



Mended Hearts™ of Whittier NEWSLETTER

The red ribbon simultaneously celebrates and mends the heart. It is a symbol of passion, strength, action, and perseverance.



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Mended Hearts of Whittier Chapter 351

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MENDEDEARTS.ORG

Our first LIVE Meeting is Postponed...Sorry
We will be live on Zoom!

Wednesday, August 18, 2021 at 6 pm
And our Support Group following at 7 p.m.

Our Presenter will be

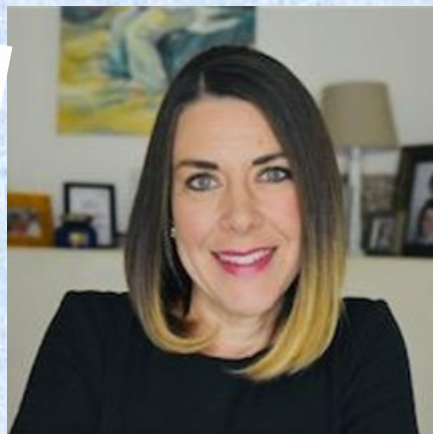
Jessica Daly, B.S.Ed., MLS

MCRG Patient and Family Learning Center in Orlando, Florida

The Heart of Self Care

When it comes
to care, do you think
of everyone else first?

*Most of us do, but if we care for
ourselves we can take much better
care of our families, friends and
others who may need our insight!*
Jessica explains it best!



Mended Hearts is inviting you to a scheduled Zoom meeting.
Time: Aug 18, 2021 06:00 PM Pacific Time (US and Canada)

Join Zoom Meeting

[https://us02web.zoom.us/j/82687793655?](https://us02web.zoom.us/j/82687793655?pwd=VjJ3M0F2MEVibkhZVlpVMjFjFIK29Ddz09)
[pwd=VjJ3M0F2MEVibkhZVlpVMjFjFIK29Ddz09](https://us02web.zoom.us/j/82687793655?pwd=VjJ3M0F2MEVibkhZVlpVMjFjFIK29Ddz09)

Meeting ID: 826 8779 3655

Passcode: 581682

Dial by your location

+1 669 900 9128 US (San Jose)

+1 346 248 7799 US (Houston For more information)

Call our office for information 562-698-0811 Ext. 12368

Sign Up for our email list and get all the updated information monthly!



Healthy recipes from Mayo Clinic Dieticians

Pasta Salad with Mixed Vegetables

Number of servings; Serves 8

Low Fat - Healthy carb - Low Sodium - High Fiber

Ingredients

- 12 ounces whole-wheat rotini (spiral-shaped) pasta
- 1 tablespoon olive oil
- 1/4 cup low-sodium chicken broth
- 1 garlic clove, chopped
- 2 medium onions, chopped
- 1 can (28 ounces) unsalted diced tomatoes in juice
- 1 pound mushrooms, sliced
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 2 medium zucchini, shredded
- 1/2 teaspoon basil
- 1/2 teaspoon oregano
- 8 romaine lettuce leaves



Dietician's Tip: You can use any shape of pasta for this salad, including shells, farfalle (bow tie), rotini (spiral-shaped) or macaroni. For added variety, try spinach, tomato or carrot-flavored pasta .

Directions

1. Cook pasta according to the package directions. Drain the pasta thoroughly. Place pasta in a large serving bowl. Add the olive oil and toss. Set aside.
2. In a large skillet, heat the chicken broth over medium heat. Add the garlic, onions and tomatoes. Sauté until the onions are transparent, about 5 minutes. Add the remaining vegetables and sauté until tender-crisp, about 5 minutes. Stir in the basil and oregano.
3. Add the vegetable mixture to the pasta. Toss to mix evenly. Cover and refrigerate until well chilled, about 1 hour.
4. Place lettuce leaves on individual plates. Top with the pasta salad and serve immediately.

Nutritional analysis per serving size: About 2 cups Calories 251 - Protein 10 g - Total sugars 10 g - Added sugars 0 g
Total carbohydrate 46 g - Dietary fiber 8 g - Sodium 60 mg - Saturated fat 0.5 g - Total fat 3 g - Cholesterol Trace
Monounsaturated fat 1.5 g - Trans fat 0 g



The Presidents Note - It's been 16 months since we've seen each other except for those who attend our Zoom Calls, thank goodness and it's sad we have to again postpone an in person meeting. We were all looking forward to it but we will air on the side of caution for you to be safe! *Mervin and I have been able to visit our heart patients in Cardiac Rehab and two weeks ago, we got the go ahead to begin visiting patients in CCC and 1 Tower. Dr. Tovar is very happy to see us and the nurses are very appreciative that we are back to help them and uplift the patients feelings!*

