

# Knowing the signs of heat stroke can save a life

*With summer around the corner, staying safe means enjoying the warm weather without worry, writes Nadia Alam*



**NADIA ALLAM**  
COLUMN

low your skin dilate. That will cool you down a bit. Then, you'll sweat. As the sweat evaporates from your skin, your body will cool down some more.

These coping mechanisms fail when humidity is above 75 per cent. Sweat cannot evaporate, your body can't cool down, and that's when heat stroke becomes a real danger.

**Certain things make you prone to heat stroke:**

- . Hard exercise on hot, humid days
- . Being a kid or a senior
- . Poor physical fitness
- . Obesity
- . Dehydration
- . Exercising when sick
- . Being loaded down with extra clothing, sports equipment or protective gear

**Knowing this, a bit of common sense can prevent heat stroke:**

- . Schedule activities early in the day.
- . Don't sit in a hot car.
- . Don't leave kids in the

car on a hot day.

- . Drink lots of water.
- . Wear light clothes.
- . When you feel hot, take a break, sit in the shade, take a cool shower.

When you can't prevent heat stroke, recognizing it can save a life. Symptoms include: severe muscle cramps, racing heartbeat, hyperventilation, incredible thirst, headaches, light-headedness, nausea, vomiting, stomach pain, confusion or even hallucinations, collapse. If untreated, heat stroke can lead to kidney failure, cardiac arrest and death.

Heat stroke is a medical emergency. Call 911. While waiting, ask people nearby for help. Get the victim out of the heat. Remove heavy equipment, hats, shoes, even clothes. Fan them. Stick ice packs under their neck, arms, between their legs. If they're awake, get them to drink water - hosing them down with cool water helps. Keep cooling them until help arrives or they start to shiver.

With summer around the corner, staying safe means enjoying the warm weather without worry.

*- Nadia Alam is a Georgetown physician and president of the Ontario Medical Association. She can be reached at [nadia.alam@oma.org](mailto:nadia.alam@oma.org).*

We see this every year: Parent leaves kid alone in the car on a hot summer day. Child has heat stroke and dies.

The question I'm often asked is: how does that happen?

Heat-related illnesses are very common. Heat stroke is the byproduct of not recognizing and treating an overheated person.

Normal human temperature is 37 C (98 F). Heat stroke occurs when core body temperature rises above 41 C or 106 F. This can happen anywhere hot and humid - in a room, a car or, more commonly, outside.

You see, when your environment is hot, your body temperature rises. Your body will try to cope in two ways. First, you will get red and flushed as the tiny blood vessels just be-

**● GET CONNECTED**

Visit [theifp.ca/events](http://theifp.ca/events) to submit your own community events for online publishing.

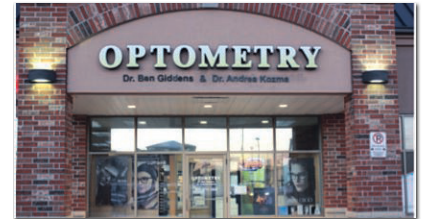
NEW OPTOMETRY OFFICE IN DOWNTOWN GEORGETOWN

## GIDDENS OPTOMETRY

has opened a 2nd location at the Mill Street Medical Centre.



DOWNTOWN GEORGETOWN  
83 Mill St | 905 873 1867



METRO PLAZA  
371 Mountainview Rd S | 905 873 1861

FAMILY  
EYE CARE  
SERVICES

**Dr. Ben Giddens**

**Dr. Andrea Kozma**

**Dr. Stephanie Britton**



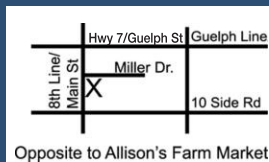
# GENESIS

## WALK-IN & FAMILY CLINIC



# PAEDIATRICIAN

Walk-in and Appointment  
Call for details



Opposite to Allison's Farm Market

221 Miller Dr.,  
Georgetown  
905-873-6776

[www.GenesisHealthTeam.com](http://www.GenesisHealthTeam.com)



# ANNUAL GENERAL MEETING

Thursday, June 21, 2018 | 5:00 – 6:00 pm

Oakville Trafalgar Memorial Hospital  
3001 Hospital Gate, Oakville, ON

By-law changes will be recommended.

Audited financial statements will be available at the meeting.

RSVP to [aradford@haltonhealthcare.com](mailto:aradford@haltonhealthcare.com)