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Visiting Nurse and Community Health Offers Tips on How to Beat the Heat

New Presentation Focuses on Dehydration and Heat Stroke

ARLINGTON, MA – May 1, 2006 – Hot weather is particularly dangerous for infants and adults, who can, quite suddenly, experience the effects of dehydration and heat stroke. Dehydration occurs when a person becomes overexposed to the sun, or sick with vomiting, fever or diarrhea, while heat stroke is caused by extreme exposure to the sun, preventing a person from sweating enough to lower body temperature. In anticipation of the hot days of Summer, Visiting Nurse and Community Health, Inc. (VNCH) of Arlington, has developed “Beat the Heat”, a presentation that focuses on the signs, symptoms and prevention of dehydration and heat stroke. The presentation is available to all organizations and interested companies in the Greater Boston communities VNCH serves.

Those interested in learning more about VNCH’s “Beat the Heat” presentation should contact Karen Breehey, VNCH Marketing, PR and Development manager, at 781-643-6090, ext. 212. VNCH also offers presentations on topics such as preventing falls, congestive heart failure, depression, and diabetes management.

For over 100 years, VNCH has been acknowledged as the preeminent home health care provider in greater Boston. It has a deep-rooted tradition of providing its patients, and the 33 communities it serves, with compassionate, quality home care, and unparalleled health care expertise. VNCH’s response to questions and concerns is immediate and knowledgeable, and its medical technology is state-of-the-art.

VNCH serves the following communities: Acton, Arlington, Bedford, Belmont, Billerica, Boxboro, Burlington, Cambridge, Carlisle, Chelsea, Concord, Everett, Lexington, Lincoln, Malden, Medford, Melrose, Newton, North Reading, Reading, Revere, Somerville, Stoneham, Tewksbury, Wakefield, Waltham, Watertown, Wayland, Wellesley, Weston, Wilmington, Winchester, and Woburn.

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