This family picture was taken on May 7th, the sixth anniversary of my open heart surgery. My husband Lou, ran a **1/2 marathon** in Yosemite and came in first in his class at age 81. I loved the T-shirts my son had made for us to commemorate the occasion and our MH brand and name was on the back for all to see. We got lots of ?????? **In June**, MHI had their June Leadership Training sessions and we had four members complete the Visitor Training and others attended the four day event, including the Annual Awards where we were honored to win the Regional **Chapter Excellence Award** and **Newsletter of the Year**. The plaques will be in our office! Our chapter is very proud of the work we do for our patients, for PIH Health Hospitals and for Mended Hearts! Our Region includes Alaska, Washington, Oregon, California, Nevada & Hawaii. I have to say that after the whole COVID pandemic, our regional chapters and MHI survived COVID and has implemented new programs that have made them grow even stronger. We now look forward to building our chapter membership so you have more friends to meet!



Heart Failure: Not Part of the Aging Process

by Marilyn A. Prasun, PhD, as told to Hope Cristol

Marilyn A. Prasun, PhD, president,
Heart Failure Patient Foundation

I've worked to educate people about heart failure throughout my career as an advanced practice nurse practitioner, professor, and researcher. One of the major things I try to teach is the importance of seeing a doctor when you sense changes in your health.

Common Paths to Heart Failure

While heart failure happens most often to older people, it's not a normal part of the aging process. In fact, heart failure often stems from long-term high blood pressure and coronary artery disease. Those also aren't normal parts of aging.

It's important to know whether you have those or other health conditions that play a role in your heart failure. If you can address them, you'll improve your health overall.

Once you know more about the path that brought you to a heart failure diagnosis, you can also begin appropriate treatments. In addition to medications and possibly device therapy, you most likely will need to make major changes to your diet and lifestyle. That can bring new challenges.

Relationships May Change

It takes a lot of commitment to follow a heart-healthy lifestyle, and it's not always easy -- especially if you're used to eating high-fat or salty foods. Often, a support system can make smart choices easier. Unfortunately, not everyone gets the support they need from the people around them. If your loved ones aren't as understanding or encouraging as you need, you may want to consider finding other ways to get that support, such as from connections with other people living with heart failure.

This condition can change the dynamic of your relationships in a way that normal aging doesn't. Because it's an invisible disease and often poorly understood, your friends and family may not know what to make of your diagnosis. They may not understand your need to rest more often or why you need to make major changes to your lifestyle. Also, when your loved ones hear the term heart failure, they can become very fearful. Or they can become overprotective in a way that could create problems, like if they try to limit your physical activity because of their own fears.

You Can Thrive

Sitting in a chair all day isn't what people with heart failure need, and fear and anxiety isn't what we want for their caregivers. That's why patient and caregiver education has always been such a priority for me. There are many resources to help people manage all the ups and downs of life with heart failure, including support groups in person and online.

The advances I've seen in recent years have given me tremendous hope that people have the ability to lead long, full lives. It really requires commitment or, if you look at it another way, an unwillingness to let heart failure control your life.

You know, a lot of heart failure advice involves how to manage it after diagnosis. But really, the best treatment is prevention with a heart-healthy lifestyle. You can commit to healthy habits at any stage of life, but starting early can have a tremendous impact as we age. So many health problems can be prevented that way as well, including the heart conditions that can ultimately lead to heart failure.

WebMD Feature Reviewed by Brunilda Nazario, MD on December 07, 2020



We are very happy to announce that our chapter has a Social Secretary. Her name is Vivian Rice, she lives in Whittier and is a Lifetime Member of MHI. Many of you may recognize her from meetings and on our Zoom calls. Vivian has helped us at meetings, helped plan annual parties and we are grateful to her for all her help! In her new role, Vivian sends out birthday cards, get well cards and other cards as needed. Vivian is asking you to contact her with you birthday so she can add it to her list and also if there is someone in need of a card. Her email is vivrca@yahoo.com



Chapter #35 1 Board Members

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PIH Downey Liaison - Mayra Linares
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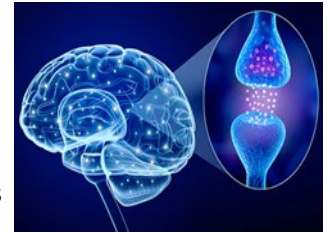
Mascot - Makena

Mended Hearts Mission

Our mission is to “Inspire hope and improve the quality of life for heart patients and their families through ongoing peer-to-peer support, education & advocacy!”

