

Heat, Hydration, & an Active Lifestyle

New Research on Hydration

*Moderate dehydration is normal & temporary. Excessive fluid consumption can be fatal.

*Dehydration is a risk with active people BUT studies are showing that hyponatremia (an excess of water intake that decreases the sodium in the blood stream) is worse.

*Active women are at a higher risk of hyponatremia. Women are smaller in size and do not sweat as much compared to men, & smaller blood plasma tanks can overflow quicker.

Recommendations to follow for adequate hydration:

1. Drink generously, but appropriately
2. Use sports drinks (provide a combination of carbs, water, and sodium)
3. Pay particular attention to post exercise rehydration (get fluids, carbs, protein, and sodium)
4. Weigh yourself during intense training to see how much sweat loss (this is the amount you want to replace while performing activity, no more than this amount)
5. When running long & slow (marathon runners), monitor your fluid consumption, think about carrying a salty snack.
6. Drink when thirsty (true that thirst does not kick in until you are 1-2% dehydrated. Your body has an “exquisitely tuned” water balance mechanism.

Heat Illnesses-TAKE HOME NOTE: Most important for all active adults is to control your exertion level in the heat & acclimatize adequately & avoid exercise in the hottest part of the day (between 10am & 4pm).

Heat Stroke(HS)—most dangerous, medical emergency, call 911

Signs & Symptoms—core temp. rise to 104-106 degrees, mental status changes, confusion, disorientation, psychotic behavior, usually physically collapse, rapid & strong pulse, throbbing headache

Treatment—call 911 immediately, need to transport person to a cool, shady area, remove insulated clothing, ice water immersion is optimal BUT can wrap in cool, wet towels, get ice packs on neck, groin, axilla, be careful on fluids, try to determine their hydration status, only give fluids if conscious, DO NOT use alcohol to rehydrate

Heat Stroke factors within athlete’s control—lack of acclimatization, overzealous performance, dehydration

Heat Exhaustion(HE)—

Most prone to HE: elderly (65+), those with high blood pressure, & active people in hot environments, deconditioned

Signs & Symptoms—dizziness, nausea, muscle cramps, heavy sweating, paleness, weakness, pulse may be weak & fast, breathing may be fast & shallow

Key difference between HS & HE—HE does not have a change in mental status other than mild confusion

Treatment—find a cool, shady spot (seek air conditioning), elevate legs, rest, replace fluids depending on hydration level

Sun Protection Facts to Know-Melanoma most common cancer in women age 25 to 29, 2nd only to breast cancer in women 30 to 34 (adopted from the Skin Care Foundation)

Look for the following in a sun block—broad spectrum, ingredients: micronized titanium dioxide or zinc oxide (these help prevent melanoma)

- SPF stands for sun protection factor (SPF 15: 92% protection, SPF 30: 97%, SPF 40: 97.5%)
- Lips are skin too, SPF of 15 or higher
- Broad spectrum sun block only one to protect from UVA & UVB rays