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Subscribe to Entrepreneur for \$5 Subscribe Signing out of account, Standby... Don't go the startup route alone. Help is right around the corner--and it's free. By Geoff Williams February 13, 2003 This story appears in the February 2003 issue of Entrepreneurs Start-Ups magazine. You're reading Entrepreneur United States, an international franchise of Entrepreneur Media. Free. The word feels like a fantasy, or maybe a sick joke. After all, you can't make a move without spending money. Walk 10 feet, and you're 10 steps closer to buying new shoes.If you're starting your own business, the word "free" seems like an even more distant dream. Every potential expense seems magnified because your startup funds are probably pretty skimpy. If part of your business plan is to check vending machines for uncollected coins in the change slot, you've come to the right place. Become a member to get unlimited access and support the voices you want to hear more from. Subscribe to Entrepreneur for just \$49/year \$29/year. Subscribe to Entrepreneur Be preparedIn many emergency situations, you don't need special knowledge beyond standard first-aid and CPR skills to care for people aged 65 and older. Still, it's important to know that older adults are more vulnerable to accidents and injuries, which may require immediate first aid assistance. Understanding some of the common first aid medical situations that older adults face can help you prepare for possible emergencies.Some situations that may require first aid include: fallscuts and scrapescardiovascular problemsheat- and cold-related illnessOne in three adults aged 65 and older fall each year, reports the Centers for Disease Control and Prevention. Falls can lead to:lacerationshead injuriesfracturesCommon risk factors for falling include:poor visionlower body weaknessphysical inactivity or immobilityconditions or medications that cause dizzinessproblems with balanceIf someone has fallen and they don't seem badly hurt, help them find a comfortable position. Treat minor bumps and bruises by elevating the injured area and applying an ice pack for about 10 minutes. If you notice signs of serious bleeding, bruising, or swelling, help them get emergency medical care.If you suspect someone has fallen and seriously hurt their head, neck, back, hips, or thighs, ask them not to move and call 911 or local emergency services. Reassure them and keep them warm until help arrives. If they stop breathing, perform CPR.Your skin becomes more fragile with age. This raises the risk of cuts and scrapes in older adults. In some cases, these injuries become infected. While older age itself doesn't cause infections, many older adults have chronic health conditions, such as diabetes or heart disease. These conditions can lower their immune system's defenses against infections. Minor cuts and scrapesRemove obvious dirt and debris from the wound to treat Clean the wound with tap water if available. If it's bleeding, place a clean bandage or cloth on top of it. Press on it firmly, or apply pressure by binding the area in tape. Raise the injured area above the person's heart level. If blood seeps through the first layer of bandage or cloth, don't remove it. Simply add a second layer on top. Severe cuts or heavy bleedingIf the person has a severe cut or heavy bleeding that won't stop, help them get emergency medical care. If they only have a minor cut or scrape, wait for the bleeding to stop and then wash the wound using soap and clean water. Encourage the person to keep the wound clean, watch for signs of infection such as:rednessswellingincreased pain drainage from the woundMake an appointment with their doctor if it becomes infected. Applying an antibiotic cream or ointment can help promote healing.As you age, you're more likely to develop chronic medical conditions that impair your body's temperature regulation. Older adults may also take prescription medications that change their temperature balance. That's why it's particularly important for older adults to use sunscreen and wear appropriate protective clothing when outdoors. They should dress in layers that protect them from warm or cold weather. Staying hydrated is also very important to help to protect them against heat-related illnesses.HeatstrokeThe symptoms of heatstroke include: a body temperature above 104°F (40°C)increased breathing ratenausea vomitinga headacheIf you suspect someone is having a heatstroke, contact 911 or local emergency services. Then, move them out of the heat and cool them off. For example, help them get into a cool shower, sponge them with cool water, have them drink ice water or cover their body in cool damp sheets