



Symptoms of Heat Exhaustion/Heat Stroke

Heat Exhaustion

This common condition is usually the result of salt and water (volume) depletion. The body's temperature is usually within a range from normal (98 degrees) to 104 degrees Fahrenheit.

Symptoms include:

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| 1. dizziness | 5. nausea |
| 2. fatigue | 6. vomiting |
| 3. weakness | 7. headache |
| 4. lightheadedness | 8. muscle aches and/or cramps |

As outdoor athletes, many of us have suffered from the symptoms of heat exhaustion. These symptoms usually respond to rest, cooling, and hydration. While not severe, if untreated the symptoms can escalate into a serious condition known as heat stroke.

Heat Stroke

Heat stroke occurs when the body is no longer able to effectively cool itself and begins to shut down. It should be treated as a medical emergency with immediate evacuation and treatment in a hospital setting. A patient with heat stroke will have a temperature above 105 degrees Fahrenheit, nervous system degradation, and a lack of sweat production.

Symptoms may include:

All signs and symptoms of heat exhaustion, and...

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| 1. irritability | 3. confusion |
| 2. bizarre behavior | 4. hallucinations |
| | 5. clumsiness/incoordination |

These symptoms demonstrate involvement of the central nervous system (brain and spinal cord). Many of us ride with friends with these symptoms (usually brought on by a certain beverage) but in the setting of heat and sun exposure, suspect heat stroke.

Other signs of heat stroke may include:

1. Excessive body temperature
2. Dry skin and lack of ability to sweat
3. Abnormal body posturing
4. Excessive weakness
5. Shock
6. Seizure
7. Coma