



## Heat Stroke Vs. Heat Exhaustion *First And Foremost Is To Listen To Your Body!*

We all enjoy the summer season but NOT the humidity and uncomfortable heat associated with record breaking temperatures. According to the Centers for Disease Control and Prevention, on average, over 600 people die from complications related to extreme heat each year in the United States - more than tornadoes, hurricanes, flooding, lightning or any other weather event combined.

### *What's the difference between heat exhaustion and heat stroke?*

Heat exhaustion is the precursor to heatstroke and is a direct result of the body overheating.

#### **HEAT EXHAUSTION:**

- Heavy Sweating
- Rapid Pulse
- Dizziness
- Fatigue
- Cool, Moist Skin
- Goose Bumps When In The Heat
- Muscle Cramps
- Nausea
- Headache



These symptoms may develop over time or come on suddenly, especially during or following periods of prolonged exercise AND IF NOT ADDRESSED, heatstroke can follow.

#### **HEAT STROKE:**

- Most severe form of heat related illness that can lead to death if not treated as an emergency
- Same symptoms of heat exhaustion plus.....
- Body temperature greater than 104 degrees
- These temps lead to brain, muscle, kidney, heart and total body failure if not appropriately treated

ICAM offers a variety of intravenous medical drips that benefit many patients and conditions from "fatigue to fantastic". Whether you think you are healthy or you are not, IV supplementation is a quick and efficient way to promote health and combat illness.

During the summer season ICAM is offering our "Hydrator IV" for those who wish to optimize their hydration either before and/or after extreme sun/heat exposure. Whether you choose the IV or oral route of fluid administration, always be sure to keep hydrated. This is especially important in the very old and the very young and of course our furry little friends! 🐾

**Read the full article at [www.Icamnj.Com](http://www.Icamnj.Com)**



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