



Francisco Torres, M.D.

July 2024

Know the Difference Between Heat Exhaustion, Heat Stroke, and Stroke

As the heat in Texas continues to rise during the Texas summer heat, our goal is to remain hydrated and avoid heatstroke. The challenge though is being able to tell the difference between heat exhaustion, heat stroke, and a stroke.

The American Heart Association has been asking people over the last few years to take additional steps to protect your heart. This is especially important for both older adults and individuals with high blood pressure, obesity, and a history of heart disease and stroke.

When temperatures exceed 100 degrees, can cause dehydration and puts more pressure on the heart to help cool down the vital organs within our bodies. The body attempts to cool itself by moving blood from the vital organs to underneath the skin. This change causes the heart to pump more blood, which increases the bodies stress levels.

The added work requires our bodies to remain hydrated, which helps the heart pump blood easily through the blood vessels to the muscles where it's needed most.

As temperatures, increase there is an influx of people dying from cardiovascular disease.



The American Heart Association recommends everyone follow these 5 hot weather precautions:

1. **Watch the clock:** Avoid outdoors in the early afternoon (12-3). This is when the sun is at its hottest. It will put you at higher risk of heat related illnesses.
2. **Dress for the heat:** Wear lightweight, light-colored clothing in breathable fabrics such as cotton, or a fabric that will repel sweat. Wear a hat and sunglasses. Always apply SPF 30 or higher and water resistant per the American Academy of Dermatology. Reapply every 40-80 minutes depending on the instructions on the sunscreen bottle.
3. **Drink up:** Continue drinking water throughout the day and even before you hit the outdoors. Drink water during and after exercise as well. Do not drink caffeinated or alcoholic beverages during times of extreme heat.
4. **Take regular breaks:** Find shade, stop for a few minutes, and drink water.
5. **Follow the doctor's orders:** Take all medications regardless of the weather or the outdoors.



Heat Index App

<https://www.cdc.gov/niosh/topics/heatstress/heatapp.html>



The greatest challenge is recognizing the symptoms for heat exhaustion, heatstroke or a stroke and right help.

Symptoms of heat stroke

1. Warm, dry skin with no sweating
2. Strong and rapid pulse
3. Confusion and/or unconsciousness
4. High fever
5. Throbbing headaches
6. Nausea, vomiting or both

Symptoms Heat exhaustion

1. Skin: Cool, pale, clammy skin, goose bumps or heat rash
2. Sweating: Heavy sweating that continues after exercise complete
3. Pulse: fast and weak
4. Temperature elevated
5. Cramps: Muscle cramps in the arms, legs, & stomachs

Symptoms Stroke:

1. Sudden confusion
2. Trouble speaking or understanding speech
3. Sudden numbness or weakness
4. Sudden severe headache with unknown causes
5. Difficulty seeing from both eyes

If you are experiencing heat stroke or stroke symptoms, you will call 9-1-1 and seek medical attention immediately.

A heat stroke is different from an actual stroke. A stroke occurs when a blood vessel to the brain either bursts or is blocked by a clot, causing a decrease in oxygen flow to the brain.

Yes, it is important to be mindful of the weather and remain hydrated. It is also still important to get your exercise and spend time outdoors even in the summer heat. Some activities include walking, swimming, skating and perhaps create a backyard obstacle course for you and your children.

As the temperatures rise, it may be more beneficial changing the exercise time to earlier in the morning or later in the evening to adjust for the hotter hours. You can go to a gym or mall to complete your exercise routine during those hotter times of day as well.

If you experience heat exhaustion, move to a cooler place, stop exercising and cool down immediately by getting yourself re-hydrated and dousing yourself with cold water. You may need to seek medical attention as a precaution.

Reference: <https://newsroom.heart.org/news/keep-cool-to-be-heart-healthy-in-extreme-heat>

American Heart Association: Published: June 14, 2022, Retrieved, June 11, 2024.

Additional Resources:

Multimedia available on the right side of the release link <https://newsroom.heart.org/news/keep-cool-to-be-heart-healthy-in-extreme-heat>

[News release in Spanish](#)

AHA health information: [Extreme high temperatures may double or triple heart-related deaths](#)

AHA health information: [How to stay active in hot weather](#)

AHA health information: [How much water do you need?](#)

AHA health information: [Summer heat risks for pregnant women](#)

AHA health information: [Infographic on heat stroke vs. stroke](#)



Article provided by:

Francisco Torres, MD

Board Certified Family Medicine

Best Doctors in San Antonio®

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Hablo Español



HealthTexas – Southwest Military

1802 SW Military Dr.

San Antonio, TX 78221

Hours:

M,T,TH, & F 7:00 am – 5:00 pm

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Phone: (210) 924.2337

Healthy Recipe

<https://www.skinnytaste.com/classic-egg-salad/>

Low Carb recipe

Classic Egg Salad

By: Sara Buenfeld, Good Food

Serves: 4

5 Min Prep & 20 min cook time

Ingredients:

6 hard boiled eggs, peeled and chopped

3 tbs mayonnaise

1 tsp finely chopped red onion

1/8 tsp kosher salt

fresh black pepper, to taste

1/8 tsp sweet paprika, for garnish

chopped chives, for garnish



Directions:

1. Combine all the ingredients and refrigerate until ready to eat.

Cook tips: Store in an airtight container for up to 4 to 5 days

Recipe from Skinny Taste, Posted by: Gina Homolka, Published September 11, 2023 and updated march 29, 2024

Photo credit: Jess Larson

Nutrition:

Dairy Free, Gluten Free, High Protein, Kid Friendly, Low Carb, Meal Prep, Vegetarian Meals, Whole 30

Serving size ½ cup

Calories: 185kcal | Carbohydrates: 1g | Protein: 9.5g | Fat: 15.5g | Saturated Fat 3.5g | Cholesterol 282 mg | Sodium 212.5 mg | Sugar 2g

QPIC Corner

HOW TO SELECT A SUNSCREEN

Choosing the right sunscreen can help reduce the risk of skin cancer and early skin aging caused by the sun.

SUNSCREEN IS AN IMPORTANT TOOL

in the fight against skin cancer, including melanoma, the deadliest form of skin cancer.

1 in 5

Americans will be diagnosed with skin cancer in their lifetime.



The American Academy of Dermatology recommends consumers choose a sunscreen which states on the label:

• **SPF 30 OR HIGHER**

• **BROAD SPECTRUM**

Means a sunscreen protects the skin from ultraviolet A (UVA) and ultraviolet B (UVB) rays, both of which can cause cancer.

• **WATER RESISTANT**

For up to 40 or 80 minutes. Sunscreen can no longer claim to be waterproof or sweatproof.



ONE OUNCE OF SUNSCREEN, enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body.



To learn more visit SpotSkinCancer.org