

staying HEALTHY



HORIZON
HEALTH



Is “dry drowning” a real thing?

When it comes to summertime fun, water safety—specifically drowning—is a serious concern.

However, according to medical and water safety experts, trending information on social media and in the news is causing misconceptions about drowning.

According to the American Red Cross, drowning is “the process of experiencing respiratory impairment from submersion/immersion in liquid.” This means that drowning can happen only when there is trouble breathing immediately after the submersion. If a person was in the water and had no breathing troubles after being rescued the person did not drown, regardless of what happens later.

There are no medically accepted conditions that use the terms “near-drowning,” “dry drowning,” or “secondary drowning,” the American Red Cross states. The following terms are discouraged by many organizations, including The World Health Organization, the US Centers for

Disease Control and Prevention, and the American Red Cross:

- Near-drowning: To indicate whether a person lived or died after a drowning event, the correct terms are non-fatal drowning (lived) and fatal drowning (died).
- Dry drowning: The terms dry and wet drowning were abandoned decades ago when the real culprit in drowning injury was not understood and was mistakenly thought to be about the amount of water entering the lungs. Drowning injury is actually caused by lack of oxygen.
- Secondary drowning (also known as “delayed drowning”): The terminology was also used before drowning injury was understood, and before medical professionals could evaluate breathing with the sophistication they do now. According to the American Red Cross, the most important way to “treat” drowning is to prevent it. Effective methods are swim lessons, adequate supervision for children and adolescents, life jacket usage, pool fencing, and the availability of lifeguards.

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Matt completed the physician assistant program at Southern Illinois University in Carbondale, Illinois. He has a bachelor of science degree in health studies from Eastern Illinois University in Charleston. He has an associate degree in art/general studies from Lake Land College in Mattoon. He is a member of the American Academy of Physician Assistants.

Matt’s experience includes working as a phlebotomist and as an emergency medical technician (EMT).

In his spare time, Matt enjoys golfing, woodworking, watching movies, and listening to podcasts..



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Chrisman Clinic
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EZ Care—Marshall
1602 N. Illinois Hwy 1, Marshall, IL 62441

Paris Clinic
727 E. Court St., Paris, IL 61944

EZ Care
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Senior Care
15323 US Highway 150, Paris, IL 61944

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Does hydration have to come from water?

The most common advice for dehydration is to drink plenty of water. Water is essential for all living things. Every cell, tissue, and organ depends on water for survival.

The human body is comprised of 60 percent water. It can only survive without water for about three days. According to the US Geological Survey (USGS), a scientific agency of the federal government, a man requires a minimum of 3.2 quarts of water per day on average to survive. A woman needs about 2.3 quarts per day. The amount of fluid needed may vary, depending on exercise, temperatures, and a person's overall health.

The quest to fulfill daily water requirements does not have to come from drinking water alone. According to the Harvard Medical School, all beverages containing water contribute toward a person's daily water needs. Even caffeinated beverages and those containing alcohol, both known to have a dehydrating effect, can lead to a positive net contribution toward daily fluid consumption.

However, water is still the better choice for staying hydrated, the Harvard Medical School states. Sugary drinks can lead to weight gain, inflammation, and an increased risk for developing diabetes. Too much caffeine can cause anxiety, insomnia, and high blood pressure. And, alcohol intake should be limited to one drink per day for women, and one to two drinks per day for men.

Adding fresh fruit to water, such as lemons, limes, or strawberries, provides flavoring and added health benefits to plain water. Flavored and/or nutrient-added water drinks may contain vitamins, sodium, potassium, and amino acids.

Other sources of water

According to the Mayor Clinic, approximately 20 percent of a person's daily fluid intake comes from food. Fruits and vegetables, such as watermelon and spinach, are almost 100 percent water by weight. Carrots and broccoli are nearly 90 percent water. Additionally, beverages such as milk, juice, and herbal teas are composed mostly of water.

To prevent dehydration and make sure your body has the fluids it needs, make water your beverage of choice. It is calorie-free, inexpensive, and readily available.

AUGUST & SEPTEMBER Community Health Programs

BEE WELL FUN RUNS

August 1, 6, 8

» The Bee Well group's free fun runs for children of all ages and abilities take place at 6:30 pm at West Lake Park in Paris. Registration not required. Follow Bee Well of Edgar County on Facebook for updates!

FREE ADULT/CHILD/INFANT CPR/AED CLASS

August 2

» The non-healthcare provider course teaches basic CPR and the use of an automated external defibrillator (AED); 8 am to 1 pm in Conference Room D at Paris Community Hospital. Call 217-466-4045. When calling, leave your name and you will be registered.

BACK TO SCHOOL BANG

August 3

» Now in its fifth year, this free health and wellness expo helps prepare children for the upcoming school year. The event will take place from 9 am to noon in the Paris Clinic. Snacks, giveaways, area vendors, school/sports physicals and immunizations will be available. Normal copays for services provided will apply. No appointment is necessary.

COACHES' COOKOUT

August 6

» All area coaches are invited to attend this free event at Horizon Health's new Rehabilitation Services building. Speakers will discuss sports-related topics with a free dinner and door prizes available. Social hour is 5:30 pm and dinner is at 6 pm. Email AAntkiewicz@myhorizonhealth.org or call 217-466-4244.

HEALTH SCREENINGS

August 23 & September 20

» Blood sugar, blood pressure, and lipid panel (HDL, LDL, and tryglycerides) screenings will be available in the Paris Clinic from 7-9 am. Fasting for eight hours in advance required. Cost is \$25. Call 217-466-4228.

ACKLIN INVITATIONAL & OPEN RACE

August 31

» Horizon Health and Paris High School's fourth annual event in memory of the late Dr. James Acklin will take place at the high school, with the open race beginning at 7:30 am. Cost is \$10 or \$20 with T-shirt. To sign up, visit MyHorizonHealth.org/DocAcklinRace.