



WINTER HEALTH WATCH DURING FRIGID TEMPS

As an Arctic chill came over the region Friday, Dec. 23, it has taught residents to always to be prepared for winter weather. The weather brought in negative temperatures and negative digit wind chills. Since arriving, the recent 2022 storm has already claimed over 60 lives. Dropping temperatures can not only have adverse effects on pipes and power lines, but they can take a toll on the human body.

The majority of fatal deaths happen due to heart conditions while trying to shovel snow off the sidewalks and drive-ways. The Washington Post explains, "Physically, what happens when you get really cold is you have constriction of the blood vessels," says Lawrence Phillips, a cardiologist at NYU Langone Medical Center. "It decreases the blood supply you're getting to your vital organs."

WebMD suggests these tips from the American Academy of Orthopedic Surgeons for snow shoveling:

- Warm up with some light exercise first.
- Wear slip-resistant shoes.
- Pace yourself and take frequent breaks.
- Try to push the snow out of the way instead of lifting it. Do not throw the snow over your shoulder or to the side because the twisting motion involved may stress your back.

EMO DEC. 2022 NEWS

Ebenezer Medical
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December is:

- ❖ Universal Human Rights Month
- ❖ World's AIDS Awareness Month
- ❖ Hand-washing Awareness Month

PROGRAM NEWS

AND HIGHLIGHTS:

- Winter Health Watch
- Community Garden
- HIV Awareness
- Highlights and Program News

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Cardiovascular disease claims 610,000 lives every year in the United States. These statistics means 1 in every 4 deaths are related to heart disease. Even in the wintertime, it is important to reduce stressors on your cardiovascular system.

Another health warning comes from being exposed to cold temperatures. Long term exposure to frigid temperatures can cause skin to freeze, and can result in underlying nerve damage. Frostbite can happen when skin is not covered. However, extremities like toes and fingers are also vulnerable to frostbite. Other areas prone to frostbite include ears, cheeks, and nose.

According to Cleveland Clinic, "Single-digit Fahrenheit temperatures are cold enough to cause frostbite. It's important to remember that the colder it is outside, the faster you can get symptoms. In fact, you can get frostbitten in just half an hour or less when the wind chill is -15F (-26 C) or lower."

The Mayo Clinic describes frostbite symptoms as a first, cold skin with prickling feeling combined with numbness. Skin can turn red, white, bluish-white, grayish-yellow, purplish, brown or ashen, depending on the severity of the condition and usual skin color is usually accompanied by hard or waxy-looking skin. Clumsiness can happen due to joint and muscle stiffness. In severe cases of frostbite, blistering will occur after rewarming. If symptoms progress into a fever, intense shivering, or slurred speech it is advised to seek immediate medical attention.

COMMUNITY GARDEN UPDATE:

Although the weather may not have you in a gardening mood, Unlimited Future Inc. hosted their quarterly community garden meeting. EMO's garden volunteers attended as crops were selected for spring planting. Next year, the two organizations will work together to host more community markets with free giveaways. Unlimited Future Inc. is also working towards to having more community gardens in the Fairfield neighborhood. These gardens will rotate crops to ensure a variety of produce, fruits, and herbs. EMO and Unlimited Future Inc. are always looking for Community Garden Volunteers. Please contact Rachel Bledsoe at rachelbledsoe@emohealth.org.

WORLD AIDS DAY:

Thursday, Dec. 1, EMO teamed up with Cabell County Health Department to provide free AIDS testing to the Tri-State. This event took place at Marshall University's Student Union. Each participant to complete HIV testing on site received a \$10 gift card. More events to promote HIV testing in 2023 are already being planned.

NIP CREDIT 2022 TAX SEASON:

Saturday, Dec. 31, is the last day to make a donation to qualify for Neighborhood Investment Program Credits for the deduction to be applied to your 2022 taxes. EMO has a limited number of NIP credits available. These credits are a 50% dollar for dollar match on any donation made to Ebenezer Medical Outreach Inc. in the amount of \$500 or greater. To make your donation, call 304-529-0753.

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