



### HEAT STROKE - Dr. Delphine Victoria

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"A fit, healthy body—  
that is the best fashion  
statement"

- Jess C. Scott

**H**eat stroke is a dangerous situation & can cost life.

#### How to recognise heat Stroke?

Initially they cause a temporary discomfort with fatigue which might lead to a fatal condition. The symptoms appear when a person is exposed to extreme hot temperatures. The body is exposed to hyperthermia where in the body temperature is elevated dramatically. Though cooling victim is a critical step in treatment, emergency services must be notified immediately.

The most important measures to prevent heat strokes are to avoid becoming dehydrated and to avoid vigorous physical activities in hot and humid weather.

Infants, the elderly, athletes, and outdoor workers are the groups at greatest risk for heat stroke.

Heat stroke is a form of hyperthermia, an abnormally elevated body temperature with accompanying physical symptoms including changes in nervous system function. Heat stroke is a true medical emergency that is often fatal if not properly and promptly treated. Heat stroke is also referred to as sun stroke. Severe hyperthermia is defined as a body temperature of 104 F (40 degree Celcius) or higher.

The body normally generates heat as a result of metabolism, and is usually able to dissipate the heat by radiation of heat through the skin or by evaporation of sweat. However, in extreme heat, high humidity, or vigorous physical exertion under the sun, the body may not be able to dissipate the heat and the body temperature rises, sometimes up to 106 F (41.1 C) or higher. An-

other cause of heat stroke is dehydration. A dehydrated person may not be able to sweat fast enough to dissipate heat, causing body temperature rise.

Most susceptible (at risk) individuals to heat strokes include:

- Infants,
- Elderly (often with associated heart diseases, lung diseases, kidney diseases, or who are taking medications making them vulnerable to dehydration and heat strokes),
- Athletes, and
- Individuals who work outside strenuously

#### SIGNS & SYMPTOMS

Symptoms of heat stroke can sometimes mimic those of heart attack or other conditions. Sometimes a person experiences symptoms of heat exhaustion before progressing to heat strokes:

Signs and symptoms of heat exhaustion include:

- Nausea, vomiting, fatigue weakness, headache, muscle cramps & dizziness. However, some individuals can develop symptoms of heat stroke suddenly and rapidly without warning.
- Different people may have different symptoms and signs of heatstroke.
- Common symptoms and signs of heat stroke include:
  - high body temperature,
  - the absence of sweating, with hot red or flushed dry skin,

- rapid pulse,
- difficulty breathing,
- strange behaviour,
- hallucinations,
- confusion,
- agitation,
- disorientation,
- seizure or fits
- coma

#### TREATMENT

- Cool the victim. Move out of the sun. If possible get him into a tub of room temperature water.
- Hydrate the victim. Give the person water. Make sure that the water bottle does not have ice as too cold of water can cause the person to go into shock. Test the water with your finger to be sure it is cool.
- Make sure that the person does not gulp down the water, as this can also cause shock. Tell them to drink it slowly.
- Be sure that the person is aware of what is around them. Do not let them faint.
- If the victim loses consciousness or does not respond quickly to the first aid steps above, go to an emergency room or call for an ambulance.
- Most Importantly, to avoid a heat stroke drink plenty of water, juice & coconut water in this summer.

WHAT COUNTS ASA  
SERVING

2





It helps to know what to compare the right serving size to..

# What Counts as a Serving?

## FOOD

## WHAT IT LOOKS LIKE

### GRAINS GROUP

1 slice bread	Size of an audiocassette tape
1 cup ready-to-eat cereal	Size of a fist
1/2 cup cooked cereal, rice or pasta	Size of a cupcake wrapper full
1 pancake	Size of a compact disc

### VEGETABLE GROUP

1 cup raw leafy vegetables	Size of a baseball
1/2 cup other vegetables, cooked or raw	Size of an ice cream scoop or light bulb
3/4 cup vegetable juice	Size of a small Styrofoam cup
1 baked potato	Size of the fist
1/2 cup cooked, dry beans	

### FRUIT GROUP

1 medium fruit	Size of a tennis ball
1/2 cup chopped, cooked or canned fruit	Size of 7 cotton balls
3/4 cup fruit juice	Size of a small Styrofoam cup
1/4 cup raisins	Size of a large egg

### DAIRY GROUP

1 cup milk or yogurt	
1 1/2 ounces of natural cheese (e.g. Cheddar)	Size of a 9-volt battery
2 ounces of processed cheese (e.g. American)	Size of four dice

### MEAT & BEANS GROUP

3 ounces cooked meat, poultry or fish	Size of a deck of cards or palm of hand
<b>Following foods count as 1 ounce of lean meat:</b>	
2 tablespoon peanut butter (size of a ping pong ball), 1/2 cup cooked dry beans, 1/2 cup tofu,	
2 1/2 ounce soyburger, 1 egg, 1/3 cup nuts	

### FATS, OILS AND SWEETS GROUP

1 teaspoon butter, margarine	Size of a fingertip
2 tablespoon salad dressing	Size of a ping pong ball

HEALTHY



EATING

## OUR SERVICES

### SECOND MEDICAL OPINION

We provide a second medical opinion service from independent consultants on our empanelled list of qualified doctors. They provide an unbiased opinion of your current medical condition with treatments that are required to cure the illness. We request you to raise a query with us & upload/ attach your current medical diagnosis for us to get back to you with an opinion & the treatment required. Further, if the patient seeking opinion opts to go for a treatment in our network hospitals, other details can be provided.

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3. Customized Reporting. All the reports submitted by users are processed & a summary/detailed report is generated as per the user's needs.
4. Intelligent Alerts. Once you upload the data, the system processes it using our algorithms & generates alerts, reminders, warnings, etc to assist your healthcare needs through a very user friendly interface. For example, the CareAsia EMRM system immediately updates your records to show the reports that are out of bounds & what are the parameters that are off limits or it could update the user about a lab report that might be very old & would recommend a retest for the same

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REVIEWS?  
WANT TO SUBMIT  
ARTICLES?  
DO YOU HAVE  
QUERIES?**

**Do write to us with  
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articles on health be  
it humor or  
educative & we will  
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