



FOR IMMEDIATE RELEASE

Press contact:

Karen Breehey
Visiting Nurse and Community Health, Inc.
781-643-6090 X1204
KBreehey@TheVisitingNurses.com

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

New Presentation Focuses on Dehydration and Heat Stroke

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 22 eastern Massachusetts 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. 1204. VNCH also offers presentations on topics such as preventing falls, congestive heart failure, depression, and diabetes management.

For over 110 years, VNCH has been acknowledged as the preeminent home health care provider in eastern Massachusetts. It has a deep-rooted tradition of providing its patients and the 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. To underscore its commitment to quality health care, VNCH has the distinction of being ranked in the Top 500 (out of more than 8,000) home health care providers nationwide. To learn more about VNCH, visit the agency's website at www.TheVisitingNurses.com.

VNCH serves the following communities: Arlington, Bedford, Belmont, Billerica, Burlington, Cambridge, Carlisle, Concord, Everett, Lexington, Lincoln, Malden, Medford, Melrose, Somerville, Stoneham, Wakefield, Waltham, Watertown, Wilmington, Winchester, and Woburn.

###

[37 Broadway](#)
[Arlington, MA 02474](#)
[781-643-6090 \(p\)](#)
[781-643-7395 \(f\)](#)