

in this issue >>>

Common Summer HVAC Problems

Thermostats

How does air quality effect blood pressure?

Monthly Specials



Issue
Two

Monthly Tips from the HVAC Industry

News for your **Comfort**

Team Member Spotlight >>>

We would like to introduce Hunter Belcher!

Hunter has been part of our team since 2022. He is a graduate of Forsyth Tech where he study the HVAC industry. He has 6 years experience in the HVAC industry and is a native of Stokes county. He began with us as an installer and shortly became our lead installer. Hunter is now shifting to a service tech role within our company.

Ultimately, he would like to become a field manager. Hunter and enjoys fishing, hunting, mud riding and serving our customers. He is a major asset to Comfort Control Systems NC.



Common Summer HVAC Problems

Summer temperatures are expected to soar and a functioning air conditioning unit can keep your home comfortable and play a crucial role in protecting you and your family from heat-related health complications. In the extreme heat and humidity of summer, your AC unit works overtime, making HVAC breakdowns more likely. Here are some common **HVAC problems** in the summer, along with some simple solutions to help keep your home cool throughout the season.



The AC Won't Turn On

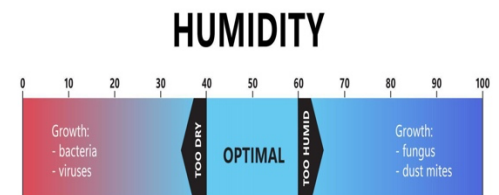
The most common cause of an AC unit that won't start is a tripped breaker or a blown fuse in your electrical panel. In the chance that your AC motor dies, a problem with the breaker is likely the culprit. Capacitors provide energy to the motor and fans, but worn-out capacitor can prevent your AC from starting. Contactors are used to transfer energy from the capacitors to the motors in the air conditioner, but if these are corroded the motors won't turn on.

Clogged Drains

As an AC unit does its job, it creates condensation. This condensation is removed via the condensation drain, but if this is clogged, it can create water back up and leaks that can damage the system and create a musty smell throughout the home. These leaks can lead to mold growth as well as damage your walls, ceilings, and floors.

Increased Humidity

If your home feels more humid than normal, your HVAC unit might need some extra help reducing your home's humidity level. Today's good quality and efficient air conditioners can control humidity enough to avoid this problem. Still, if you are experiencing uncomfortable humidity levels indoors, we recommend investing in a dehumidifier, but these devices are only temporary solutions. For a long-term solution, the AC unit will have to be replaced with a new unit.



*Taken from HVAC Blog

Thermostats: What does it matter?

The vast majority of us don't give a second thought to the thermostats that are in our homes. However, as energy bills increase and with the costs of goods and services skyrocketing, the thermostat in your home might be worth a second thought. There are a plethora of thermostats on the market these days which can cause considerable confusion in choosing the best one for your home. Is a smart thermostat what's right for you, or maybe you need a simple one that doesn't have all the bells and whistles. Whatever your personal needs are let's take a look at how new thermostats can be helpful to you.

Programmable Thermostats

With no connection to the internet, these models require you to set the temperature, as well as select the heating or cooling cycle of your HVAC system, on the unit itself. Most feature a digital interface with the option to schedule or automatically adjust your home's temperature based on times you specify.

Pros: Programmable thermostats are cost-effective. Most models allow you to set different temperatures for multiple times of the day and/or every day of the week.

Cons: They lack the convenience and flexibility of automation, remote control, and voice control.



Smart Thermostats



These models allow you to remotely control your thermostat via your smartphone or computer. Some employ multiple sensors to monitor temperatures in

various parts of the home for more balanced heating or cooling. Some models track your temperature preferences and use that data to optimize your heating and cooling schedule.

Pros: Smart thermostats are energy-efficient and convenient. They offer finer control of your HVAC system to reduce your carbon footprint, lower your home's energy usage, and save money. And they're able to automate your heating and cooling with little to no manual input.

Cons: They tend to be more expensive than programmable and manual thermostats. Also, not every smart thermostat works with every home's existing HVAC system.

**Taken from Consumer Reports*

Insider Tips >>>

How does air quality effect blood pressure?

Poor air quality is known to cause blood pressure spikes, so improving air quality is an essential part of a good Self-Care Plan. Air pollutants such as dust, dander, pollen, and debris contain particulate matter and nitrogen oxides which can cause inflammation. This can lead to high blood pressure and an increased risk of heart disease – according to the EPA.

Researchers determined that there was a direct link between air pollution exposure and plaque buildup: healthy individuals exposed to air particle pollution over the long term had accelerated cases of atherosclerosis—to the extent that some participants' risk for heart attack increased. In fact, the investigators found that the higher the exposure level, the faster atherosclerosis progresses. (Source: [EPA](#))



Air pollution can trigger the sympathetic nervous system, which can cause blood vessels to constrict and increase blood pressure. This can lead to hypertension and other cardiovascular diseases (Source: National Institute of Health). Poor air quality can cause stress and anxiety, = temporarily spiking blood pressure. Chronic stress can also contribute to long-term increases in blood pressure. It is important to limit exposure to air pollutants by avoiding high-traffic areas during peak hours, using air filters in the home, and properly maintaining your HVAC system. We are more than happy to help maintain your system, give us a call at 336.970.1223 to explore our preventative maintenance plans. You can also check out our website at www.comfortcontrolsystemsnc.com.



Monthly Specials

Give us a call for more information. (336)970-1223— **only receives phone calls**. If you would like to text us the number is 336.490.5684— **only receives text messages**.

Since summer is almost here, our June special is a System Tune Up for \$59.95:

A System Tune Up

Take advantage of this special today so your system will be ready for the summer weather that will be here before you know it!