How Worrying Affects Your Body - How Much Is Too Much?

We all worry from time to time, but if you can't shake it after a few weeks or it starts to get in the way of your normal work or home life, talk to your doctor. It can take a toll on your health and might be linked to an anxiety disorder. Therapy, drugs, and other strategies can help.



Nervous System - This messaging network is made up of your brain, spinal cord, nerves, and special cells called neurons. Worrying too much can trigger it to release "stress hormones" that speed up your **heart rate** and breathing, raise your blood sugar, and send more blood to your arms and legs. Over time, this can affect your heart, blood vessels, muscles, and other systems

Muscles - When you're troubled about something, the muscles in your shoulder and neck can tense up, and that can lead to migraines or tension headaches. Massage or relaxation techniques, like deep breathing and yoga, may help.

Breathing - If you're worried a lot, you might breathe more deeply or more often without realizing it. While this usually isn't a big deal, it can be serious if you already have breathing problems linked to asthma, lung disease, or other conditions!

Heart - If it sticks around long enough, something as small as a nagging concern in the back of your mind can affect your **heart**. It can make you more likely to have high blood pressure, a heart attack, or a stroke. Higher levels of anxiety can trigger those stress hormones that make your heart beat faster and harder. If that happens over and over, your blood vessels may get inflamed, which can lead to hardened artery walls, unhealthy cholesterol levels, and other problems.

Blood Sugar - When you're worried about something, stress hormones also give you a burst of fuel (in the form of blood sugar). This can be a good thing if you need to run from danger, but what happens if you don't use that fuel? Your body normally stores it to use later. But sometimes, if you're overweight or have diabetes, for example, your blood sugar can stay too high for too long. This can lead to heart disease, strokes, or kidney disease.



Immune System - If your body is affected by the physical effects of worry, it may not fight germs as well. Just thinking about things that made you angry or depressed in the past can take a toll. It can make it harder for you to fend off the flu, herpes, shingles, and other viruses.

Stomach - You may feel “butterflies” in your stomach when you're nervous -- in more serious times, you may feel nauseous or even vomit. If this happens often, it can lead to stomach pain and sores in your stomach lining (ulcers). And if you eat a lot of foods high in fat and sugar, your stomach has to work harder to digest them, and that makes more acid. This can cause acid reflux -- when acid flows up into your throat.

Continued on Page 5



How Worrying Affects Your Body - How Much Is Too Much? (Continued)

Intestines

Constant fretting can affect your bowel habits -- you could have diarrhea or find it hard to go to the bathroom. Diet, exercise, and over-the-counter medicines can often help, but you might be able to keep these problems from happening if you find ways to calm your anxiety. ...from WebMD Heart Health



Upcoming Speakers

August 18th Jessica Bales - The Heart of Caring

September 15 Jim Merrill - Exercise For Life

October 20 Mirna Tovalin, NP-C, RNFA
continues Heart Surgery Series

November - TBD

How to Recognize Dog Heat Stroke

By Ashley Gallagher, DVM (posted on petMD.com)

We are deep in the dog days of summer — a dangerous time for our canine companions. Dogs do not sweat in the same way humans do and can easily become overheated, which can lead to heat stroke and severe medical complications, including death. Watch for the following signs of heat stroke in dogs and contact a veterinarian immediately if you suspect your dog is in distress.

1. **Heavy Panting** - Many of you may know that a dog's primary way to cool off is through panting (dogs can also dissipate some excess body heat through their paw pads). But did you know there are different degrees of how strenuously a dog pants? When exposed to warmer temperatures dogs usually start with a slightly opened mouth



light panting. As they get warmer it will progress to fully openmouthed pant accompanied with a swollen tongue that hangs out to the side. If you notice your dog is panting heavily, get him to a cool and shady spot immediately — preferably somewhere with a fan or air conditioning. Also, offer your dog fresh water.

2. **Excessive Drooling** - If your dog is drooling excessively while in hot temperatures it can be a sign that he is having a hard time cooling off. Creating excess saliva helps your dog dissipate heat better than just panting alone. Of course it's best to not wait until your dog is drooling like a faucet to get inside and cooled off.

3. **Frequent Breaks Lying Down** - While on a summer stroll or during outdoor activities you may have noticed your dog trying to lie down and take a break. This is a clear sign that he is feeling the effects of the heat and probably needs to go inside to cool down immediately. Allow him some time to recover and offer a drink of water before going indoors. If, however, your dog collapses from the heat, wet his coat with water and rush him to a veterinarian or animal hospital.



