

Keep Your COOL

3 Fabrics to Help You Beat the Summer Heat

By Laura Childers

Heat illness is no joke. Historically, from 1979 to 2003, excessive heat exposure caused 8,015 deaths in the United States—that's more than hurricanes, lightning, tornadoes, floods, and earthquakes combined for the same period of time! This summer, take precautions against heat illness by drinking fluids, avoiding strenuous activity during the hottest parts of the day, and wearing appropriate warm-weather clothing when working out outdoors, such as one of these three lightweight fabrics.

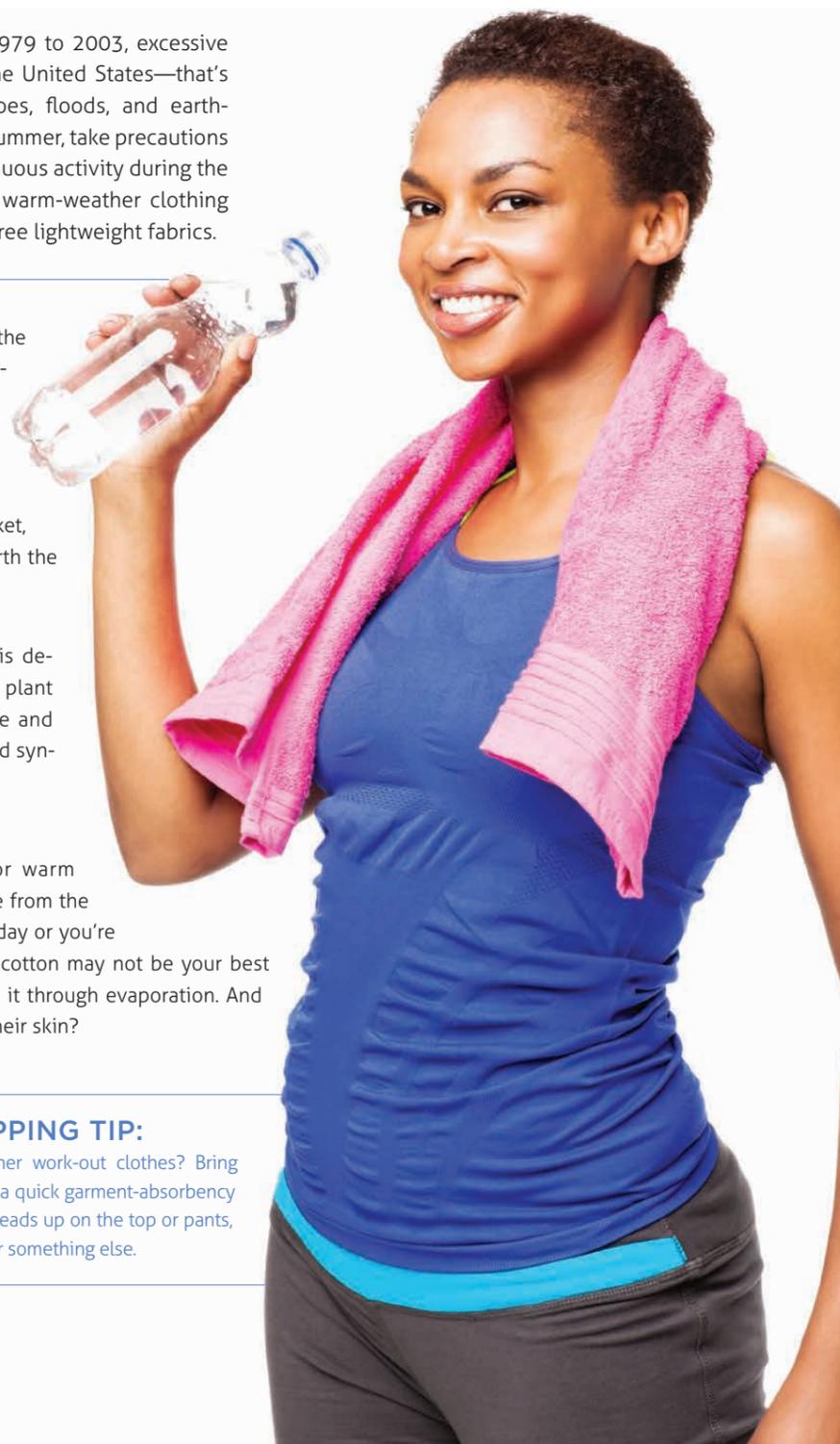
WICKING is a breathable, high-tech fabric that "wicks" the sweat away from your skin, meaning, it pulls moisture to the outer layer of the material to help it to evaporate quickly. Most often used for athletic or outdoor clothing, wicking often includes polypropylene, the lightest of all synthetic fibers. There are dozens of brands of wicking apparel on the market, and while it may cost you a little more, it's usually worth the comfort.

Another fabric common in sportswear, **RAYON** is derived from a naturally occurring cellulose, or plant fiber. Soft and comfortable, it's very breathable and is often blended or woven with other natural and synthetic fibers.

Lightweight, soft, breathable...**COTTON** is great for warm weather because its porous fibers allow air to move from the skin through the fabric. If it's a particularly humid day or you're planning on working up a serious sweat, though, cotton may not be your best bet—it absorbs water and doesn't quickly release it through evaporation. And who wants the feeling of a heavy, wet rag against their skin?

EXPERT SHOPPING TIP:

Shopping for hot-weather work-out clothes? Bring along a water bottle for a quick garment-absorbency test. If a drop of water beads up on the top or pants, you may want to look for something else.



Because of
SISKIN
HOSPITAL...

I can *hug*
my grandkids.

Carolyn Raborn and her loving husband of 26 years had just finished building their dream home when her world was instantly changed forever. A tragic automobile accident claimed the life of her husband, Sam, and left her paralyzed from the waist down.

Faced with overwhelming loss and an uncertain future, Carolyn arrived at Siskin Hospital. The caring staff rallied around her, helping her through every twist and turn in her journey back to independence. Her loving family, strong faith, sweet spirit, and inner strength kept her from ever giving up.

Today, her smiling face continues to brighten the halls of Siskin Hospital, as she volunteers each week. With two beautiful grandchildren, Carolyn's life is filled with many reasons to enjoy simple pleasures, like sharing a special hug with a little someone who thinks you are the light of the world...and she's thankful for every single moment.

Because of Siskin Hospital, I CAN.

Siskin Hospital's Spinal Cord Injury Program is the *only one of its kind in Chattanooga*. The goals of the Spinal Cord Injury Program are specific to each patient and injury, but overall are aimed at restoring, enhancing, and supporting the patient's maximum level of independence. Through Inpatient, Outpatient, SubAcute, and Vocational Rehabilitation Programs, Siskin Hospital offers comprehensive rehabilitation at every level of treatment, from initial therapy to returning the patient to the community, school, or work. The use of state-of-the-art equipment enhances our hands-on approach, ultimately improving recoveries for our patients. **For more information, visit www.SiskinRehab.org or call 423.634.1200.**

