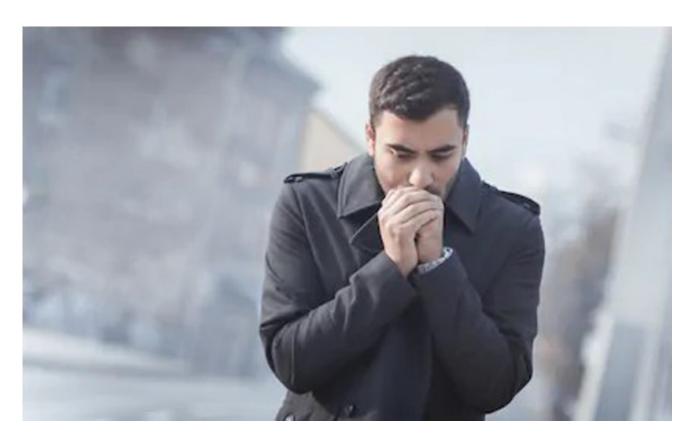
WellnessWatch



Welcome to the December issue of WellnessWatch -- The Starr Group's monthly digest featuring the latest #wellness trends and #fitness buzz. Be well!



Topic of the Month: FROSTBITE

Although December 21st marks the Winter Solstice in the Northern hemisphere, snowy weather has already hit Wisconsin as early as October 31 this year. For those of us who grew up here, that's par for the course.

So, now that we are officially entering the long, winter months, it's a good time to remember that exposure to extreme cold for long periods of time without adequate protective clothing can increase the chance of frostbite.

You'll want to bundle up, but not too tightly!



Did you know?

10 81.1 1.3 days percent thousand

- According to Oxford Academic, people treated in for exposure to cold spend on average 10.1 days in hospitals.
- Risks dramatically increase in temperatures below 5 degrees Fahrenheit, even in low winds.
- According to the National Trauma Data Bank (NTDB),
 81.1% of frostbite cases are male. Webmd.com reports they are between the ages of 30 to 40.
- In the U.S., nearly 200,000 cases of Frostbite are reported each year.
- Nearly 1,301 people die each year due to exposure to excessive natural cold and many more suffer serious thermal injury.





KNOW THE SYMPTOMS:

Frostbite mostly affects small, exposed body parts such as fingers, toes and the nose. With frostbite, skin gets very cold, then numb, hard and pale. Mild cases can usually be self-diagnosed and can be treated with gradual warming. Severe cases require treatment by a medical professional to prevent complications.

- Frostnip: 1st Degree Frostbite: irritated skin,
- Superficial: 2nd Degree Frostbite: burning, numbness, tingling, blisters but no major skin damage;
- Deep (Severe): 3rd Degree Frostbite: decrease in sensation, permanently damages all layers of skin. 2

WHAT TO DO:

If it is frostbite rather than frostnip, seek medical attention immediately.3

- Get into a warm room and remove restrictive jewelry and wet clothing.
- If medical care is not available, soak area in warm-to-thetouch (not hot!) water or wash cloth for 20-30 minutes.
- Use body heat to warm areas (try holding fingers under your arms)
- DO NOT rub or massage the area; DO NOT walk on frostbitten toes; DO NOT use a heating pad or stove to warm up because frost-bitten areas are easily damaged or burned.



Get involved!



Here are more resources to help you stay safe in the cold:

- 1. Frostbite Symptoms and Causes; https://www.mayoclinic.org/diseases-conditions/frostbite/symptoms-causes/syc-20372656
- 2. What are Symptoms of Frostbite?; https://www.emedicinehealth.com/frostbite/article_em.htm#what_are_the_symptoms_of_frostbite
- 3. https://health-wellness.cheshiremed.org/fighting-frostbite-hypothermia-what-you-need-to-know/
- 4. Dress for Cold Weather Infographic:Weather in Wisconsin; https://www.weather.gov/grb/winter0
- 5. Older adults weather safety; https://aging.ohio.gov/News/winter-safety-awareness-week-2019
- Be aware of the dangers of hypothermia. https://medicalxpress.com/news/2018-01-ways-heart-safeshoveling.html
- 7. https://academic.oup.com/jbcr/article-abstract/39/5/780/4705831?redirectedFrom=fulltext



Stay connected on Social Media











This email contains graphics, so if you don't see them, you can view it in your browser.

This WellnessWatch communication was sent to cmichalek@starrgroup.com. You are receiving this communication from us because you are listed in our database as a CUSTOMER of The Starr Group. This communication is not intended as a solicitation or advertisement to the general public, rather as a means of providing general information and staying connected with our customers.

We respect your right to privacy. By clicking here to unsubscribe, you acknowledge that you will no longer receive the WellnessWatch eNewsletter from us.

The Starr Group Customer Email Policy: The Starr Group never sells your email address or any other customer information. Occasionally, The Starr Group may use a third party administrative service for the purpose of customer surveys. As a customer of The Starr Group, you are entitled to receive transparent communications from our agency regarding your policy/policies. In addition, you will receive policy renewal reminders, quarterly email newsletters, and Starr Alerts. On occasion, you will receive informative announcements about new products and services, as well as invitations to educational and community events. You will have the option to "unsubscribe" from any of these email communications. Send inquiries regarding "Email Subscription Management" to marketing@starrgroup.com.

Insurance coverage cannot be bound or changed via voice mail, email, fax, or online via the agency's website or social networking platforms, and is not effective until confirmed directly with a licensed agent. Further information provided is intended for general situations and questions relating to specific coverage should be discussed using the agency's regular workflows. Please contact a licensed agent directly.

This email was sent by: The Starr Group, 5005 W. Loomis Road, Greenfield, WI 53220 USA (414-421-3800). © 2019 The Starr Group.

This document provides information of a general nature. None of the information contained herein is intended as legal advice or opinion relative to specific matters, facts, situations or issues. Additional facts and information or future developments may affect the subjects addressed in this document.

If you have received this transmission in error, please notify marketing@starrgroup.com immediately and delete the transmission from your system.