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*An Aster Initiative under  
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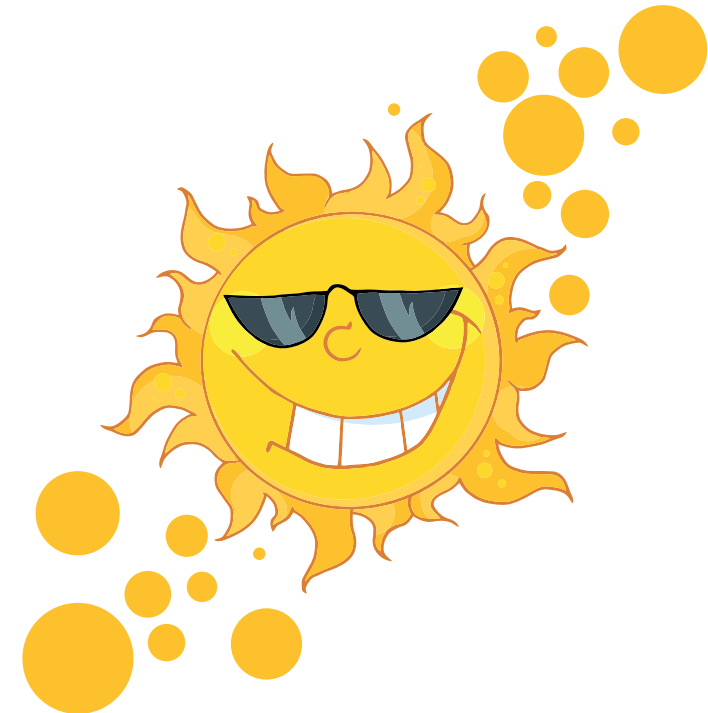
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# HEAT STROKE

## Beat the heat



**Summer is back.  
Here is how to combat the heat.**

## HEAT STROKE

Heat illness may be viewed as a continuum of illnesses relating to the body's inability to cope with heat. It includes minor illnesses such as heat edema, heat rash (i.e. prickly heat), heat cramps and tetany as well as heat syncope and heat exhaustion. Heatstroke is the most severe form of the heat-related illnesses and is defined as a body temperature higher than 41.1°C (106°F) associated with neurological dysfunction.

With the influence of global warming, it is predicted that the incidence of heatstroke cases and fatalities will also become more prevalent. Because behavioural responses are important in the management of temperature elevations, heatstroke may be entirely preventable. When heat gain overwhelms the body's mechanisms of heat loss, the body temperature rises and a major heat illness ensues.

Excessive heat denatures proteins, destabilizes phospholipids and lipoproteins and liquefies membrane lipids leading to cardiovascular collapse, multi-organ failure and ultimately death.

### Symptoms and signs of heat stroke

- Nausea
- Vomiting
- Fatigue
- Weakness
- Headache
- Dizziness
- Muscle cramps

### Heat stroke attacks mimic a heart attack

- High body temperature
- Red or flushed, extremely dry skin

- Rapid pulse
- Difficulty in breathing
- Strange behaviour
- Seizures
- Coma

Heat stroke attack mimics as heart attack many times due to these symptoms.

### Who are at risk

- People aged 65 and over
- People having heart disease or high blood pressure
- People taking certain medications
- People who are overweight (obese)
- People who over exert during summer
- People who regularly consume alcohol
- Infants and very young children
- People who use drugs such as amphetamines,, cocaine, etc.

### How to prevent heat stroke

- Avoid strenuous activity on hot days. Limit activity to the lesser hotter times of the day (early morning, after sunset, etc.)
- If you are at work in the hot sun between 11am and 4pm, drink at least one glass of water every half an hour.
- Wear light weight and light coloured clothing.
- Drink plenty of water @ one glass per hour during the summer, even if you are not thirsty
- Avoid alcohol completely.

- Avoid caffeinated drinks such as coffee or carbonated colas.
- Never leave a child unattended inside parked vehicles.
- Avoid foods that are high in protein or salt.
- Try to eat small meals at regular intervals than one single heavy meat at noon.
- Avoid the use of amphetamines, methamphetamines and cocaine.

**If your heart Begins to pound or if you become light-headed confused, weak or faint, STOP ALL ACTIVITIES.**

**GET ASSISTANCE IMMEDIATELY.**

MEDICATIONS WHICH CAUSE ADVERSE HEALTH EFFECTS DURING EXTREME HOT SEASONS	
Medicine Family	Drugs
Anticholinergics	Antihistamines: Benadryl (diphenhydramine) and Vistaril (hydroxyzine), Parkinsonism meds, Atropine/scopolamine, Belladonna alkaloids, Neuroleptics Antispasmodics
Stimulants	Ephedrine /pseudoephedrine Dietary agents: ma huang
Neuroleptics (antipsydotics)	Phenothiazines: Mellaril (thioridazine), Thorazine (chlorpromazine), promethazine, and prochlorperazine Thioxanthenes: chlorprothlxene and Novane (thiothixene) Butyrophenones: haloperidol
Others	Lithium