

From: [Comfort Keepers <jgreen@florenceck.com>](mailto:jgreen@florenceck.com)  
To: [Kester, Tonykester@aging.sc.gov](mailto:Kester, Tonykester@aging.sc.gov)  
Date: 5/14/2015 11:37:23 AM  
Subject: Keeping seniors safe in the heat

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May 2015

## NEWS YOU CAN USE

BY COMFORT  
KEEPERS®

### Seniors with Chronic Conditions More Susceptible to Hot Weather

Summer's hot weather can be a welcome relief from the cold winter months, but it can also pose a threat to older people. As people age, their ability to regulate heat becomes compromised, making them more prone to injury and illness from hot weather. A number of factors can increase seniors' susceptibility to hyperthermia, an abnormally high body temperature that can lead to heat stroke. Among these are decreased perspiration, dehydration, alcohol use, medications, poor blood circulation in the skin, and obesity (or anorexia). What many seniors and their families may not know is that chronic conditions can also

#### In This Issue

[Seniors with Chronic Conditions More Susceptible to Hot Weather](#)

[Fast Facts](#)

#### Quick Links

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[Quick Link](#)

#### Fast Facts

A recent study showed a strong correlation between hearing loss and dementia. Seniors with mild hearing loss were twice as likely to develop dementia. Those with moderate hearing loss were three times more likely, and those with severe hearing loss were five times more likely to develop dementia.

Excessive heat kills more people each year, mostly seniors 65 or older, than floods, tornadoes, hurricanes, lightning, or earthquakes.

More men over the age of fifty (one in four) will suffer from a broken hip due to osteoporosis than will get prostate cancer.

substantially increase older adults' risk to heat sensitivity. [Read more...](#)

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[jgreen@florenceck.com](mailto:jgreen@florenceck.com)  
<http://www.comfortkeepers.com>  
218 Dozier Blvd  
Florence, Sumter,  
Columbia, SC 29150

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Comfort Keepers | 218 Dozier Blvd | 1216 Alice Dr. | 117 Alpine Circle | Florence, Sumter, Columbia | SC | 29150