



~FACTS~

Water Dehydration, Heat Exhaustion, And Heat Stroke

*~Do you think you know
all the facts?*

*~Know the symptoms and
ways of Prevention.....*



What Is Water Dehydration?

☞ Dehydration is the loss of water and important blood salts such as potassium and sodium

Levels of Dehydration

Mild- Thirst, dry lips, and dry mouth membranes

Moderate- Very dry mouth membranes, sunken eyes, and skin doesn't bounce back quickly when lightly pinched and released

Severe- Rapid or weak pulse, cold hands and feet, rapid breathing, blue lips, and confusion

☞ Lack of water is the #1 trigger of daytime fatigue.

☞ In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger. Even mild dehydration will slow down one's metabolism as much as 3%.

☞ Research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.

☞ Drinking 5 glasses of water daily, decreases the risk of colon cancer by 45%, and decreases the risk of breast cancer by 79%

How do you prevent dehydration?

☞ Bring bottled water to work. By drinking more water, you build up a tolerance to drink the recommended amount in a day.

☞ If you don't like the taste of water, add flavor by adding lemon, or other fruit to it.



☞ A 2% drop in body water can trigger fuzzy short-term memory, and ability to focus on computer screens, or printed pages.

Heat Exhaustion

Heat exhaustion is fluid loss.

Signs are: fatigue, weakness, anxiety, and sweats, leading to circulatory collapse with slow pulse; low Blood Pressure; cold, pale, clammy skin; and disorientation followed by a shock-like unconsciousness.

☞ Heat exhaustion takes time to develop. Fluids and salt are vital for health. They are lost as adults sweat a lot during exercise or other strenuous activities. It is very important to drink lots of liquids before, during and after exercise in hot weather. As strange as it seems, people suffering from heat exhaustion have low, normal or only slightly elevated body temperatures.

☞ Heat stroke, unlike heat exhaustion, strikes suddenly, with little warning. When the body's cooling system fails, the body's temperature rises fast. This creates an emergency condition.

Signs and Symptoms of heat exhaustion include:

- ☞ Cool, clammy, pale skin
- ☞ Sweating
- ☞ Dry mouth
- ☞ Fatigue, weakness
- ☞ Dizziness
- ☞ Headache
- ☞ Nausea, sometimes vomiting
- ☞ Muscle cramps
- ☞ Weak and rapid pulse

Prevention

- ☞ Take caution when you must be in the sun. At the first signs of heat exhaustion, get out of the sun or your body temperature will continue to rise.
- ☞ Drink lots of liquids, especially if your urine is a dark yellow, to replace the fluids you lose from sweating.



Heat Stroke

Heat stroke, on the other hand, is a life-threatening emergency. Without proper care, heat stroke victims will most likely die.

☞ Death can occur in as little as 30 minutes. When the core temperature rises, the brain, which can only function in a very narrow temperature range, begins to fail.

☞ **As the brain overheats, the individual may become disoriented, combative, argumentative, and may hallucinate wildly.**

☞ The primary goal of therapy is to **cool the victim as rapidly as possible.**

☞ All heat stroke victims must be transported to the hospital as quickly as possible, continuing the cooling process during evacuation.

Prevention

☞ The same prevention methods that work for dehydration and exhaustion will work for heat stroke. The guiding principle is to **stay well hydrated.**

