



Athletes Not Alone In Susceptibility To Heat Stroke

Kids enjoy summer with a break from school, adults often take time off from work, and the weather encourages everyone to get outside and soak up the sun. But the same enjoyable weather can be dangerous if precautions aren't taken.

Time outdoors can be delightful but it can also prove deadly. One of the more overlooked health risks each summer is heat stroke, particularly among athletes. University of North Carolina professor Frederick O. Mueller, in his Annual Survey of Football Injuries, cites 33 heat stroke-related deaths between 1995 and 2008. Most notable among those was the late Corey Stringer, an American football player who died from complications of heat stroke in 2001 during training camp with the Minnesota Vikings.

Stringer's death helped shed light on heat stroke, though it might have also given the false impression that heat stroke can only be suffered by those physically exerting themselves in summer heat. But anyone can fall victim to heat stroke, highlighting the importance of understanding heat stroke before it is too late.

What Is Heat Stroke?

A form of hyperthermia, heat stroke occurs when body temperature is abnormally elevated and is accompanied by physical and neurological symptoms. Heat stroke is a genuine medical emergency, one that requires prompt treatment to avoid fatal consequences.

Why Does Body Temperature Rise?

Heat stroke can be confusing, especially for those who spend ample time outdoors when temperatures are hot. A person might be used to summer heat and all of a sudden suffer heat stroke. This leaves many questioning why

body temperature rises during heat stroke. This is easily explained.

Normally, the human body generates heat through metabolism and is often capable of dispersing this heat either through radiation of heat through the skin or through evaporation of sweat. However, during periods of extreme heat or when a person is vigorously exerting themselves under the sun, the body might experience difficulty dispersing the heat it generates. This results in rising body temperature.

Another reason body temperature might rise is dehydration. When dehydrated, the body might not be able to sweat fast enough to disperse heat, again resulting in elevated body temperature.

Who Is Most Susceptible to Heat Stroke?

Thanks in large part to deaths of athletes that are heavily publicized, many people assume athletes are most susceptible to heat stroke. While athletes increase their risk of heat stroke whenever exercising in extreme heat, others are at risk for heat stroke as well.

Among those also at risk for heat stroke are the elderly. This is often due to medications that might make them vulnerable to heat stroke. In addition, elderly persons diagnosed with heart, lung or kidney disease are also at risk of heat stroke.

Infants are also at risk of heat stroke, as is anyone who works outdoors under the sun.

What Symptoms Indicate Heat Stroke?

Elderly people suffering from heat stroke might feel as though they are having a heart attack. That's because symptoms of heat stroke sometimes mimic those of a heart attack. Though not all symptoms of heat stroke will necessarily appear, and different



COURTESY OF METRO CREATIVE SERVICES
Thanks to some highly publicized incidents involving athletes dying from heat stroke, many people mistakenly assume heat stroke can only occur after physical exertion in extreme heat.

people may suffer different symptoms, the following are some of the common signs and symptoms of heat stroke:

- absence of sweating, with red or flushed dry skin
- high body temperature
- difficulty breathing
- rapid pulse
- disorientation
- hallucinations
- feelings of confusion

How Should a Heat Stroke Victim Be Treated?

If a medical professional is available, it's always best to leave a heat stroke victim's care to the professionals. However, heat stroke victims need immediate assistance to reduce the risk of organ damage. So if no professionals are around to help, the following approach can help reduce the risk of long-standing

side effects and possibly even death.

1. Cool the victim.
2. Get the victim into the shade, remove the victim's clothing and apply cool water to the skin.
3. Fan the victim to promote sweating and evaporation, and if available place ice packs under the armpits and in the groin.
4. Continually monitor body temperature and cooling the victim until the body temperature drops to 101-102 F.

For more information on heat stroke, consult a physician.

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WELLNESS EVENTS AUGUST 2010

Coconut Water - Nature's Sports Drink
Wednesday, August 4th - 2:00 p.m. - 5:00 p.m. (HealthMarket)
Did you know that the human body is about 70% water? During hot weather, it's more important than ever to replace this fluid when we sweat. Coconut water, known as nature's beverage for thousands of years, is the clear liquid inside young coconuts. Fans of coconut water praise it for being relatively low-calorie and packed with nutrition. It is naturally loaded with key electrolytes, and at just 60 calories, a single serving of coconut water also provides as much potassium as a banana. Stop by the HealthMarket for a sample of this natural sports drink!

Eating to Lower Blood Pressure Store Tour - FREE
Saturday, August 7th - 11:00 a.m. and 2:00 p.m. (Meet at customer service)
Are you struggling to follow your doctor's advice to eat a low sodium diet? Join Brenda for a store tour to help you learn what foods you should avoid and what foods are low in sodium. Learn how to decipher food labeling claims and what to look for on nutrition facts label. Sign up for this event at customer service or by calling 665-3412.

Dietitian Pick of the Month - Earthgrains Thin Buns
Tuesday, August 10th - 2:00 p.m. - 5:00 p.m.
Have you tried Earthgrains Thin Buns? These delicious buns are an excellent source of whole grain, good source of fiber and are only 100 calories per serving! Join Brenda in aisle 6 for a sample and learn about the importance of a diet rich in whole grains.

Back to School One-Minute Breakfasts
Friday, August 20th - 3:00 p.m. - 6:00 p.m. (HealthMarket)
It's that time of year again when parents breathe a collective sigh and most children, a collective moan. Average back-to-school mornings in many households are busy, therefore breakfast usually falls short. Join Brenda in the HealthMarket for a sample and recipes for one-minute breakfast ideas for back to school.

Kids in the Kitchen Cooking Class - Back to School Snacks - Cost: \$5.00/child
Saturday, August 28th - 2:00 p.m. - 3:00 p.m. (Hy-Vee Conference Room)
After school is a time for kids to recharge from a busy day at school and a healthy snack can help! Brenda will provide a fun and educational cooking class for 9 to 12-year-olds. During this class the children will prepare healthy snacks and learn about healthy eating and good nutrition. Class size is limited, so sign-up today! Parents are invited to participate. Register for this event at customer service or by calling 665-3412.

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Welcome
Dr. Christopher A. Hathaway
to Yankton and our hospital!

Christopher A. Hathaway, MD, Ph.D graduated from the University of South Dakota School of Medicine and completed his residency in Urology at the Medical College of Georgia. He joins Dr. Joseph Boudreau in practice at Yankton Urological Surgery, Prof., L.L.C.

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