

## **Summer Heat: How do I escape it?**

The summer brings glorious, sunshine filled days ripe for outdoor activity. It also brings sweltering heat, and if you're not prepared, it can make you sick. The Institute of Medicine recommends that adult men consume about 3.7 liters (or 13 cups) of total fluids per day, while adult women should aim for approximately 2.7 liters (or 9 cups) daily. These recommendations may vary based on individual factors such as age, weight, activity level, and climate.

Heat related deaths from 2018-2020, had a total of 3,066 recorded deaths in the 55-64yr old category with an increased risk of heat illness up to age 85(1). Heat illness can be fatal if not caught in time. Heat- illnesses, like heat exhaustion or heat stroke, happens when the body is not able to properly cool itself. While the body normally cools itself by sweating, during extreme heat, this might not be enough. In these cases, a person's body temperature rises faster than it can cool itself down. This can cause damage to the brain and other vital organs.

If you think you have heat related illness, check your symptoms below. If you suspect you have Heat Stroke or Heat Exhaustion, call 911. If you suspect Heat Cramps and Heat Rash call your primary physician and tell them what you are experiencing.

### **Heat Stroke Symptoms:**

- Confusion
- Fainting
- Seizures
- Excessive sweating or red, hot, dry skin
- Very high body temperature

### **Heat Cramps**

- Muscle spasms
- Pain
- Usually in abdomen, arms, or legs

### **Heat Exhaustion Symptoms**

- Cool, moist skin
- Heavy sweating
- Headache
- Nausea or vomiting
- Dizziness
- Light headedness
- Weakness
- Thirst

### **Heat Rash**

- Clusters of red bumps on skin
- Often appears on neck, upper chest, folds of skin

Older adults, the very young, and people with mental illness and chronic diseases are at highest risk. However, even young and healthy people can be affected if they participate in strenuous physical activities during hot weather. Summertime activity must be balanced with actions that help the body cool itself to prevent heat-related illness.

Want to strategize on how to lose weight, gain weight or just feel better? Call Jennifer, your Nutritionist, at 848-288-9902.