

13 Climate Action

6514 Campus Population

4 Number of Documents

Publications

UM Surabaya is committed to advancing SDG 13 by taking proactive steps to address climate change and strengthen environmental resilience within the campus and surrounding communities. The university promotes climate awareness through education, sustainable campus policies, and research initiatives that contribute to reducing environmental impacts. By collaborating with government agencies, organizations, and local communities, UM Surabaya works to build climate-resilient ecosystems and foster long-term environmental stewardship.

UM Surabaya Lecturer Explains the Effects of Hot Weather on the Elderly

Hot weather is still felt by many people in Indonesia whose areas have not been rained. Even in some areas, the temperature can reach above 36 degrees every day. This extreme heat temperature can cause anyone to get sick. Especially for the Elderly. Firman, a lecturer at the Faculty of Health Sciences (FIK) University of Muhammadiyah (UM) Surabaya explained how Hot weather These extremes can increase the risk of human health problems, especially in the elderly. He said that although the elderly are adults, they are a vulnerable group with fatigue due to heat and dehydration.

Therefore, some of these things are very important to pay attention to by the public, especially the elderly. First, hot weather can cause a person to become dehydrated, in addition to construction workers who work in the hot sun. The elderly are the most vulnerable group to dehydration, because there is a decrease in their body's ability to store enough water as they age.

"For this reason, if we live with elderly families, it is necessary to pay attention to the need to drink enough water for them. During this hot weather, it is recommended to maintain the balance of body fluids, by drinking enough water, which is 2 to 2.5 liters per day," said Firman as quoted from the website UM Surabaya.

Second heatstroke that is, where an emergency occurs which is characterized by an increase in body temperature up to 400 C. The elderly are also more susceptible to heatstroke or experiencing excessive body heat. This overheating can lead to serious health problems, including fainting and even death. "Therefore, the elderly must really be able to take care of themselves, especially from direct exposure to sunlight. Find a place that is cool or at least not hot, and avoid being in the hot sun for too long," he added. Third, dietary changes. Hot weather can affect appetite, especially in the elderly. It is therefore important to ensure that they stay hydrated and get enough nutrients, but if a person experiences a decreased appetite, it is best to give them snacks and fruits, as they will be very helpful.

Firman emphasized that it is to protect the elderly from health problems due to hot weather. It is very important to take the above precautionary measures, such as drinking enough water, avoiding direct exposure to the sun, wearing light and slightly loose clothing.

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Extreme heat is one real example of climate change happening around the world. "Therefore, the government must take appropriate mitigation measures, by reducing greenhouse gas emissions, to reduce the frequency and intensity of extreme hot weather in the future, encouraging the use of renewable energy and energy savings," concluded Firman.

Link: [UM Surabaya Lecturer Explains the Effects of Hot Weather on the Elderly]



Lecturer of FK UM Surabaya Shares 3 Ways to Maintain Skin Health in Extreme Hot Weather

Extreme hot weather is hitting several cities in Indonesia. This extreme hot weather condition also causes several health complaints such as severe dehydration, heat stroke, and skin problems.

Lecturer at the Faculty of Medicine (FK) UM Surabaya, Neny Triastuti, said that maintaining health, including skin health during hot weather, is very important. In her statement, Neny shared several ways that can be done to maintain skin health in extreme hot weather:

First, use sunscreen regularly. Excessive sun exposure can cause skin damage, such as sunburn, premature aging, and skin cancer. Therefore, it is important to protect the skin from harmful UV rays by using sunscreen or sunscreen.

"Sunscreen can help protect the skin from UV A and B rays which can cause skin damage," said Neny Wednesday (11/10/23)

For extreme hot weather, you can choose sunscreen with an SPF of at least 30 and use it regularly every two hours or after activities that make the skin sweat. In addition, choose a sunscreen that is easily absorbed by the skin and does not leave sticky residue on the skin, and is suitable for your skin type.

Second, avoid direct exposure to sunlight. The hottest sunlight is around 11 am to 3 pm. As much as possible at that time avoid exposure to direct sunlight. If you do have activities to do outdoors at that hour, try to wear clothes that protect your skin and find a shady place like under a tree or umbrella. That way, your skin will be protected from damage caused by UV rays.

Third, use a moisturizer or moisturizer. No less important than sunscreen, using moisturizer or moisturizer during extreme hot weather can help prevent skin damage.

"During hot weather, the skin's natural moisture can be lost faster, so the skin becomes drier, rougher, and prone to damage, you can use a moisturizer that matches your skin type and contains natural ingredients such as aloe vera, aloe vera, or natural oils such as olive oil, almond, or jojoba," added Neny again.

At the end of her presentation, Neny also emphasized that someone should meet their water intake.

Drinking enough water is one way to maintain healthy skin in extreme hot weather. High temperatures can lead to dehydration which affects skin health. Dehydration can make your skin dry, dull, and less elastic.

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"Don't forget to wear the right clothes. Proper clothing can help protect the skin from excessive sun exposure while keeping the skin cool. The ideal clothes for hot weather are loose, lightweight, and light-colored clothing. You can use clothes made of cotton or linen that easily absorb sweat instead of leather, polyester, or wool that traps heat out," concluded Neny.

Link: [Lecturer of FK UM Surabaya Shares 3 Ways to Maintain Healthy Skin in Extreme Hot Weather | Muhammadiyah University of Surabaya]