Bones

C A R P A L S U E L L A M
V O M E R X Y C C O C S A
B S E G N A L A H P L H N
O Z M U I R B U N A M Y D
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| Carpals | Malleus | Ribs |
| Clavicle | Mandible | Sacrum |
| Coccyx | Manubrium | Scapula |
| Cranium | Maxillae | Stapes |
| Femur | Nasal | Sternum |
| Fibula | Palatine | Talus |
| Humerus | Patella | Tarsals |
| Hyoid | Phalanges | Tibia |
| Ilium | Pubis | Ulna |
| Incus | Radius | Vertebrae |
| | | Vomer |



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Chapter 351 Lifetime Members

- Evans, Constance
- Heider, Daniel
- Hubaud, Lou
- Killian, Henry (family)
- Mgrdichian, Jon
- Pino, Louis & Madelaine
- Rice. Vivian

2021 MH Chapter Donors

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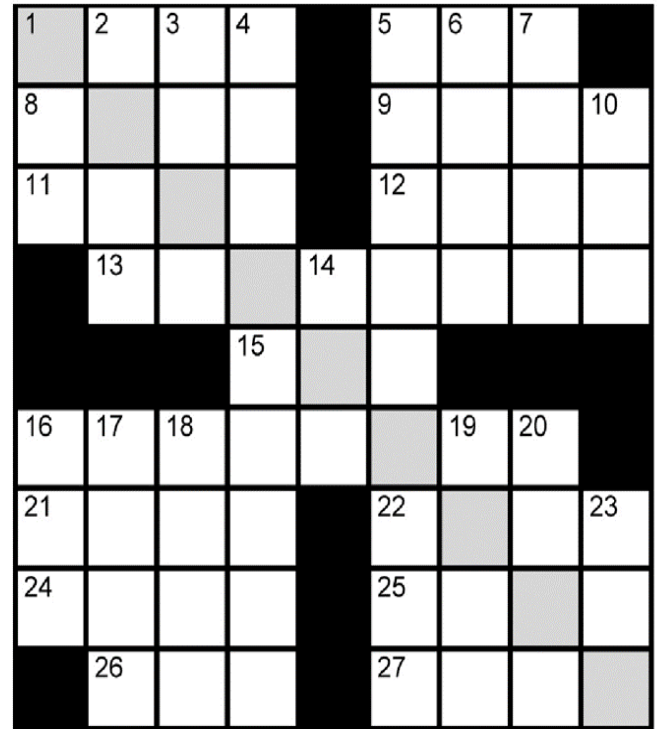
Chompers

Across

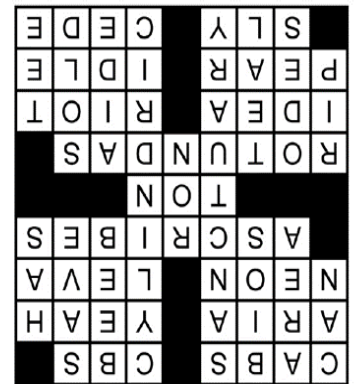
- 1. Street fleet
- 5. "60 Minutes" network
- 8. "Tosca" tune
- 9. Slangy assent
- 11. It's a gas
- 12. Bulgarian currency
- 13. Attributes
- 15. Elephant's weight, maybe
- 16. Domed buildings
- 21. "The very ___!"
- 22. Brawl
- 24. Juicy fruit
- 25. Not busy
- 26. Like a fox
- 27. Formally surrender

Down

- 1. Is able
- 2. Length x width, for a rectangle
- 3. Life stories, for short
- 4. Refuge
- 5. Shaped like a rounded tube
- 6. Network on the telly



- 7. Bank
- 10. Possesses
- 14. Howard of "Happy Days"
- 16. Tear
- 17. Praiseful poems
- 18. Blue shade
- 19. Auxiliary
- 20. Auctioneer's closing word
- 23. Kicker's aid



The headline is a clue to the answer in the diagonal.

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Marketplace at

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Want to get more involved with your chapter?

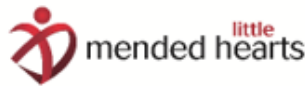
Maybe volunteer or be a phone visitor?

We are '**Volunteer-Powered**' and welcome your involvement!

Telephone Visitors Needed! English/Spanish & more!

We need Telephone Visitors to make calls to heart patients that are discharged from PIH Health Hospitals. Our hospital visitors will be seeing about 25+ patients a month and a follow up phone call is extremely important for the patient There is nothing more comforting than talking to someone who has 'been there'. Please consider offering a few hours a month to make phone calls.

