

## Wise Notes

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### Overheating

As the summertime temperatures rise we should take extra precautions to guard against overheating and possibly even heat stroke. Heat stroke is when your body over heats because it no longer has enough water to keep it cool - you stop sweating. You may become dizzy, weak, or unconscious. This is a life threatening condition and 911 should be called.

During physical activity, your body temperature rises because muscles generate about 20 time more heat when you are active than when you are at rest. As your temperature rises, you begin to sweat. Sweating takes the extra heat and releases it to keep the body cool. The best way to beat dehydration (the lack of sufficient water in the body) is to drink before you get thirsty.

The more active you are, the more water you lose. It is very important to replace water lost through sweating so you don't over heat. When water is not replaced, the body temperature goes up. If you notice you are not sweating during physical activity, then you could suffer from heat stroke.

You can get water many different ways; you don't always have to drink it. Almost any nonalcoholic fluid will do as well as foods with a high water content. Try not to have too many drinks with caffeine because the caffeine causes your body to lose water faster. Keep plenty of drinks and food that you like around while participating in physical activity. Drink more water than usual (two-four cups every hour while working or exercising outside); and don't wait until you're thirsty to drink more fluids. You will know if you have taken in enough daily fluids by the color of your urine – it should be pale or clear in color.

Drinks and foods that can help replace lost water include: juice, coffee, and tea (decaffeinated is best), lemonade, sports drinks, soft drinks, soups, milk, smoothies, oranges, lettuce, tomatoes, and cucumbers.

If you or anyone else show signs of heatstroke it is best to seek medical attention immediately. Until help arrives, drink about ½ a glass of room temperature water, not cold water, every 15 minutes and lie down in a shaded area.

The source for this article is the Centers for Disease Control and Prevention. For more information contact the Wise County Extension office at 940-627-3341.