



## THE BASICS OF HEAT ILLNESS

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When the thermometer rises, it can-and often does-create a multitude of problems. Everyone is susceptible to heat illness, if environmental conditions overwhelm the body's temperature-regulating mechanisms. Several disorders exist along the spectrum of heat illnesses. Heat cramps, heat exhaustion, and heat stroke are on the more serious side of the scale, whereas heat syncope, heat edema, and prickly heat are less serious. Only heat stroke is life-threatening. Untreated heat stroke victims always die.

- o **Heat cramps** are painful muscular spasms that occur suddenly. They usually involve the muscle in the back of the leg or the abdominal muscles. They tend to occur immediately after exertion and are caused by salt depletion. Victims may be drinking water without adequate salt content.

- o **Heat exhaustion** is characterized by heavy perspiration with normal or slightly above normal body temperatures. A depletion of water or salt-or both-causes this condition. Some experts believe severe dehydration is a better term because it happens to workers who do not drink enough fluids while working or exercising in hot environments. Symptoms include severe thirst, fatigue, headache, nausea, vomiting, and diarrhea.

- o **Heat stroke** is classified in two ways: classic and exertional. *Classic* heat stroke, also known as the "slow cooker," may take days to develop. This condition is prevalent during summer heat waves and typically affects elderly, chronically ill, alcoholic or obese persons. More than 50 percent of elderly heat stroke victims die-even with medical care. *Exertional* heat stroke also is more common in the summer. You see it frequently in athletes, laborers, and military personnel who sweat profusely. Known as the "fast cooker," this condition affects healthy, active individuals who strenuously work or play in a warm environment.

- o **Heat syncope**, in which a person becomes dizzy or faints after exposure to high temperatures, is a self-limiting condition. Victims should lie down in a cool place when it occurs. Victims who are not nauseated can drink water.

- o **Prickly heat**, also known as a heat rash, is an itchy rash that develops on skin that is wet from sweating. Dry and cool the skin.

Most heat illness occur during the first days of working or exercising in the heat. Therefore acclimation (adjusting to the heat) is the main preventive measure. Year-round exercise can help workers and exercisers prepare for hot weather. Such activity raises the body's core temperature so it becomes accustomed to heat. Full acclimation, however, requires exercise in hot weather. You can do this by exercising a minimum of 60 minutes in the heat daily for one to two weeks. The following measures can help you protect yourself while working and exercising in the heat:

- o Avoid dehydration.

- o Dress in light colors that reflect the heat rather than absorb sunlight. Also, porous clothing allows evaporative heat loss and loose-fitting clothing allows air to circulate to your body.

- o Rest frequently, preferably in the shade or other cool place. This applies especially if you are not fully acclimated, older, markedly overweight or have heart disease.

- o Wipe cool water on exposed areas of the skin.

Heat illnesses are avoidable. With knowledge, fluid replacement, and prompt emergency care, heat casualties need not be a factor for those working and exercising in warm weather.

# UPCOMING EVENTS

TO REGISTER, OR FOR MORE INFORMATION VISIT  
[www.byu.edu/wellness](http://www.byu.edu/wellness) OR CALL 2-5884

ALL EVENTS ARE  **FREE** UNLESS OTHERWISE NOTED

1

**WORK/LIFE BALANCE WELL & WISE SEMINAR**  
**JUNE 30, 12:00 P.M. -1:00 P.M.**  
**3250 WSC**

Balancing your life and many responsibilities can be a tough act. Dr. E. Jeffrey Hill, associate professor in the School of Family Life, will be teaching how to find peace in your busy life.

2

**“GOT CALCIUM?” SUMMER NUTRITION CHALLENGE, JULY 7 - JULY 26**  
**REGISTRATION DEADLINE: JULY 1**

We are encouraged to eat three servings of dairy a day. Do you measure up? Join us for our Calcium Challenge and challenge yourself to eat 3-a-day. This 20-day challenge will put you on the road to better health and stronger bones. Those who make at least 55 punches earn a wellness frisbee and a coupon good for BYU Creamery ice cream. Those with 60 punches (three servings for 20 days) will be entered into a drawing for a smoothie maker and recipe book.

3

**WATER CONSUMPTION WELL & WISE**  
**JULY 21, 12:00 P.M. - 1:00 P.M.**  
**3223 WSC**

With water playing an important part in every body function, it is no wonder it makes up 60-70% of our total body weight. Dr. Pat Vehrs will be teaching the importance of water and it's affect on the body. We will also discuss how much water you need for everyday activities as well as when exercising.

## WATCH FOR THESE UPCOMING ACTIVITIES IN THE MONTH OF AUGUST!

**GOLF WELL & WISE-** Come learn more about the sport of golf and get some hands on training and techniques.

**ERGONOMICS SEMINAR-** Discover the wonders of ergonomics in the office and how it can improve your performance

**UNIVERSITY 3K FUN WALK-** Come for some outdoor fun and sun. New wellness gym bags for the first 150 regesterants !

### CHEF'S CORNER

#### SUMMER SPINACH SALAD- MAKES 4 ENTREE SIZED SERVINGS

4 cups spinach leaves  
1 cup sliced strawberries  
1/4 cup chopped walnuts  
2 chicken breasts  
1/4 cup teriyaki sauce

Preheat oven to 375 F. Bake chicken with teriyaki sauce for 35 minutes. Chop cooled chicken and combine with spinach leaves, strawberries and walnuts. Top with a raspberry or balsamic vinaigrette.