

Fun in the sun can leave you cold

Here comes the sun, and with it pain and severe illness for many outdoor sports enthusiasts.

With the arrival of warm weather, hordes of unprepared athletes will again risk their lives because they aren't aware of the dangers of heat, according to Dr. Jack End, medical director of the Northwestern Mutual Life Insurance Co. of Milwaukee.

The symptoms of heat problems are breathing difficulty, headache, dizziness, and a burning sensation in chest and legs.

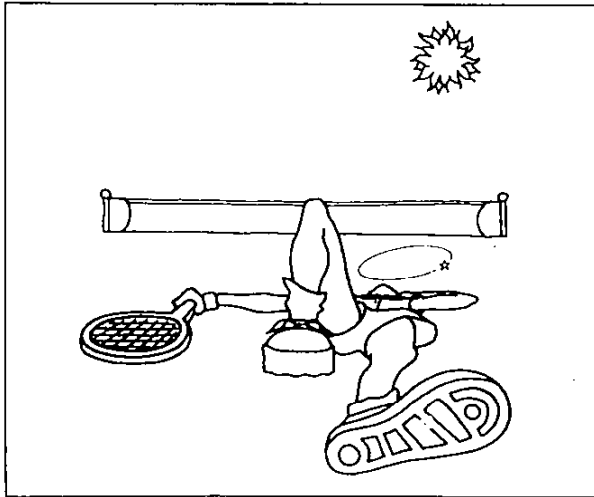
A person affected can help himself by stopping the activity which is generating the body heat and getting out of the sun, the doctor says.

Some of the conditions which can occur are:

Heat exhaustion which results when a person doesn't drink enough fluids for the type of activity he is engaged in. If it isn't recognized and treated it can quickly lead to sunstroke, a critical condition.

Heat cramps, which are painful muscle spasms that occur after strenuous exercise, even by people in good physical condition. They are accompanied by pale, clammy skin and normal to sub-normal body temperatures.

The most serious heat condition



problem, sunstroke (or heat-stroke), has the added symptoms of high body temperature, skin that is red, hot and dry, and pounding pulse.

End warns that direct exposure to the sun is not necessary for sunstroke to occur—high humidity and excessive activity can also be important factors.

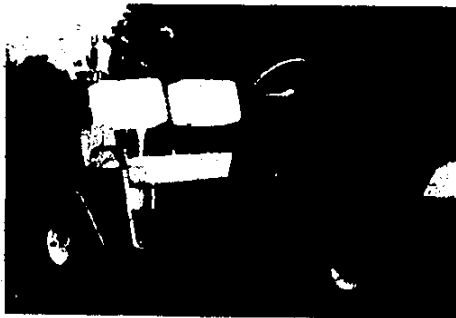
"When a person has sunstroke symptoms, forget about giving

him liquids through the mouth," End said. "Cool him off using any liquid available and keep him wet, rub his skin to open surface blood vessels and get him to a doctor quickly."

End pointed out that even champions in top shape feel the effects of heat. Special training can help people adjust, but at extremes of heat and humidity the fit and unfit are affected alike.

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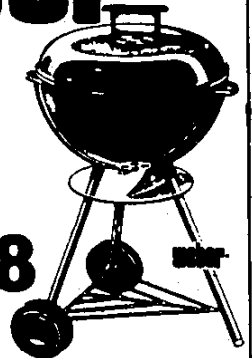
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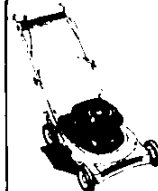
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