

Keep your cool as temperatures rise

When the summer sun and the thermometer rise, heat-related illness increases, especially for seniors, the very young and people who are overweight, ill, or working or exercising outside. These illnesses can become serious or fatal if not treated, according to the American Red Cross.

Heat can affect older adults differently than younger people, and factors like medications, illnesses and age-related physical changes can impact a person's reaction. Certain prescription and over-the-counter medicines may affect how well the body regulates heat as well.

These tips for protection against heat-related problems are from the Red Cross Web site and St. Agnes Hospital's online health library:

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