

Sun, Fun, and Heat Disorders

Long exposure to extreme heat or too much activity under the hot sun can result in a variety of heat disorders. Some of the more common and more famous with the death of Korey Stringer are heat exhaustion and heat stroke. Engaging in strenuous activities under the sun and times of high temperatures can alter the body's ability to lose heat and cause the body's temperature to rise.

Heat exhaustion can result from long exposure to extreme heat or too much activity under the sun, which leads to excessive sweating. This results in the loss of large quantities of salt and fluids from the body. Early symptoms of heat exhaustion are headache, feeling of weakness, dizziness, usually accompanied by nausea and vomiting. There may also be cramps in the muscles of the arms, legs and abdomen. These symptoms are similar to the early signs of sunstroke, but the disorders are not the same and should be treated differently. Sunstroke is a medical emergency, and heat exhaustion, although less serious, also requires medical attention.

One of the major factors in avoiding heat disorders is to drink plenty of water. Coaches and friends also play a major role in athlete's safety. Athletes are often unable to accurately assess their own medical condition. They are



Stay Healthy

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hopped up on adrenalin and may not be in tune with their pain or body temperature and when asked how they are doing will often respond, "Fine, fine, let me play." If there is any question the safe bet is to increase water intake, and take their body temperature.

