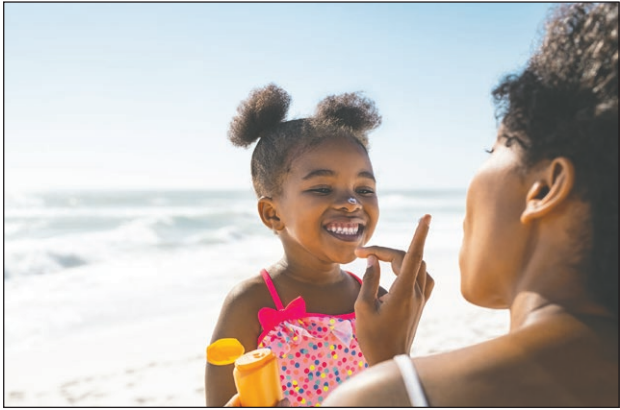


Summer health, safety tips doctors want you to know

STATEPOINT

School is out, the days are long and the temperature is rising. For a safer, healthier summer, follow these American Medical Association recommendations:

1. Wear sunscreen. Look for a broad-spectrum sunscreen of at least SPF 30. Also, no sunscreen is waterproof. If you're splashing in a pool or sweating in the summer sun, you'll need to reapply every couple of hours or immediately after swimming.
2. Get up to date. With measles cases increasing, make sure your family members are up-to-date on their vaccines before travel and camp season. Double check everyone's vaccine status. If you have questions, speak with your physician.
3. Be water safe. Make sure everyone in your family achieves water



GETTY IMAGES PLUS

Wearing sunscreen is at the top of the list of advice doctors give to patients to maintain good health through the summer.

competency skills. Teach children to ask permission before going near water, have inexperienced swimmers or boaters of all ages wear U.S. Coast Guard-approved life jackets, and always swim in lifeguarded areas at the beach.

4. Watch your diet. Reduce intake of processed foods, paying particular attention to added sodium

and sugar. Add fresh fruits and vegetables, whole grains, nuts and seeds to your diet. This doesn't mean you have to give up summer barbecuing. Simply replace red meat and processed meats with lean meats, like poultry, and plant-based proteins. Also, reduce your consumption of sugar-sweetened beverages and drink more water instead.

5. Be physically active. Take advantage of warmer weather to get outdoors and get active. For optimal physical and mental health, adults should get at least 150 minutes of moderate-intensity activity or 75 minutes of vigorous-intensity activity each week. While exercise is important, avoid working out outside in the early afternoon (noon to 3 p.m.) when it's hottest. Drink water before, during and after physical activity, and wear light-colored, lightweight, moisture-wicking clothing.

Watch for signs of heat exhaustion, including cool, moist, pale skin, and heavy sweating, headache, nausea and dizziness. Be advised that extreme heat can be especially dangerous for certain people, including those taking certain medications, those with chronic

diseases, older adults and children. Additional precautions may be necessary to keep these groups safe in hot weather. CDC's Heat Risk Dashboard informs on how best to protect yourself when temperatures can impact your health.

6. Use caution. If you'll be consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans — up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

7. Know your blood pressure numbers. Extreme temperatures can impact blood pressure, so it's especially important right now to visit ManageYourBP.org to better understand your numbers and take necessary steps to get high blood pressure, also known as hypertension,

under control. Doing so will reduce your risk of heart attack and stroke.

8. Check first. Before heading outdoors, check your community's outdoor air quality using the Air Quality Index. Smoke from wildfires and degraded air quality that gets worse with warmer temperatures can irritate your eyes, nose, throat and lungs. Children, pregnant people and those with certain chronic conditions must be especially careful.

"Behind every summertime joy — warmth, barbecues, watersports — is a not-so-secret health or safety hazard like sunburn, heat exhaustion, drowning, unhealthy foods and drinks" says Bruce A. Scott, M.D, president of the American Medical Association. "Simple steps can ensure your family safely enjoys the summer season."

Ways to help pets who suffer from allergies

BY LAURA UNGAR
AP SCIENCE WRITER

About five years ago, Gail Friedman noticed her Parson Russell Terrier was constantly licking his paws and seemed super uncomfortable. "The poor dog. I would put baby socks on his feet so that he wouldn't lick them or bite at them," said Friedman, of Oak Brook, Illinois. "I was constantly changing the socks, washing his feet a lot. Nothing worked."

It turned out her canine companion, Mr. Friedman, had allergies.

It's a common and tricky problem in pets — caused by various things such as pollen, dust, mold, chemicals and food — but veterinarians say there are several ways to ease

their suffering.

What sorts of allergies do dogs and cats get?

Allergies happen when the immune system overreacts to a foreign substance. Cats and dogs react to many of the same things people do, as well as pests like fleas.

There are no definitive recent statistics on how many pets have allergies, but research suggests the problem is growing.

"I probably see allergic dogs and cats every single day, probably multiple times a day," said Dr. Karen Woodard, medical director at Thrive Pet Healthcare-Elmhurst in Illinois.

About 90% of allergic pets react to environmental triggers, Woodard said, and the rest have food allergies only.



FILE | AP

Dr. Karen Woodard checks for fleas and ticks on Gail Friedman's allergy-prone dog, Mr. Friedman, in Elmhurst, Ill. on May 13.