or towels. If they stop breathing, start CPR.HypothermiaThe symptoms of mild hypothermia include:shiveringhungerdizzinesslightheadednessincreased breathing rateThe symptoms of moderate to severe hypothermia include: shiveringdrowsinessconfusiona weak pulseslow breathingIf you think someone has hypothermia, call 911 or local emergency services. Then, help them warm up. For example, bring them indoors out of cold weather, help them remove wet clothes, and cover them with warm dry blankets. Reheat them gradually and focus on warming their chest and abdomen before their limbs. If they stop breathing, start CPR.Age-related changes in heart and blood vessels put older adults at greater risk of heart attacks, heart failure, and strokes.According to the American Stroke Association, the symptoms of a stroke include drooping of the face, weakness of the arms, and difficulty speakingThe symptoms of a heart attack include chest pain, shortness of breath, and discomfort in your upper body.If you think someone is having a heart attack or a stroke, call 911 or emergency services. Reassure them, and keep them warm until help arrives. If they stop breathing, perform CPR.Learn more: Stroke symptoms »Accidents can happen any time. Older adults face a particularly high risk of certain injuries and illnesses, such as falls and heart attacks. Consider taking a basic first aid and CPR training course to prepare for possible emergencies. Contact the American Red Cross or a local first-aid organization to learn about training opportunities in your area. You never know when someone might need to perform first aid. For older adults, immediate help can sometimes make a lifesaving difference.Learn more: What do you want to know about first aid? » When used as directed, methyl salicylate, the chemical in topical pain relievers causes a warming sensation and helps dull muscle aches; but if used in high doses or for weeks at a time, it can build up in the bloodstream, causing dizziness, shallow or rapid breathing, and nausea. (Ringing in your ears is usually the first sign of an overdose.) If you're rubbing on the creams for occasional aches, don't worry--just follow the dosage instructions. If the soreness doesn't subside, see your doctor. Never mix muscle ache rubs; stick to one formula at a time. Charley horses are leg cramps caused by involuntary muscle contractions. If you're getting them when you're resting, chances are they're triggered by dehydration or a mineral deficiency--often sodium, potassium, or magnesium. Some medications, including diuretics and cimetidine (a heartburn reliever), may also be the culprit. To prevent these cramps: drink plenty of fluids throughout the day, eat high-potassium foods such as bananas and oranges, and stretch your calves before you go to bed. If you wake up with a cramp, walk around for a few minutes, massage the area, and then stretch. If that doesn't relieve your pain, or the cramp recurs daily for a week, see a doctor. You ran your loop in record time, but before you sit down and bask in the glory, take a walk. Doing an activity at a lower intensity helps your heart, lungs, and blood flow return to their normal state. If you abruptly stop moving, blood pools in the muscles you were using, which can cause dizziness and fainting. To cool down, spend five to 10 minutes (depending on how intense your workout was) exercising at a rate of perceived exertion, or RPE, of 3. Then stretch, holding each move for 10 to 30 seconds. (If you ended your workout with strength training, just stretch.) The four levels of the RPE scale: RPE 3-4 Easy to moderate; you should be able to maintain this level and carry on a conversation with minimal effort. RPE 5-6 Moderate; you can maintain this level and have a conversation with some effort. RPE 7-8 Difficult; maintaining this level and having a conversation requires quite a bit of effort. RPE 8-9 Peak effort; you won't be able to maintain this level for more than 3-4 minutes; no-talking zone. In a recent study at Wake Forest University School of Medicine, people who had high levels of vitamin D in their blood were significantly stronger during a grip-strength test than those with lower amounts. Vitamin D deficiencies have been associated with muscle weakness, possibly because the nutrient regulates calcium-crucial for protein synthesis-and a hormone that helps build muscle. For maximum strengthening and added protection from many diseases, including several forms of cancer, you need at least 400 international units (IU) of vitamin D a day. One cup of fortified yogurt or milk will give you 100 IU; a serving of fortified cereal such as Total, the whole shebang.

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