

Tips to Prevent Heat Illness

A heat related illness occurs when the body is not able to regulate, or control, its temperature.

If left untreated, a heat illness can lead to serious complications, even death. If detected and treated early, however, most serious problems can be avoided.

1. Proper Hydration

Pre- and post-exercise hydration
Drink water and electrolyte drinks
Limit excessive caffeine consumption

2. Be Aware of Supplements

Research has shown supplements use can raise blood pressure, speed heart rate and contribute to dehydration.
Products containing ephedrine contribute to fatal heart rhythm difficulties, heat related illnesses, stroke, and seizures.
Ephedrine raises the body's heat production and body temperatures and increases the risk of developing heat illnesses.
Supplements are not regulated by the Food and Drug Administration (FDA). As a result, nutritional labels may be inconsistent.
Creatine may be linked to muscle cramping if working out in the heat of the day.

3. Keep Cool

Use ice towels
Use cold tub
Wear light-weight clothing

4. High Risk Athletes

Overweight & unfit athletes have a tendency to overheat.

5. Stay Healthy

Eat a well-balanced diet
Salt food lightly, if not hypertensive
Monitor weight before and after each practice session
Monitor urine: Clear or light yellow for color of urine
Get plenty of rest

6. Notify Medical Professional if experiencing any signs of dehydration and heat illness