

# SHORT TAKES

The form consists of a central column of three large, vertically-oriented yellow rectangular boxes with rounded corners, intended for writing. On either side of this central column are two vertical columns of small, empty square boxes, likely for marking or grading purposes.

“HYPOTHERMIA AND SENIORS”

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Short takes are information crammed into a small space/time frame. For example, in film, the “movie” may be only three minutes long and still pack a powerful punch. The subject can be anything.

In publications such as newsletters, ebooks and magazines, up to one page is a short take. As you will see in these pages, a topic is presented in short take format. This gives you enough information to kick start the thinking part of your brain.

It is up to you to take it from there, if you so desire.

That in a nutshell is a short take.

Enjoy ours...

**Hypothermia is a serious medical condition. It might take several hours or several days to develop. This information is important so pass it along to every senior and senior caregiver you know. Enjoy!**

**Disclaimer: Nothing in the book is meant to be medical, financial or legal advice. It is for information purposes only and it is your decision whether to act, or not act, on any of it. Always, repeat always, contact a competent professional in the field in which you are interested/involved/active.**

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## **HYPOTHERMIA AND SENIORS**

**Hypothermia happens when your body temperature falls below 95 degrees Fahrenheit. While most people believe it happens only to people who have been out in the cold too long, this is only one way it occurs.**

**An older person in a poorly heated house in winter, falling in water, getting covered by freezing rain or being without the proper clothing in very cold weather are the most common ways older people contract hypothermia.**

**When hypothermia happens, all of the organs of the body are affected. More men than women are affected. Malnourished people, people with liver problems and endocrine disorders are vulnerable to hypothermia.**

**Symptoms of mild hypothermia include: sluggishness, mild confusion, shivering and loss of control in the fingers.**

**Symptoms of moderate hypothermia include: delirium, blue color of the fingers and toes, rigid muscles and possible coma.**

**Symptoms of severe hypothermia include: very cold skin, pupils that don't change size in light or dark, no pulse felt and no breathing.**

**The above symptoms are also present in other disorders but, if it is winter time or there is an unseasonal cold spell, you can almost bet hypothermia is the culprit.**