

#### July 2013

#### Volume 6, Issue 7

A Newsletter for the Residents of Legend Oaks



## at the Wildflower Center Submitted by Saralee Tiede



NATURE NIGHTS

July 11—Birds of Prey July 18—Wildlife July 25--Snakes

A fun-in-nature experience for families with hikes, crafts and hands-on activities. Free gifts at the store for kids under 12. Free admission for Nature Nights and the entire day of Nature Nights thanks to our sponsor, H-E-B. 6 to 9 p.m.

#### WILDFLOWER CENTER CLOSED FOR INDEPENDENCE DAY JULY 4

#### LADY BIRD JOHNSON TRIBUTE DAY 9 A.M.TO 5 P.M. SUNDAY, JULY 28

Free admission this special day honoring the environmental first lady. Garden and interior tours, story time and crafts for kids. Meet watercolor artist Jan Heaton at her exhibit in the McDermott Learning Center.

#### Details at

www.wildflower.org

Text FLOWER at 70123 for exclusive Wildflower Center offers!

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### **NEWSLETTER INFO**

#### NEWSLETTER

Articles .....legendoaks@peelinc.com

#### PUBLISHER

Peel, Inc......www.PEELinc.com, 512-263-9181 Advertising......advertising@PEELinc.com, 512-263-9181

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The goal is to fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. Each digit may appear only once in each row, each column, and each 3x3 box.



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## Welcome Dr. DeWitte

David DeWitte, MD joins family practitioner Dr. Jennette Cross at The Austin Diagnostic Clinic Family Practice at Circle C. Dr. DeWitte completed his



David DeWitte, MD Board Certified in Family Practice

medical degree at Indiana University School of Medicine, Indianapolis, IN and his internship & residency at St. Francis Family Practice Residency, Beech Grove, IN. Dr. DeWitte has been caring for patients since 2000.

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## LEGEND OAKS

### **Viruses Still Present During Summer**

Many viruses are still frequent in the summer so good hygiene remains important

#### Some viruses present in the summer include:

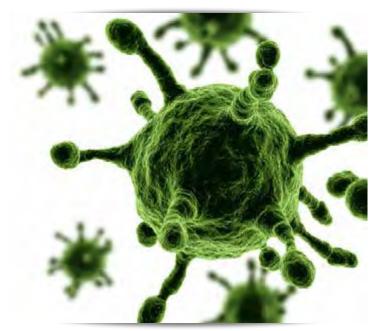
-Enteroviruses can cause symptoms such as sore throat and diarrhea, and can even lead to viral meningitis and inflammation of the heart and liver.

-Hand, foot and mouth disease, is characterized by ulcers in the back of the throat and a rash on hands and feet. This is common in babies and young children.

-Adenovirus, which can cause respiratory problems.

-Parainfluenza can cause croup, a loud cough; bronchiolitis, swelling and mucus in the small air passages in the lungs; and bronchitis, inflammation of the main air passages to the lungs.

These viruses cannot be treated with antibiotics, but it's important to get enough fluid and rest. Seek treatment immediately for high fever for more than three days, vomiting for over 24 hours, diarrhea, severe headaches or chest pain. Those with weak immune systems should consult their physician if they have any symptoms associated with these viruses.



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## **A FOCUS ON HEAT EMERGENCIES**

Healthy Tips To Stay Cool In Extremely Hot Weather By: Concentra Urgent Care

Heat emergencies fall into three categories of increasing severity:

#### Heat Cramps, Heat Exhaustion, and Heatstroke.

Heat illnesses are easily preventable by taking precautions in hot weather. Children, elderly, and obese people have a higher risk of developing heat illness. People taking certain medications or drinking alcohol also have a higher risk. However, even a top athlete in superb condition can succumb to heat illness if he or she ignores the warning signs. If the problem isn't addressed, heat cramps (caused by loss of salt from heavy sweating) can lead to heat exhaustion (caused by dehydration), which can progress to heatstroke. Heatstroke, the most serious of the three, can cause shock, brain damage, organ failure, and even death.

#### SIGNS AND SYMPTOMS:

#### Heat Cramps

- Sweating
- · Dizziness and lightheadedness • Pain in arms, legs, and abdomen • Headache and confusion
- Heat Exhaustion • Nausea and vomiting
- Moist, pale skin
- Fatigue and fainting

#### Heat Stroke

- No sweating
- Dry, hot, red skin
- Temperature over 103° F

• Rapid pulse and breathing

• Confusion/loss of consciousness • Seizures

#### CAUSES:

- The following are common causes of heat emergencies:
- High temperatures or humidity Medications, such as diuretics,
- Dehydration
- neuroleptics, phenothiazines, and anticholinergics
- Prolonged or excessive exercise • Excess clothing
- Alcohol use
- Cardiovascular disease

#### WHAT TO DO IN HEAT EMERGENCIES... First Aid

1. Have the person lie down in a cool place. Elevate the person's feet about 12 inches.

2. Apply cool, wet cloths (or cool water directly) to the person's skin and use a fan to lower body temperature. Place cold compresses on the person's neck, groin, and armpits.

