

Symptoms of Heat Stroke

By Joseph Parish

“A word of warning, with our high temperatures lately keep in mind that the more often you get heat-stroke, the easier it is to get the next time.”

The east coast, as well as many other areas of the nation has been experiencing some very high temperatures. Unfortunately, if the proper precautions are not observed this could spell some serious health hazards for those people which are physically active outdoors. Surprisingly, most people fail to understand the deadly symptoms for the onset of heat stroke so here are a few hints to watch out for.

It is a scientific principle that the human body frequently cools itself by the process of perspiration. The higher the temperatures go coupled with increased physically activities the more difficult it becomes for the body to effectively cool itself down. As a result, the body will quickly begin to overheat causing your supply of vital body fluids to become extremely low. We all perspire in hot weather or at least we should. If those around you are sweating but you are not then something is seriously wrong. If this takes place it becomes important that you compensate for your fluid imbalance and quickly rehydrate your body with pure water or perhaps a sport drink which contains electrolytes.

During the early stages of heat stroke, you will experience headaches, you may feel dizzy and disoriented; while these symptoms begin to dramatically escalate. When this takes place, you should immediately begin treatment for heat stroke. Have someone check you for symptoms such as dry, hot skin, disoriented or confused, and sluggishness. All these symptoms indicate the effects of heat stroke. In this case you should pick up the phone, and dial 911 or an ambulance. While awaiting medical service have the person lie down out of the sun with their feet elevated. You should apply cool water to the person's skin and possibly ice packs to the groin and armpits if they are available.

We mentioned providing a sport drink to treat the possible heat stroke so we have decided to provide a recipe to create your own drink. Commercially made sports drinks are the current fad with young people, however, they are often expensive and overpriced. This recipe features a product made specifically to replace the important body fluids depleted with extended periods of physical activity.

I am a firm believer that the commercial produced sports drinks are not good for your body, as most contain 4 or 5 teaspoons of sugar for each five-ounce serving. These commercial drinks claim that they replenish the fluids, and electrolyte loses within the body in equal amounts. In conclusion, I believe that sports drinks fail to hydrate as claimed, and are not any better than a glass of common water. The difference, however, lies in the amount of liquid consumed by the body. If the drink is flavored it is likely that a person will drink more than they would without a flavoring added. For my drink recipe you will need to gather together the following ingredients.

10 tablespoons of sugar

75 teaspoons of Sea salt

1 package of common unsweetened Kool-Aid mix

Water to create a two-liter quantity of drink

You will notice in our list of required ingredients that there are no electrolytes included at all, so please be aware of this fact. The goal of this drink recipe is to increase the desire to drink liquids while hydrating the body. This beverage is not intended as a substitute to balance any sort of water-electrolyte combination but rather as a casual drink for those needed to increase their liquid intake. No implication is made that this formula will replace the commercial version, but it will compliment them.