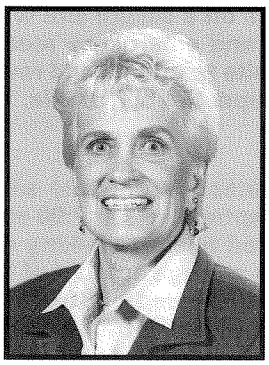
Hammerstrom's Hotline

for the people
in the 17th Senate District



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METH AWARENESS WEBSITE LAUNCHED The Michigan Department of Community Health's Office of Drug Control Policy has recently launched a new website, www.michiganmethwatch.org, to promote awareness on the dangers of methamphetamine (meth). Meth is a highly addictive, illegal stimulant created from common household products. If snorted, smoked, injected or swallowed, meth can cause serious health problems such as permanent brain damage, respiratory problems, irregular heatbeat, acute anorexia and tooth decay. Meth labs create dangerous living conditions for neighborhoods as they produce toxic waste and increase the chances of explosions and fires. Serious burns, collapsed lungs, negative long-term health effects and death can result for those who come into contact with a meth lab. This informative website helps individuals to spot addictions, offers tips to recognize if meth is being produced in the area and provides information on who to contact if someone suspects meth is being manufactured.

DID YOU KNOW? According to the 2004 National Survey on Drug Use and Health, approximately 11.7 million Americans, ages 12 and older, reported trying methamphetamine at least once during their lifetimes.

EXERCISE CAUTION IN EXTREME HEAT Michiganders are reminded to continue to exercise caution during extreme heat conditions. High temperatures can place abnormal stress on the body and increase the risk of experiencing a heat-related illness. Existing health conditions such as heart disease, high blood pressure, diabetes and obesity, as well as certain prescriptions and over-the-counter medications, can increase an individual's vulnerability to heat. If a person's body temperature rises just a few degrees above normal, he or she may experience muscle cramps, dizziness, confusion and lethargy. Such conditions can result in dehydration, heat cramps, heat exhaustion and even heat stroke. To prevent symptoms of heat stress, drink plenty of water, avoid alcoholic and caffeinated beverages, wear light-weight clothing, limit physical activity, use air conditioning, and seek shelter in shady areas when outside. If illness does occur, individuals are highly encouraged to seek medical attention immediately.

REGISTER TO VOLUNTEER DURING AN EMERGENCY Citizens can pre-register to volunteer their assistance during an emergency by logging onto the Michigan Volunteer Registry. The Internet-based system, which was recently updated, allows health care personnel and citizens to profile their identity, credentials and qualifications on a secure site which will be gathered and utilized during an emergency. All physicians, nurses, behavioral health and emergency medical personnel are encouraged to register. Those individuals already registered should visit the new site to update and review their profile. If you would like to register to volunteer in an emergency situation or need to update your profile, visit www.mivolunteerregistry.org to sign up or log onto the Michigan Volunteer Registry.

PARTICIPATE IN THE 49TH ANNUAL LABOR DAY BRIDGE WALK Labor Day weekend marks not only the end of summer in Michigan, but the annual Mackinac Bridge Walk event. The walk begins Monday, September 4 at 7:00 am in St. Ignace, at the north end of the Mackinac Bridge in the Upper Peninsula, with no one allowed to start walking after 11:00 am. Transportation is provided from Mackinaw City to St. Ignace for $2.00 per person. The average amount of time to cross the five-mile-long bridge is approximately 2 hours. Baby strollers and wheelchairs are allowed on the bridge during the walk; however, bicycles, roller skates, skateboards, wagons and animals are not permitted. Participants will be given a numbered bridge walk certificate at the completion of the walk for a chance to win free prizes from businesses in St. Ignace and Mackinaw City. For more information on how you and your family can participate in this fun end-of-summer tradition, visit www.mackinacbridge.org.

If you would like to receive future issues of Hammerstrom's Hotline via e-mail, please contact me at *SenBHammerstrom@senate.michigan.gov*