3. If the person is alert, give cool water or sports beverages. It's advisable to drink slowly and steadily, particularly if they are experiencing nausea.

4. For muscle cramps, give beverages as above, and massage and stretch affected muscles gently, but firmly, until they relax.

5. If the person shows signs of shock (bluish lips and fingernails, and decreased alertness), starts having seizures, or loses consciousness, call 911 and continue cooling procedures, as described above.

#### DO NOT:

• DO NOT underestimate the seriousness of heat illness, especially

if the person is a child, elderly, or injured.

• DO NOT give the person medications that are used to treat fever (such as aspirin or acetaminophen). They will not help, and they may be harmful.

• DO NOT give the person salt tablets.

• DO NOT give the person liquids that contain alcohol or caffeine. They will interfere with the body's ability to control its internal temperature.

• DO NOT use alcohol rubs on the person's skin.

• DO NOT give the person anything by mouth (not even salted drinks) if the person is vomiting or unconscious.

#### **PREVENTION:**

- Wear loose-fitting, lightweight clothing in hot weather.
- Rest regularly in a cool area; seek shade when possible.
- Avoid strenuous physical activity in hot or humid conditions.

• Drink plenty of fluids every day. Drink more fluids before, during, and after physical activity.

• Be especially careful to avoid overheating if you are taking drugs that impair heat regulation, or if you are overweight or elderly.

• Be careful of hot cars in the summer. Allow the car to cool off before getting in.

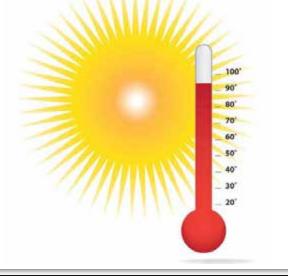
• Avoid heavy meals and hot foods.

For more information on how to cope with the heat, ask your Concentra health professional, or visit the CDC's Web site at: www. cdc.gov/niosh/topics/heatstress/

#### References

Auerbach PS. Wilderness Medicine. 4th ed. St. Louis, Mo: Mosby; 2001:240-316.

DeLee JC, Drez Jr. D, Miller MD, eds. DeLee and Drez's Orthopaedic Sports Medicine. 2nd ed. Philadelphia, Pa: Saunders; 2003:763.



• Rapid pulse

## LEGEND OAKS

### Physical Symptoms Could Be Sign Of Depression

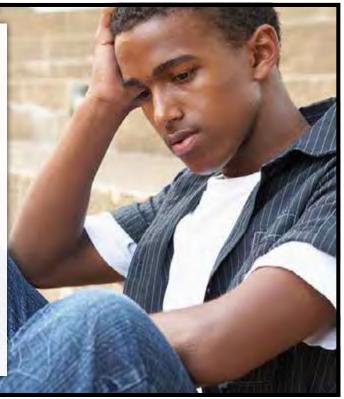
Depression and chronic mood disorders can manifest themselves through physical symptoms, said an expert at Baylor College of Medicine.

"Physical symptoms often drive a patient to see a primary care physician, and then the diagnosis of depression may emerge," said Dr. Sanjay Mathew, associate professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM.

Symptoms include gastrointestinal syndromes or chronic pain conditions. Many patients will have diagnoses of both a physical illness as well as depression.

The first step is to get a complete medical history and physical exam to rule out any medical conditions before making a psychiatric diagnosis.

Certain types of antidepressants and medications that help treat seizures also help with the physical symptoms of depression at low doses. This can help avoid the use of multiple medications.





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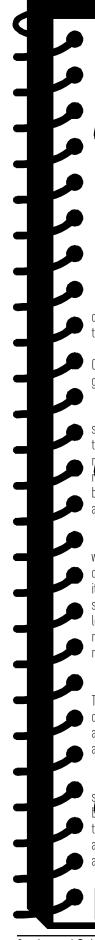


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the park or a bee buzzed around your head while you were playing catch. None of this may have bothered you — unless you were bitten or stung. Ouch! It's enough to make you stay indoors. But the outdoors can still be a is best for you. great place to play if you know a little bit more about insects.

#### WHY DO BUGS BITE OR STING?

scorpions usually attack when they feel like they're in danger. Sometimes they are protecting their territory, web, or nest. Other insects, such as od so that she can lay her eggs. (The male mosquito does not bite at all!) Ticks are parasites, which means they live on other animals and need to suck blood to live.

