

UNIVERSITY OF HOUSTON HEALTH CENTER

-HEALTHBERRY-
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HEAT STROKE

Heat stroke is a very serious illness caused by failure of the thermoregulatory center in the hypothalamus (heat regulatory center in the brain). It is generally due to a hot external environment with high humidity. We see heat stroke in all ages, both exercising and non-exercising groups. The mechanism of illness is basically the same: increase in body heat plus loss of fluids and electrolytes. Young children have smaller amounts of body fluids and electrolytes to lose and rapidly can become dehydrated. As little as 10% losses of body fluids and electrolytes can be lethal. Older folks frequently have co-existing medical conditions which make them more susceptible to heat. Often poorly ventilated and un-air-conditioned surroundings can be implicated. Drugs such as diuretics or tranquilizers can cause decreased ability to withstand higher ambient temperatures

Symptoms of heat exhaustion are lack of perspiration, elevated body temperature, headache, muscle cramps, nausea, vomiting, dry skin, confusion, delirium, and unconsciousness.

Immediate treatment must be directed toward physical cooling, rehydration by cool fluid replacement, cool baths, removal of excessive clothing, and rapid transportation to the closest emergency facility.

Stay Cool!

We at the Health Center will be happy to help you.



Healthfully yours,

Dr. Healthberry

For questions or comments you can;

Write "Healthberry" at
University Health Center,
100 UH Health Center,
Houston, Texas 77204-3019,

E-Mail "Healthberry" at JMGray2@central.uh.edu
Fax "Healthberry" at (713)743-5164.