

3333 Drusilla Lane Baton Rouge, LA 70809 (225) 924-4460

## Calendar of Events

**July 23** Hot Dog Day

**July 25** Parent's Day

**July 30** Father-in-Law day

**Aug 4** Coast Guard Day

**Aug 19** Aviation Day

**Sept 5** Labor Day\*  
\*Clinic hours 10am - 5pm

**Sept 11** Grandparent's Day

**Sept 24** Hunting/Fishing Day

## Do you know the symptoms?

### Heat exhaustion

- ✓ headaches
- ✓ normal body temp possible
- ✓ clammy skin
- ✓ possible vomiting
- ✓ Heavy Sweating
- ✓ Weak Pulse

### Heat stroke\*

- ✓ Hot dry skin
- ✓ Rapid strong pulse
- ✓ Body temp 106+
- ✓ Possible loss of consciousness

\*Heat stroke is a serious medical condition. Do not give fluids and seek emergency medical care.

## Reminders

Questions about personal healthcare? **LakeAfterHours** has a new website. For locations and other good information, please visit at: [www.lakeafterhours.com](http://www.lakeafterhours.com)

**LakeAfterHours**  
Walk-in care for minor injury and illness

**Total** Occupational Medicine



## LakeLine Direct

From simple questions to big decisions, LakeLine Direct is a free 24-hour resource for nurse advice and health information. LakeLine Direct is staffed by registered nurses and is available 24-hours a day, seven days a week, including holidays. It is a free community service of Our Lady of the Lake Regional Medical Center.

"Injury or illness can happen anytime, even when doctors' offices are closed. Our team of registered nurses talks to each caller and (determines) offers the best steps to take for their

family," stated Susan Boyett, RN, Manager of LakeLine Direct.

The hospital emergency room may not always be the most appropriate level of care for the situation. LakeLine Direct educates the community about proper utilization of the emergency room and how healthcare needs can best be met.

"Proper use of the emergency room helps keep healthcare costs down for everyone," said Boyett.

Lake Line Direct has an extensive physician database and can provide physician referrals to meet specific needs.

Call **765-LAKE (5253)** - or **toll free 1-877-765-LAKE** from outside of Baton Rouge.

## Clinic News

### Health Fairs and Wellness programs

A healthy employee is a more productive employee! This realization and a desire to give more benefits to workers have companies sponsoring health fairs and wellness programs in the comfortable confines of their own workplace.

A recent survey of Fortune 500 companies showed a return of \$3.82 for every dollar invested in wellness programs.

Corporate health fairs provide basic indicators of health: blood pressure, pulse, basic blood values, and body mass index. Other tests can be added: annual compliance tests such as hearing, pulmonary function and EKG. Health professionals are present to conduct the tests, explain the meaning of results and suggest ways to improve.

Many companies combine activities such as human resources (policies), financial (401 k), and insurance (renewal benefit changes) with the annual health fair.

Total Occupational Medicine specializes in annual health fairs and wellness programs. Please call Jim Bollinger for more information at (225) 924-4460

## The Workplace

The combination of heat and humidity can be a serious health threat during the summer months in Baton Rouge. Here is how to limit potential problems:

- **Drink plenty of fluids**
- **Avoid caffeine**
- **Equipment such as respirators or work suits can increase heat stress**
- **Take frequent short breaks in a shaded cool area**

Chad Bergeron, PAC