If interested call 562-698-0811 Ext. 12368 or email us.



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 Phone: 1-888-HEART99 Email: info@mendedhearts.org

MEMBERSHIP FORM

NEW MENDED HEARTS NEW MENDED *LITTLE* HEARTS RENEWAL DATE _____

Name (Mr./Mrs./Ms.) _____ Chapter/Group 351 Member-at-large _____

Address _____ Phone _____

City / ST / Zip _____ I want to be a MH support volunteer: Yes No

Email address _____ I am interested in CHD Parent Matching: Yes No

(Please check all that apply) I am a Heart Patient Caregiver CHD Parent Physician RN Healthcare Employee

OPTIONAL INFORMATION: Race: Caucasian; Black; Asian; Am. Indian; Other _____ Gender: Male Female

Membership Levels: All membership levels are for ONE YEAR, renewed annually, except for Heart of Gold Lifetime Sponsorship. Please choose your membership level and complete any appropriate payment information below.

| INDIVIDUAL MEMBERSHIP | FAMILY MEMBERSHIP |
|---|---|
| <p><u> </u> Associate Member --- FREE</p> <ul style="list-style-type: none"> * Can attend any chapter meeting for MH or MLH * Can join online communities * Can access Member Portal * Receives the National e-newsletter | <p>For members of one household with one mailing address only</p> <p><u> </u> Family Membership --- \$40 annual donation</p> <ul style="list-style-type: none"> * All of the benefits of an Associate Membership, PLUS * <u>One year</u> annual subscription to Heartbeat magazine (\$30 value) * Membership Cards for all members of the family * 2 Car Decals – Select <u> </u> MH or <u> </u> MLH * Each family member receives a one-time 5% off coupon for purchase from the MH store. Use only one coupon per order. |
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ALL Donations are tax deductible

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ADDITIONAL CHAPTER 351 DONATION:

Membership Level _____ \$ _____

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Additional tax-deductible Donation to

Amount: \$

Mended Hearts Mended *Little* Hearts \$ _____

TOTAL TO NATIONAL \$ _____

TOTAL TO CHAPTER \$ _____

****Please note: To be a member of a Mended Hearts Chapter or Mended *Little* Hearts Group, you must be a member of The Mended Hearts, Inc.**



My Heart Visit One Year Anniversary

On August 3rd, 2021, My Heart Visit® will celebrate its first anniversary. The virtual visiting and support program was established one-year ago as a way to provide support for patients and families who could not be together because of the pandemic. The unique program was started as a way to connect those in need with trained volunteers who truly understand them because they have been there too. For more information about the program, or to schedule a visit with a trained accredited visitor, please go to www.myheartvisit.org.



Essay Contest

So far in this year's Share Your Heart™ Campaign, we have invited those affected by heart disease to tell their story through pictures and art - now we would like to invite you to share your story through writing in our



Share Your Heart Essay Contest.

This campaign is open to ANYONE affected by heart disease. Patients, siblings, friends, medical professional, family members, caregivers and anyone else who has been touched in some way by acquired or congenital heart disease are encouraged to participate and tell their story.

For contest details, please go to www.Shareyourheart.live. Essays and poems must be submitted by August 10th.



To purchase a heart pillow, contact us at 562-698-0811 Ext. 12368.



How to Recognize Dog Heat Stroke (Continued from Page 5)

4. Fast/Irregular Heart Beat - A racing or irregular heart beat is another sign your dog could be overheating. The increased heart rate is the body's attempt to pump as much overheated blood as possible to the extremities and away from vital organs, where it can cause damage. If this happens to your dog, rush him to a veterinarian or animal hospital.

Other Signs of Heat Stroke and Distress in Dogs - If your dog exhibits moderate to severe lethargy, vomiting, diarrhea (especially bloody), lack of appetite or neurologic signs such as stumbling and seizures at any point after being in the heat, seek veterinary attention immediately! These could be indications that he suffered damage to internal organs secondary to heat stroke, which can lead to death if treatment isn't initiated rapidly.

How to Treat Heat Stroke in Dogs - There are some things you do at home in order to cool down your dog's body temperature while you call a veterinarian or animal hospital. Wet your dog with cool but NOT iced water or ice in order to bring the body temperature down. It may seem counterintuitive but the body's response to the ice or iced water may actually prevent heat loss. Then check your dog's initial body temperature as you begin to cool him off and recheck every 10-15 minutes. Once you reach 103°F you can stop cooling and consider seeking medical care, especially if your dog was exposed to prolonged heat or if the initial temperature reading was greater than 105 degrees.



Valuable information for these HOT days!