#### WHAT ARE BUG BITES AND STINGS?

Insects and other bugs can inject venom (say: veh-num) into your skin when they bite or sting you. Usually, venom is like soap in your eyes - it doesn't really hurt you, but it's not very comfortable. It will make a small, itchy bump no bigger than a pea form on your skin. When you scratch, your skin becomes red and more itchy. A tick bite can cause a red rash that looks a little like a bull's-eye (this may take as long as a week, or even more). In the case of bee stings, the area becomes swollen and a stinger might be left in the skin.

#### DOES IT HURT?

In most cases bug bites are not serious and only hurt for a little while. The itching is the most irritating part of most bites and stings. Some bites nests. Keep sweet-smelling food or drink covered when you are eating or stings, such as a bite from a scorpion or a black widow spider, may require a trip to the emergency department. But this doesn't happen very often. An adult will know whether this trip is necessary.

#### WHAT SHOULD YOU DO?

If anything bites or stings you, make sure you let an adult know. He or nok at the bite or sting to see what needs to be done. If a mosquito the itch worse and can cause the bite to swell, bleed, or get infected. If you are stung by a bee, an adult can help you get the stinger out quickly. Have an adult wash the area with soap and water, and apply ice to the sting on Reviewed by: Elana Pearl Ben-Joseph, MD Date reviewed: September 2010

If you've ever played outside, chances are you've been bugged by insects and off for the first 24 hours. An antihistamine, which is a type of medicine, or other crawly creatures. Maybe unwelcome ants joined you at a picnic in can help stop the itching, pain, and swelling. Acetaminophen can also help stop the sting from hurting. Hydrocortisone creams and calamine lotions can be helpful to take away the itch. An adult will decide what medicine

#### TICK TALK

If you find a tick on you, don't try to remove it yourself. Get an adult to Insects like bees, wasps, and hornets and other creatures like spiders and help you. He or she will grab the tick with tweezers as close to your skin as possible and pull it off in one smooth motion. Once the tick is removed, save it by storing it in a small container or a sealable plastic bag. Don't es and ticks, suck blood in order to survive. The female mosquito 🛛 try to crush it in your hands. Your doctor may want to see this tick later.

#### WHEN TO GET HELP

Some people have an allergic (say: uh-ler-jik) reaction to the venom that certain insects, such as bees, inject. If you have trouble breathing, break out in hives (hives are red bumps that show up on your skin), or feel like you are going to throw up after a bee or wasp has stung you, you could be having an allergic reaction. Tell an adult right away so that you can go the emergency department. Once you know you are allergic to bee stings, your doctor will provide you with a special kit. The kit is called an epinephrine kit and will contain a shot of epinephrine (say: eh-pih-neh-frin). You will need this shot if a bee stings you. You should keep this kit with you at all times, especially when you are outside. Make sure an adult is close by to give you the shot if you need it.

#### STOPPING THE STINGING

You can keep from getting stung by staying away from bee or wasp outdoors. And don't swat at flying insects — it just makes them angry, causing them to bite or sting. If you go hiking, wear a long-sleeved shirt and pants tucked into your socks and shoes to avoid ticks. And always have an adult check you for ticks if you've been playing in the woods. The best way to avoid being bitten by spiders or scorpions is to avoid places where they like to make their homes, like woodpiles. Playing outside is try not to scratch. It's hard sometimes, but scratching will make 🛛 a lot of fun — bugs or no bugs. With a little bit of care, you can have fun even when the insects come marching in!

This information was provided by KidsHealth, one of the largest resources online for medically reviewed health information written for parents, kids, and teens. For more articles like this one, visit www.KidsHealth.org or www.TeensHealth.org. ©1995-2006.The Nemours Foundation

## DROWNING IS PREVENTABLE

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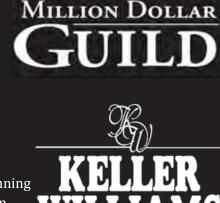
\*All information based on MLS data from Legend Oaks, Village at Western Oaks & Shadowridge Crossing from January 1,2006 through December 31, 2012.

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At	Neighborhoods	Homes Sold	Square Feet	Price / Sq. Foot		Sold Price SK		Year Built	Days On Market	Available	Pending Sale
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ob Notienna is the best agent we have of 10y husbant and 1 h. (Reat Mee)	Villages at Western Oaks	78	2,101	\$	136	\$	285	1994	26	7	18
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and an Antonio and	% Change Mo/Mo	-6%	0%		2%	-	2%	0%	-10%	14%	-3%

Indian Cath

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