



1980 Crompond Road
Cortlandt Manor, NY 10567
www.hvhc.org

FOR IMMEDIATE RELEASE

Media Contact:

Victoria Hochman, HVHC, 914-734-3576 (o)
914-357-1499 (c)
Vhochman@hvhc.org

Avoid Hypothermia in Deep Freeze

Dress warmly and take steps to avoid exposure, guard against falls

Cortlandt Manor, NY - (January 7, 2015) – Physicians at Hudson Valley Hospital Center are recommending that the public take extra precautions against the cold as temperatures are expected to drop into the teens and 20s over the next few days.

Dr. Barry Geller on staff in the Emergency Department at Hudson Valley Hospital Center said people who work outdoors, the elderly and children are at higher risk of hypothermia, a condition where the body temperature drops to dangerous levels.

“Keeping warm is especially important when the temperatures drop so low,” said Dr. Geller. “Limit the amount of time spent outdoors, but if you must go out, dress in layers and wear a hat.”

Wearing several layers of clothing helps to insulate your body by trapping warm, dry air inside and wearing a hat is important since the head and neck lose heat faster than any other part of the body.

He said for those who work outdoors frostbite is an added danger. The cheeks, ear and nose and fingers are most prone to frostbite so those areas should be well-protected against the cold.

Signs of frostbite include white, waxy or grayish-yellow patches on the affected areas. The skin may feel cold and numb. If you suspect frostbite, get out of the cold and into a warm place immediately, remove clothing or jewelry that may be reducing circulation and seek medical attention.

Although, yesterday's snow fall resulted in only a 1-2 inches, even a small amount of precipitation can cause slippery surfaces, which are particularly dangerous for the elderly or those with mobility issues.

Slips and falls are among some of the other more frequently seen injuries in emergency rooms this time of year, said Dr. Geller. This can result in hip and wrist fractures. Wearing proper shoes and making sure that walkways and steps are cleared and salted are the best way to avoid injuries.

Dr. Ari Mayerfield, hand surgeon at Hudson Valley Hospital Center, said that falls often result in broken wrists because people will instinctively reach out with their hands to break a fall.

"This time of year, particularly when there is a lot of black ice in extreme temperatures as we have now, it is not unusual for people to be injured in falls," said Dr. Mayerfield. "Getting the right treatment and quickly is very important."

###

Hudson Valley Hospital Center is dedicated to serving the health care needs of the community and to providing quality, comprehensive medical care in a compassionate, professional, respectful manner, without regard to race, religion, national origin or disease category. Offering state-of-the-art diagnostic treatment, education and preventive services, the Hospital is committed to improving the quality of life in the community. In fulfilling this mission, the Hospital will strive to continuously improve the care provided and develop and offer programs, facilities, systems and alliances that most effectively respond to community health care needs. Hudson Valley Hospital Center is located on Route 202 (1980 Crompond Road) in Cortlandt Manor, New York. Call 914-737-9000 or visit www.hvhc.org.