Dog breeds that are especially vulnerable include various types of terriers, boxers and bulldogs; in cats, it's Persians, Siamese and Himalayans.

Pets can even be allergic to other animals — cats to dogs, dogs to cats and either to another species.

"It's possible for them to be

allergic to us, just like we are to them," said Thrive's Dr. Anthea Elliott Schick of Scottsdale, Arizona, immediate past president of the American College of Veterinary Dermatology.

How can you tell if your pet has allergies?

Allergic cats and dogs aren't as likely as humans to sneeze and cough. More often, they scratch and lick themselves, shake their heads and develop ear infections.

Woodard said her Yorkie mix, Teddy, had the classic signs — scratching around his shoulders and getting rashes and ear infections starting as a six-month-old puppy. She lived in the South at the time, and he tested

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THIS WEEK IN THE TRI-STATE

Sunday

- 5 p.m. — International Folklanders Dance Group, Folk Dance House, Ponderosa Estates. For more information, call (606) 928-9372.

Monday

- 8 to 9 a.m. — Ashland Community Kitchen, serving free breakfast; 25th Street and Carter Avenue.
- 11:30 a.m. to 12:15 p.m. — Ashland Community

Kitchen, serving free lunch; 25th Street and Carter Avenue.

- Noon — Ashland Rotary Club, Ashland Elks Lodge, 900 Carter Ave. Lunch is \$9; public welcome.
- 4:30 to 5:15 p.m. — Ashland Community Kitchen, serving free dinner; 25th Street and Carter Avenue.

Tuesday

- 7 a.m. — Kiwanis

Breakfast Club, Ashland YMCA.

- 8 to 9 p.m. — Ashland Community Kitchen, serving free breakfast; 25th Street and Carter Avenue.
- 11 a.m. — Story Hour, Flatwoods branch, Greenup County Public Library.
- 11:30 a.m. to 12:15 p.m. — Ashland Community Kitchen, serving free lunch; 25th Street and Carter Ave-

nue.

- Noon — Downtown Ashland Lions Club, Elks Lodge, 900 Carter Ave.
- 4 to 5 p.m. — Men's Grief Support Group, Community Hospice Care Center, 2330 Polard Road, Ashland. (606) 329-1890.
- 4:30 to 5:15 p.m. — Ashland Community Kitchen, serving free dinner; 25th Street and Carter Avenue.

- 6 p.m. — Little Sandy Beekeepers, Carter County Extension Office. (606) 474-6686.
- 7 p.m. — Cricut Club, Flatwoods branch, Greenup County Public Library.

Wednesday

- 8 to 9 p.m. — Ashland Community Kitchen, serving free breakfast; 25th Street and Carter Avenue.
- 11 a.m. — Story Hour, main branch, Greenup County Public Library.
- 11 a.m. — Book Club, McKell branch, Greenup County Public Library.
- 11:30 a.m. to 12:15 p.m. — Ashland Community Kitchen, serving free lunch; 25th Street and Carter Avenue.
- Noon — Ashland Kiwanis Club, Gattiland.
- 4:30 to 5:15 p.m. — Ashland Community Kitchen, serving free dinner; 25th Street and Carter Avenue.

Thursday

- 8 to 9 p.m. — Ashland Community Kitchen, serving free breakfast; 25th Street and Carter Avenue.
- Noon — Optimist Club of Ashland, Ashland Elks Lodge, 900 Carter Ave.
- Noon — Russell Rotary Club, Bridges Christian Church. New members welcome.
- 11:30 a.m. to 12:15 p.m. — Ashland Community Kitchen, serving free lunch; 25th Street and Carter Avenue.
- 1 p.m. — Story Hour, McKell branch, Greenup County Public Library.
- 3:30 p.m. — Teen

Program, Flatwoods branch, Greenup County Public Library.

- 4:30 to 5:15 p.m. — Ashland Community Kitchen, serving free dinner; 25th Street and Carter Avenue.
- 5 to 7 p.m. — Ashland Area Woodcarvers, United Steelworkers Hall, 734 Carter Ave. New members accepted.
- 6 p.m. — Rail City Dulcimer Society. New members welcome. For more information, call (606) 836-6745 or 928-8106.
- 5:30 p.m. — TOPS of Westwood weigh in; Westwood Enterprise Baptist Church, 1820 Hoods Creek Pike. For more information, call (606) 836-3896.
- 6 to 9 p.m. — Flatwoods Dance Club, Flatwoods Senior Center. Admission \$6. All are welcome; refreshments served. For more information, call (606) 494-2362.

Friday

- 8 to 9 p.m. — Ashland Community Kitchen, serving free breakfast; 25th Street and Carter Avenue.
- 11:30 a.m. to 12:15 p.m. — Ashland Community Kitchen, serving free lunch; 25th Street and Carter Avenue.
- 6 p.m. — Dulcimer lessons, Flatwoods branch, Greenup County Public Library.
- 4:30 to 5:15 p.m. — Ashland Community Kitchen, serving free dinner; 25th Street and Carter Avenue.

To submit an item to This Week in the Tri-State, email [lward@dailyindependent.com](mailto:ward@dailyindependent.com).

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of Kentuckians think that publishing PUBLIC NOTICES in NEWSPAPERS should be required.

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KPA

*Kentucky State Study 2023; conducted by Coda Ventures