



HeartScan

SERVICES

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Dehydration

Police Officers and Fire Fighters can become chronically dehydrated due to the stress they are under and the uniforms they wear. Body armor that does not breathe and is worn in a nylon carrier and heavy uniforms cause for greater risk of dehydration for both groups. This coupled with long hours and stressful situations can impair an officer's and fire fighters mental and physical preparedness.

Dangers that are inherent for police officers and firefighters who become dehydrated during a typical day include: An increased heart rate, a decrease in physical work capacity, increase core temperature and decrease ability to make critical decisions.

Dehydration can occur in less than 10 minutes and may cause muscle cramps, unnecessary fatigue which leads to fear, diminished strength and can affect performance for the first responder.

- Even at one-percent dehydration, you lose much of your fine and complex motor skills.
- Many times, if you are thirsty, you are already in a state of dehydration.

Are you getting enough?Look for these signs.

- Drink water even when you don't feel thirsty; by the time you feel thirsty your body has lost between 2 and 5 cups of water!
- Another simple way to check that you are drinking enough fluid is to check the colour of your urine. The more transparent it is, the more hydrated you are. You should seek to produce urine that is 'very pale yellow', 'pale yellow' or 'straw coloured'.

How much should I Drink?

Drink eight 8-ounce glasses of water a day (about 1.9 liters) Use this basic rule as a guideline for how much water and other fluids to drink. If you are more active : increase to 9 or 10 glasses per day.

ITS SIMPLE...DRINK WATER...



Maple Glazed Grilled Salmon- Healthy Heart BBQ Recipe

Ingredients

- 3/4 cup *maple syrup*
- 2 tablespoons *ketchup*
- 1 tablespoon *brown sugar*
- 1 tablespoon *cider vinegar*
- 1 tablespoon *Worcestershire sauce*
- 1/2 teaspoon *salt*
- 1/2 teaspoon *ground mustard*
- 1/8 teaspoon *hot pepper sauce*
- 1 *salmon fillet (2 pounds)*

Directions

- In a small bowl, combine the first eight ingredients. Pour 1/2 cup into a large resealable plastic bag; add the salmon. Seal bag and turn to coat; refrigerate for up to 2 hours. Cover and refrigerate remaining marinade.
- Drain and discard marinade. Using long-handled tongs moisten a paper towel with cooking oil and lightly coat the grill rack. Grill salmon skin side up over medium-hot heat for 2-4 minutes.
- Transfer to a double thickness of heavy-duty foil (about 17 in. x 21 in.). Spoon some of the reserved marinade over salmon. Fold foil around fillet and seal tightly. Grill 5-6 minutes longer or until fish flakes easily with a fork. Open slowly to allow steam to escape.
- Brush with remaining marinade. **Yield:** 8 servings.

Nutritional Analysis: One serving (4 ounces cooked salmon) equals 254 calories, 12 g fat (2 g saturated fat), 67 mg cholesterol, 179 mg sodium, 12 g carbohydrate, trace fiber, 23 g protein. **Diabetic Exchanges:** 3 lean meat, 1 starch.