

ADJUSTING TO HEAT- AVOIDING HEAT STROKE
DR. LAURA IRVIN, PRIMARY CARE, BAYLOR SCOTT & WHITE HEALTH

{**ON CAM**}

SUMMER ISN'T OFFICIALLY HERE YET- BUT TEMPERATURES ARE ALREADY PUSHING CLOSER TO ONE HUNDRED HERE IN TEXAS. AND YOU MAY HAVE HARD TIME ADJUSTING TO THAT SUDDEN SPIKE IN HEAT-

{**TAKE VO**}

TRT:34

BAYLOR SCOTT AND WHITE PRIMARY CARE SPORTS MEDICINE PHYSICIAN LAURA IRVIN SAYS IT'S IMPORTANT TO ADJUST SLOWLY TO SPENDING MORE TIME OUTSIDE- SO YOU CAN TOLERATE HIGHER TEMPERATURES WITHOUT INJURY.

TO START- SHE RECOMMENDS GOING OUTSIDE IN THE EARLY OR LATE HOURS TO AVOID THE WORST DAY-TIME HEAT.

BUT IF YOU DO BECOME TOO HOT- IT'S IMPORTANT TO RECOGNIZE WHEN IT'S HEAT EXHAUSTION- WHICH MEANS COOL-OFF IMMEDIATELY AND REST... AND HEAT STROKE- WHICH MEANS CALL 9-1-1.

{**TAKE SOT**}

TRT: 23

DR. LAURA IRVIN
BAYLOR SCOTT & WHITE

What is emergent, is a heat stroke, and that can be fatal. So we do take it very seriously. Signs of that is when someone starts to become confused. They may be sleepy. And again, when you stop sweating, people think that they would sweat more if they have heat exhaustion or illness but it's actually stop sweating.

{**ON CAM**}

CALL 9-1-1 FIRST IF YOU OR SOMEONE AROUND YOU DOES BECOME CONFUSED AFTER SPENDING TIME IN THE HEAT WHILE YOU WAIT FOR HELP- A DUNK IN A COOLING TANK IS IDEAL... BUT YOU CAN ALSO APPLY WET RAGS TO BRING THE BODY TEMPERATURE DOWN.