

HealthProCHOICES

A newsletter for participants in the Health Professionals' Services Program (HPSP)

July 2019



The way to get started is to quit talking and begin doing. – Walt Disney

Travel Plans?

Traveling this summer? Please remember that we require two weeks notice of travel plans so we can identify testing sites. Remember that we need zip codes and dates of travel. Also, please remember to carry your paper chain of custody forms with you on your travels. Get your requests in early if you have already made your summer plans.

HPSP Outreach

The HPSP Team is scheduling informational sessions on HPSP. If the administrators of your health care workplace are interested in learning more about HPSP, please ask them to contact Christopher Hamilton, Ph.D. (503-802-9813; chamilton@reliantbh.com) for more information or to schedule a meeting.

Upcoming Events

The Other Bar's 2019 Newport Spiritual Retreat is September 13-15, 2019. All health professionals are welcome. Call Ross at 503-221-1425 or visit www.theotherbaroregon.com to register. If you have questions or need scholarship information please contact Jim O. (503-936-8961; jfo@jfolaw.com).

International Doctors in Alcoholics Anonymous (IDAA) 2019 Meeting. The next IDAA meeting is July 31–August 4, 2019 in Knoxville, Tennessee. This is the IDAA's 70th Birthday. The annual meeting will be held at the Knoxville Convention Center. Please visit www.idaa.org for more information.

Beat the Heat When Exercising Outdoors

Maintaining a regular exercise routine is important, even when those lazy days of summer make you want to drop everything and head for a hammock in the shade.

You can find the right summer exercise option for you, regardless of your fitness level or heat tolerance, but you should also take precautions to prevent potential problems such as sunburn, dehydration and sports-related injuries.

Don't Overdo the Sun

Most people believe it's safe to spend hours in the sun as long as they avoid getting sunburned. The truth is prolonged sun exposure can cause skin cancer and accelerate dehydration and fatigue, fitness experts say. To protect yourself, wear a sunscreen with a sun protection factor (SPF) of at least 15. Drink lots of water to stay hydrated, wear loose clothing and pace yourself.

The skin is the largest organ in the body, and sunburn elevates skin temperature. This temperature elevation, combined with the body heat you generate while working out, can lead to discomfort and even illness.



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Pay Attention

The key to avoiding heat-related illnesses is to be aware of how your body feels and to drink fluids frequently. Don't wait until you feel thirsty to drink fluids. Don't ignore the warning signals of dehydration: feeling lightheaded, tingly, dizzy, short of breath or nauseous or having cramped muscles. Replacing water lost through sweating keeps your body temperature down and hydrates the skin and muscles, allowing you to work out longer and stronger, experts say.

Drink at least one 8-ounce glass of water before exercise and two afterward. Take sips throughout your workout, even if you don't feel thirsty. And though you don't dehydrate as quickly in water, you still need to drink fluids after swimming or participating in other water-based sports or activities.



One of the best ways to prevent heat-related illnesses is to exercise in the early morning or the early evening. Avoid working out between 10 a.m. and 4 p.m., when the sun's rays are strongest.

Have Fun

Physical activity can improve your mood, so it's essential to choose an activity you enjoy rather than trying to force yourself to do something that makes you uncomfortable.

If you just can't stand the heat, you can still swim in a lap pool or take a water aerobics class.

And if you're getting bored with your usual exercise routine, look for a new activity. In order to improve, you need to challenge your mind and your muscles by changing how you use them.

Set Realistic Goals

One of the great things about a sunny summer day or a week at the beach is the sense of freedom it can give you—as though you're capable of anything.

But though the weather has changed, your overall conditioning hasn't. The biggest mistake people make when exercising in hot weather is to do too much too soon. If you're not physically prepared for an activity and push yourself too hard, you can end up with pulled muscles or heat-related illness.

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