

# Galloway Therapy

Newsletter

July 2018

## Heat Awareness

You all know what this Arkansas heat and humidity is like. Pretty miserable come July and August! But do you know how to keep an eye out for or address heat exhaustion or heat stroke? Let's take a look together.

### Symptoms for Heat Exhaustion:

Excess sweating	Looking pale
Fatigue	Dizziness
Nausea	Vomiting
Muscle Cramps	Headache
Fainting	Weakness

### Take Action!

- 1) Get into some A/C!
- 2) Lie down.
- 3) Loosen/remove clothes.
- 4) Take a cool bath.
- 5) Sip on a cool sport drink.
- 6) Get medical help if symptoms get worse or last longer than 1 hour

### Symptoms for Heat Stroke:

Body Temp > 103	Red, hot, dry skin
Fast, strong pulse	Dizziness
Unconscious	Confusion

### Take Action!

- 1) Call 911 or go to a hospital right away!
- 2) Cool down any way you can with what's available and wait for help to arrive.

**Want to learn more on how to prepare for a heat wave and how to be safe during one? Take a look at the practical tips available at the following link: <https://www.ready.gov/heat>**

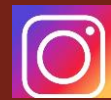


## Success Story Alert!!!

*"After breaking my leg & having pins & screws installed I had severe pain & numbness. Now I feel great. Pain is almost completely gone. Thanks to the amazing staff. I recommend them to all my friends & family." ~ Cory*

## Social Media

Visit us for updates, blogs, trivia, contests, & more!



## Schedule Today!

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