

WHEENK! WEALTH

KEEPING COOL... ...WHEN THE WEATHER IS HOT

IT'S SUMMERTIME AND IT'S HOT! WE ALL HAVE HEARD OF PEOPLE SUFFERING FROM HEAT CRAMPS, POSSIBLY HEAT EXHAUSTION, AND MOST SEVERELY HEAT STROKE. THESE DISORDERS CAN BECOME LIFE THREATENING IF NOT TREATED FAST AND EFFECTIVELY.

HERE ARE SOME SIGNS AND SYMPTOMS TO BE AWARE OF:

- **HEAT CRAMPS:** EXTREMELY PAINFUL MUSCLE SPASMS IN THE LEGS, AND MAY ALSO INVOLVE ABDOMINAL MUSCLES. THESE CRAMPS USUALLY DO NOT RESPOND TO MASSAGING THE MUSCLES.
- **TREATMENT:** DRINK WATER/SPORTS DRINK, STRETCH AND REST.
- **HEAT EXHAUSTION:** SEVERE FATIGUE, SIGNIFICANT WEAKNESS, HEAVY SWEATING, NAUSEA, AND DIARRHEA.
- **TREATMENT:** REST IN A COOL AREA AND DRINK WATER/SPORTS DRINK. IV FLUIDS MAY BE NECESSARY.
- **HEAT STROKE:** IS A MEDICAL EMERGENCY. AS THE BODY HEATS UP, BODY TEMPERATURE RISES, BUT THE SKIN STAYS DRY. THIS CONDITION HAS A 50%-70% FATALITY RATE.
- **TREATMENT:** MUST BE INITIATED IMMEDIATELY. GO TO THE NEAREST MEDICAL FACILITY. PERSON SHOULD BE IMMERSSED IN COOL WATER AS SOON AS POSSIBLE.

THERE ARE A NUMBER OF WAYS WE CAN BEAT THE HEAT BEFORE THE HEAT BEATS US. THE BIGGEST IS **HYDRATION**. FLUID REPLENISHMENT IS A MUST. ALWAYS CONSUME MORE FLUIDS THAN YOU THINK YOU NEED. LEADING EXPERTS ARE QUOTED SAYING THAT "WE SHOULD STRIVE TO DRINK 6-8 OUNCES OF FLUID EVERY 15-20 MINUTES DURING EXERCISE" (AMERICAN COUNCIL ON EXERCISE). "EXERCISE" CAN INCLUDE EVEN A SHORT WALK FROM THE CAR TO THE AIR-CONDITIONED BUILDING YOU WORK IN.

DRINKING WATER IS THE EASIEST HABIT YOU CAN DEVELOP. DRINKING WATER RANKS RIGHT UP THERE WITH BREATHING IN TERMS OF HEALTHY HABITS AND BECOMES EVEN MORE VITAL WHEN WE ARE EXPOSED TO HOT WEATHER. ASIDE FROM ASSISTING IN CONTROLLING YOUR BODY TEMPERATURE WATER HAS A SIGNIFICANT ROLE IN ASSISTING OUR BODIES IN RUNNING SMOOTHLY.

WATER WORKS TO:

- DECREASE THE RISK OF HEAT CRAMPS, HEAT EXHAUSTION AND HEAT STROKE
- INCREASE ENERGY, DIMINISH HEADACHES AND DECREASE BLOOD PRESSURE
- REDUCE THE RISK FOR COLON, BREAST, AND BLADDER CANCER
- DECREASE THE RISK OF INJURIES, PULLS, AND STRAINS
- PREVENT KIDNEY STONES, URINARY TRACT INFECTIONS AND CONSTIPATION
- BOOST MENTAL PERFORMANCE
- HELP BODY ABSORB NUTRIENTS

STAY COOL!

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