



**Press Release**  
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## **Health Tips for Beating the Summer Heat**

*Knox County Hospital District reminds the community about dangers of summertime weather.*

KNOX CITY, Texas (August 12, 2022) – This year’s summer heat has been intense and appears that it will be around for several more weeks. As we continue with outdoor chores, barbecues and summer recreation, it is important that you not forget about protecting yourself and your loved ones from the sun’s heat and ultraviolet rays.

Skin cancer is the most common form of cancer in the United States, according to the Centers for Disease Control and Prevention. The government agency reports that nearly 5 million people are treated for skin cancer each year. While it is dangerous, there are many ways you can prevent this potentially deadly disease.

“Skin cancer is more top-of-mind during the summer months, but protecting yourself from the sun and UV rays is important year-round,” explains Dr. Laura Hart, physician, at the Knox City Clinic. “I cannot stress enough to my patients the importance of using sunscreen when outdoors. Typically, SPF 30 or higher is ideal to prevent skin damage.”

To further protect yourself from the sun’s harmful rays, Hart recommends staying out of the sun between 11 a.m. and 4 p.m., when the sun is the strongest. She also says that when outdoors, you should seek shade as much as possible and wear light-colored cotton clothing, a hat and sunglasses.

Heat exhaustion is a common reason why patients come through the emergency department at Knox County Hospital District during the summer. According to Stephen Kuehler, CEO of the hospital, individuals underestimate how the heat can affect their health. He says that long exposure to the sun and extensive activities in the heat are frequent causes of heat exhaustion.

Sweating is a natural method your body uses to cool internal temperatures. Although the process brings your body temperature down, it also results in the loss of large amounts of body fluids, leading to dehydration.

Consuming water or sports drinks can help combat exhaustion and keep the body hydrated. People should limit beverages such as soft drinks, coffee and alcohol, all of which can cause the body to excrete extra fluids and become dehydrated more quickly.

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“The summer sun and heat can really take a toll on your body. You might seem fine at first, but heat exhaustion can sneak up quickly,” Dr. Hart added. “Always listen to your body, pay attention to the signals, and exercise extreme caution when outdoors this summer.”

Common symptoms of heat exhaustion include dizziness, nausea, heavy sweating, weak or rapid pulse, headache, and weakness or fatigue. If you find yourself feeling any symptoms of heat exhaustion while outdoors, it is critical that you get out of the heat immediately and rest.

“We always encourage everyone to stay active, but it is imperative that you remain smart about it,” Hart concluded. “Stay mindful of the amount of time you and your loved ones are spending outside, and take all the precautions necessary to stay healthy.”

### **About Knox County Hospital District**

Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. The district offers a wealth of medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, home health, physical therapy, long-term care, patient education, and more. For additional information, please call 940-657-3535 or visit [www.knoxhospital.org](http://www.knoxhospital.org).

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