

# Understanding Heat Related Illness

Courtesy Of OIJGC

## **Heat Exhaustion / Heat Stroke**

Prolonged or intense exposure to hot temperatures can cause heat-related illnesses, such as heat exhaustion, heat cramps, and heat stroke (also known as sun stroke). As your body works to cool itself under extreme or prolonged heat, blood rushes to the surface of your skin. As a result, less blood reaches your brain, muscles, and other organs. This can interfere with both your physical strength and your mental capacity, leading, in some cases, to serious danger.

**Heat Exhaustion** can strike anyone who is physically active in a hot environment. It occurs when the body loses more water than it takes in. The symptoms include sweating, dizziness, cramps, fatigue, weakness, nausea, cold, pale and clammy skin.

Should these symptoms develop, get to a cool area immediately, the golfer should lie down, elevate the feet, applying cool compresses can also help. If symptoms persist, seek medical attention.

**Heatstroke** is more dangerous. The body temperature can exceed 105 F. Continued exposure can strain the circulatory system possibly resulting in stroke or heart failure. Those who already have circulatory problems are at a greater risk.

The symptoms of heatstroke include raised body temperature, rapid pulse, altered level of consciousness, dry red skin that is hot to the touch. Get medical attention immediately, move the golfer to a cool area and use ice pack, cold compresses to neck, armpits and groin to lower body temperature.

## **Ways to Avoid Dehydration**

What is dehydration? Simply, it is when you lose more fluids than you are taking in. That means your body is operating with less water than needed for normal body functions. Dehydration can be prevented here are some tips to help.

1. Drink fluids before, during and after exercising. 8-12 ounces for every 15-20 minutes of exercise are recommended.
2. Wear loose-fitting clothes and a hat. These will keep the body cooler and help the body lose less fluid through sweating.
3. Avoid alcohol and drinks with caffeine in it, as these can pull fluid from the body and contribute to dehydration.
- 4 . What is the best fluid to drink? Water is always a good choice, but check with your trainer to see if they recommend a sports drink when doing heavy exercises.