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You can help take care of the elderly on hottest days

How to avoid heat stroke. Medications could trigger symptoms.

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Karen Grace / KENS 5

The heat is taking a toll on people's health. The elderly are especially vulnerable to the rising temperatures.

Kens 5 went to a nursing home to find out what they are doing to help keep seniors safe.

The most serious concern for seniors is heat stroke, especially if they are taking certain medication.

Selena McGowan at Morningside Ministries oversees 77 residents that live at the assisted living facility.

"At all three meals they have water," said McGowan. "And we have a hydration cart that goes around twice a day at least," she added.

According to Metro Health, seniors that are chronically ill could be taking medication that actually makes them more vulnerable to the risks of heat stroke. "They must check with physicians on some of the medications they are taking," said Dr. Fernando Guerra, the director of Metro Health. "Medication can impair their thirst mechanism or raise their body temperature," he added.

Symptoms that could indicate heat stroke:

- Body temp above 103 degrees
- No sweating, but red hot and dry skin
- Throbbing headache and dizziness
- Nausea

According to Metro Health, so far this month there have been 84 heat related calls to EMS citywide.