

Get Winterized!

From the common cold to frozen toes, use these expert tips to tackle Old Man Winter.



HYPOTHERMIA

Having extremely low body temperature that causes mental confusion, loss of consciousness, and slurred speech. "It's a life-threatening condition," says Dr. Jeffrey M. Saper, MD, a board-certified family physician and professor of medicine at the University of Maryland School of Medicine. "It's a medical emergency and needs to be treated immediately." Symptoms include: shivering, loss of consciousness, and slurred speech. www.medicinenet.com/hypothermia/article.htm

WebMD www.webmd.com

Complete Health Solutions www.completehealth.com

First Aid for Hypothermia www.firstaid.org

Epithelium www.epithelium.com

Shut Normal Health www.shutnormal.com

First Aid for Hypothermia www.firstaid.org

OUR EXPERTS

Dr. William J. Gattuso, MD, is a board-certified family physician and professor of medicine at the University of Maryland School of Medicine. He is also a board member of the American Academy of Family Physicians.

Dr. James M. M.D., is a board-certified family physician and professor of medicine at the University of Maryland School of Medicine.

Dr. Jeffrey M. Saper, MD, is a board-certified family physician and professor of medicine at the University of Maryland School of Medicine.

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WEIGHT GAIN

Consuming too many calories can lead to weight gain. "It's not just about the amount of food you eat, but also the quality of the food," says Dr. Jeffrey M. Saper, MD, a board-certified family physician and professor of medicine at the University of Maryland School of Medicine. "Eating a diet rich in fruits, vegetables, and whole grains can help you maintain a healthy weight." www.medicinenet.com/weight-gain/article.htm



CRAPPIE LIFE

Crappie is a popular fish for anglers. "It's a great fish to catch and eat," says Dr. Jeffrey M. Saper, MD, a board-certified family physician and professor of medicine at the University of Maryland School of Medicine. "Crappie is a good source of protein and omega-3 fatty acids." www.medicinenet.com/crappie-life/article.htm

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DRY EYES

Dry eyes can be a common condition. "It's often caused by a lack of tears," says Dr. Jeffrey M. Saper, MD, a board-certified family physician and professor of medicine at the University of Maryland School of Medicine. "Using artificial tears can help relieve the symptoms." www.medicinenet.com/dry-eyes/article.htm



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STAY

