

Too much sun isn't fun



Living anywhere in Nevada means many sunny days annually. Research clearly shows that sunlight helps our mental outlook and is good for us. However, too much exposure can lead to serious medical problems including sunburn and heat stroke.

Long-term exposure increases your chance of developing skin cancer, cataracts and premature skin wrinkling or brown spots. Prolonged exposure to the sun can lead to heatstroke, a serious medical emergency that requires immediate medical attention. Heatstroke occurs when the body is unable to regulate its own

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temperature and the body temperature rises to dangerous levels. If you suspect someone is suffering from heatstroke move them to a cooler environment. If possible, place them in a cool bath and provide liquids. Seek emergency attention immediately by calling 911.

— *Dr. Elissa Palmer, University of Nevada School of Medicine, Family and Community Medicine department, Las Vegas*

Nevada quits (smoking, that is . . .)

Smoke, smoke, smoke that cigarette. *Not.* The Nevada Tobacco User's Helpline is a free service of the University of Nevada School of Medicine that offers professional counseling to any Nevada adult who wants to stop smoking.

The progressive program that will celebrate its 10th anniversary in June was the brainchild of Dr. Elizabeth Fildes, a member of the faculty in the Department of Internal Medicine, Las Vegas.

Fildes, the program's education and research director, founded the helpline after researching tobacco addiction and discovering that helplines are very effective. Individualized professional counseling has been shown to increase the likelihood of quitting by 70 percent over going it alone.

The certified drug and alcohol counselors at the helpline have received additional training in helping people quit nicotine, and use an evidence-based holistic model that addresses not only the physical issues of addiction to tobacco, but the mental, emotional and spiritual, as well. Dr. George Kaiser, associate professor of internal medicine, is the helpline's director.

To get help, call (888) 866-6642.

LOOK ONLINE
1800quitnow.org,
<http://www.livingtobaccofree.com/>

Free Nevada health information is just a click away

Nevada residents in need of medical information now have a new tool to locate credible and pertinent health information. Launched in September 2006, NevadaHealthNet.org is a reliable, fast and user-friendly internet database that links

LOOK ONLINE
<http://www.nevadahealthnet.org>

users to health information, services and resources throughout the state.

The free website provides authoritative medical information and local resources to help users search for treatment, support groups, health education

classes, local financial assistance programs for special children and a host of other health-related needs.

The University of Nevada School of Medicine, Savitt Medical Library is the primary sponsor of NevadaHealthNet.org, which is the only statewide database linking with health topics in MedlinePlus, the National Library of Medicine's source of health information.

— *Carole Keith, NevadaHealthNet.org program manager*