



Stan & Fran's Health Hints



December 2008

Winter Safety!

Frostbite—4 “P’s” of frostbite

1. Pink in the affected areas—this is the first sign of frostbite.
2. Pain in the affected areas.
3. Patches that are white and waxy—this is the skin dying.
4. Pricklies—areas will feel numb.

Hypothermia—Signs of hypothermia: look for the “UMBLES”

Brrrrrr!

- ① A person who mumbles
- ① A person who stumbles
- ① A person who fumbles objects
- ① Cold, reddish skin
- ① Stiff muscles and uncontrollable shivering

Preventing frostbite and hypothermia

- Layer your child’s clothing.
- Wear a toque—40% of body heat is lost through the head.
- Drink warm fluids.

Preventing frostbite...continued



- Wear a scarf to protect your chin, lips, and cheeks—these areas are particularly susceptible to frostbite.
- Keep feet warm and dry—wear two pairs of socks.
- Wear mittens or gloves.
- Cover your mouth with a scarf to protect your lungs from the cold air.

If you suspect hypothermia or frostbite:

- Quickly remove wet clothing.
- Do not rub or massage affected areas—this may cause more damage.
- Have child drink a warm beverage.
- Warm up the area slowly; do not use hot compresses—use your own body heat (e.g., under-arms) to re-warm the area.
- If possible, warm blankets in the dryer and wrap child in them.
- Seek immediate medical attention if you see white or gray patches, or if the area is numb.



'Tis the season for Christmas parties and potlucks

This year, take nutritious, kid-friendly finger foods to your child’s Christmas party as an alternative to the usual salty and sugary treats.

Main attractions: Mini pizzas on English muffins, mini finger sandwiches, pinwheel sandwiches, quesadilla triangles, devilled eggs (top with a red or green pepper triangle).

Vegetables: Create a festive tray of white (cauliflower, cut radishes), red (red peppers, cherry tomatoes) and green (green pepper, broccoli). Serve with a light sour cream dip.



Fruit: A sweet plate of cut up apples, pineapple, strawberries, mandarin oranges and pears. Drizzle with melted, dark chocolate or serve with flavoured yogurt as a dip.