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BRENTWOOD EAST FAMILY MEDICINE

A New Commitment to Healthcare...Together

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Heat Exhaustion & Heatstroke: What You Need To Know



What causes heat exhaustion and heatstroke?

Heat-related illnesses, such as heat exhaustion and heatstroke, occur when your body can't keep itself cool. As the air temperature rises, your body stays cool when your sweat evaporates. On hot, humid days, the evaporation of sweat is slowed by the increased moisture in the air. When sweating isn't enough to cool your body, your body temperature rises, and you may become ill.

What is heat exhaustion?

Heat exhaustion happens when your body gets too hot. It can be caused by exercise or hot weather. You may feel weak, dizzy or worried. You also may have a headache or a fast heartbeat. You may get dehydrated and have very little urine.

What should I do if I think I have heat exhaustion?

If you think you have heat exhaustion, get out of the heat quickly. Rest in a cool, shady place. Drink plenty of water or other fluids. Do NOT drink alcohol. Alcohol can make heat exhaustion worse. If you do not feel better within 30 minutes, you should contact your doctor. If heat exhaustion is not treated, it can progress to heatstroke.

What is heatstroke?

Signs of heat-related illness

- Weakness
- Headache
- Dizziness
- Muscle weakness or cramps
- Nausea and vomiting
- Worried feeling
- Fast heartbeat
- Dehydration

Heatstroke can happen when your body gets too hot, or it can happen after heat exhaustion. Heatstroke is much more serious than heat exhaustion. Heatstroke can kill you. People with heatstroke may seem confused. They may have seizures or go into a coma. Most people with heatstroke also have a fever.

Get medical help right away if you have these warning signs:

- Skin that feels hot and dry, but not sweaty.
- Confusion or loss of consciousness.
- Frequent vomiting.
- Shortness of breath or trouble breathing.

WE ARE OPEN

Monday through Friday, 8:00 am until 7:00 pm

Walk-ins are always welcome. Please call 615-941-7501 to schedule an appointment.

FREE SCREENING: Blood Pressure & Diabetes

Diabetes and high blood pressure are two diseases that often go hand in hand. According to the American Diabetes Association, most people with diabetes have risk factors, such as high blood pressure, that increase the risk for heart disease and stroke. Being aware of these risk factors is the first step toward avoiding serious, and sometimes deadly, consequences.

This free screening is a quick, easy way to become more knowledgeable about your health and begin the process of reducing your risks.

WHAT: Free Blood Pressure & Diabetes Screening

WHO: Anyone

WHEN: Monday, August 3rd from 8:00am to 10:00am

WHERE: Kroger
6700 Nolensville Road
Brentwood, TN 37027

HOW: **No reservations required.** Just stop by Kroger for a free screening.



Health Tip: Lather Up With Sunscreen

It's important to apply sunscreen year-round, whenever you're out in the sun. Sunscreen helps protect your skin from harmful UV rays, which can damage the skin and lead to skin cancer.

The U.S. Centers for Disease Control and Prevention offers these guidelines:

- Apply sunscreen about 30 minutes before you head out, so your skin has time to absorb it.
- Reapply sunscreen after swimming or excessive sweating.
- Reapply the product regularly if you're in the sun all day. For added safety, wear protective clothing and a hat.
- Apply sunscreen generously and rub it in thoroughly. Use roughly a handful to cover your entire body.
- Apply to all areas that will be exposed to the sun. Don't forget places like the tops of the ears, nose, eyelids (use caution around the eyes), lips, back, hands, feet, shoulders and backs.

WE ARE CONVENIENTLY LOCATED AT:

615.941-7501

BrentwoodEastFamilyMedicine.com

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