard medical advice, or discontinue medical treatment because of information in these materials.