

# Heat stroke

Hokesen Letter No 181 (English)

Many persons get heat stroke. The young persons who are doing sports under the blazing sun are apt to get heat stroke. Many heat stroke occur from middle of July to August after end of the rainy season. There are more men than women who get heat stroke. The persons who are doing track and field practice often get severe heat stroke after two hours of practice time. In mild stage the symptom is dizziness, non-stopping sweat. In this case, patients rest in a cool place and take water which containing salt. In middle stage they have nausea,

fatigue and lethargy. They have to visit the hospital and receive treatment. In severe stage they cause loss consciousness and cause convulsion. In a more severe they cause multiple organ failure. They must be transferred to the hospital by an ambulance. The prevents of heatstroke is taking water containing salt. We can get fluids for preventing heat stroke at drug stores. If you have any question about heat stroke, please ask us.

