



SUMMERTIME BLUES!



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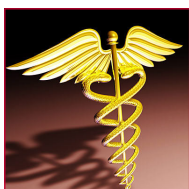
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It's summer time once again in the Philippines. This is the time of the year when the school year ends so this is a great time for the kids to go on vacation. However, this is also the time where different diseases are rampant. Early this year, the Department of Health has already urged the public to take extra precaution against diseases that are easily acquired during summer, including food and waterborne diseases such as **typhoid, cholera, Hepatitis A, food poisoning and diarrhea.**

While food spoilage is primarily caused by poor food preparation, bacteria reportedly easily spreads with extreme exposure to heat. And because summer allows much socialization among people going on outings and vacations, DOH also warned of contagious diseases such as **sore eyes and measles or "tigdas".**

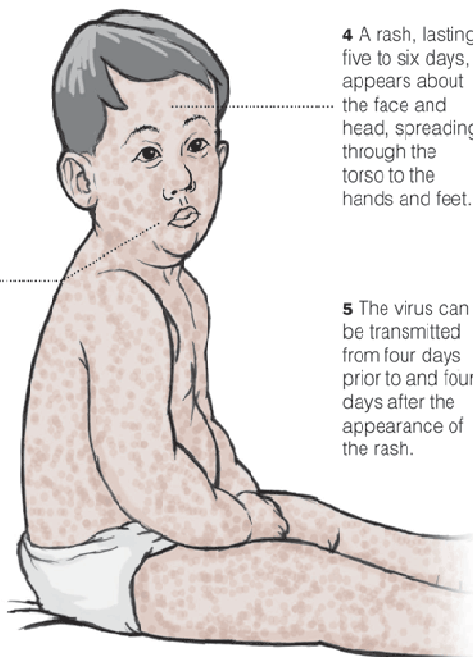
MEASLES OUTBREAK

Characteristics of Measles

1 The virus is spread by breathing in virus-containing droplets or by touching contaminated surfaces.

2 The virus grows in cells in the back of the throat and lungs. Symptoms appear after 10 to 12 days.

3 Infected person has a fever lasting two to four days, followed by a cough, runny nose and red, watery eyes.



4 A rash, lasting five to six days, appears about the face and head, spreading through the torso to the hands and feet.

5 The virus can be transmitted from four days prior to and four days after the appearance of the rash.

Just recently, the department has declared a measles outbreak in select areas in the Philippines. Measles or rubeola, is an acute highly communicable viral disease that is characterized by Koplik spots in the cheek or tongue very early in the disease. A couple of days later a red blotchy rash appears first on the face, and then spreads, lasting 4-7 days. Other symptoms include fever, cough and red watery eyes. The patient

U.T.O.L UPDATE

The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge. He is my shield and the horn of my salvation, my stronghold.

Psalms 18:2

Though I walk in the midst of trouble, you preserve my life; you stretch out your hand against the anger of my foes, with your right hand you save me.

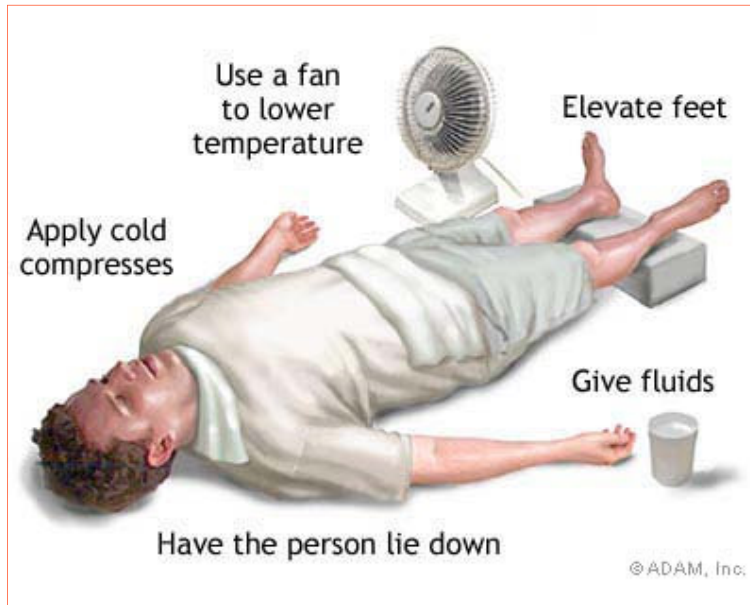
Psalms 138:7

No place is more secure than to be in God's hands.



may be contagious from four days prior to the rash appearance to four days after rash appearance. The disease is more severe in infants and adults. Complications from measles which is reported in up to 20% of people infected include; seizures, pneumonia, deafness and encephalitis.

HEAT STROKE



The searing summer heat has become so severe it has started to claim human casualties. "The risk of heat stroke goes way up in hot and humid weather," the DOH said on an health advisory posted on its website.

Signs of heat exhaustion include faintness, dizziness, weakness, headache, and a warm, flushed skin, which may worsen to an "emergency condition" of heat stroke characterized by very high fever of 41 degrees Celsius, rapid heartbeat, convulsion, delirium, and unconsciousness. To prevent heat exhaustion, the DOH recommends limiting the amount of time spent outdoors, especially this summer season. Immediate treatment includes having a person lie down with his or her legs elevated indoors and sip cool water. Clothing must also be removed and cool water applied on the skin, including ice packs on armpits, wrists, ankles, and groin.

DEHYDRATION

To avoid dehydration, DOH said those involved in rigorous activities should drink at least 10 glasses of water a day to help the body retain its normal temperature.

BE SAFE and enjoy your summer!



PRAYER BOARDS

* Let's pray for the next medical mission of UTOL in partnership with Cornerstone Healthcare Ministries.

* We still need Board members for UTOL USA. Please pray that we might be able to meet the person that the Lord has anointed to be part of UTOL Medical Foundation.

* Let's pray for the coming elections - May the Filipinos learn to vote WISELY! It will only take minutes to vote and six years to live with it.