

Mayo Clinic Minute: Heat exhaustion and heatstroke

VIDEO	AUDIO
	Your body is like a car's engine. If it starts to overheat, the warning light goes on. And that is heat exhaustion.
Neha Raukar, M.D. Emergency Medicine Mayo Clinic	"Which is where you feel nauseous or dizzy. You just don't feel right, and you're sweating profusely."
	Anyone at any age can suffer from heat exhaustion.
	High temperatures, particularly when paired with high humidity, are the primary cause.
	"Ways to prevent it include hydrating a lot, dressing appropriately for the weather, going into an air-conditioned place when you don't feel quite right, taking breaks if you're outside working."
	Without prompt treatment, heat exhaustion can lead to heatstroke, a life-threatening condition that requires emergency medical attention.
	"The management of heat stroke is giving them fluids and dunking them into a cool, ice water bath as quickly as possible."
	A common symptom of heatstroke is an altered mental state or behavior.
	"The pearl, I always say, is to look for confusion. If they are confused, they are having heatstroke."
	"If anybody is in the heat and they're feeling nauseous and just not quite right, they should take a break, hydrate with cool water, and just sit down for a little bit and let their body cool down."
	For the Mayo Clinic News Network, I'm Jason Howland.