

Heat Exhaustion vs. Heat Stroke: Knowing the Difference

OSF HealthCare Newsroom

Matt Sheehan – Media Relations Coordinator

TV PKG

TRT: 1:35

Lower Third: Dr. Brian Curtis | Vice President of Clinical Specialty Services | OSF HealthCare
(19-33)

INTRO:

ILLINOIS AVERAGES 10 DAYS WITH TEMPERATURES AT OR ABOVE 90 DEGREES EACH YEAR – ACCORDING TO THE ILLINOIS STATE CLIMATOLOGIST.

IN TYPICAL JULY FASHION -- TEMPERATURES ARE EXPECTED TO BE REACHING AND TOPPING THE 90 DEGREE MARK IN THE COMING WEEKS.

MATT SHEEHAN REPORTS ON HEAT EXHAUSTION VERSUS HEAT STROKE – AND HOW TO KNOW THE DIFFERENCE.

TAKE PKG

<(THE SCALDING SUMMER HEAT PUTS MANY PEOPLE AT RISK FOR HEAT EXHAUSTION AND HEAT STROKE. NOT ONLY OUTDOOR WORKERS – BUT CHILDREN... AND OLDER ADULTS ARE THE MOST SUSECPTIBLE.

DR. BRIAN CURTIS... THE VICE PRESIDENT OF CLINICAL SPECIALTY SERVICES WITH OSF HEALTHCARE SAYS PREPARATION AND AWARENESS ARE KEYS TO STAYING SAFE IN THE SUMMER HEAT.

TAKE 18 SECOND SOT

“You’ll go from heat exhaustion before you get to heat stroke. Heat exhaustion is where people are cool, clammy, sweating profusely, and they may have some nausea or vomiting. They usually have some severe muscle cramping with it.”

DR. CURTIS RECOMMENDS STICKING TO HYDRATING LIQUIDS LIKE WATER AND SPORTS DRINKS... AND AVOIDING CAFFEINATED BEVERAGES AND ALCOHOL. HE ALSO SAYS TO TAKE BREAKS WHILE OUTSIDE... BE ABLE TO GET IN THE SHADE... AND USE THE BUDDY SYSTEM TO TAKE CARE OF ONE ANOTHER.

HE SAYS HEAT STROKE VICTIMS WILL HAVE DRY SKIN... A TEMPERATURE OF 102 PLUS DEGREES... BE CONFUSED OR EVEN UNCONSCIOUS. HE SAYS PATIENTS AREN’T ALWAYS OUTSIDE WHEN HEAT EXHAUSTION OR HEAT STROKE HAPPEN.

TAKE 21 SECOND SOT

"If you get into the mid or upper 90s, we have some people around here who still don't have air conditioning. You can get heat exhaustion and heat stroke within a building," Dr. Curtis says. "When people don't have air conditioning, that's when you really see a lot of the elderly develop heat exhaustion within their own homes."

THE DANGEROUS EFFECTS OF HEAT STROKE CAN BE LONG-LASTING... OR EVEN LEAD TO DEATH.

"People die of it every year, or they have debilitating conditions afterwards. Once you've had heat stroke, you tend to be more susceptible to the heat as you go forward. Your body does not regulate as well and so you can be more prone to develop it in the future."

WITH A HEAT EXHAUSTION VICTIM... DR. CURTIS SAYS TO GET THEM IN A COOL AREA OUT OF THE SUN... AND HAVE THEM DRINK COOL LIQUIDS. IF THEY'RE SUFFERING HEAT STROKE – THAT'S A MEDICAL EMERGENCY AND YOU NEED TO CALL 9-1-1.

REPORTING FOR OSF HEALTHCARE – I'M MATT SHEEHAN.)>

PKG TAG

WHILE CHILDREN AND OLDER ADULTS ARE MORE SUSCEPTIBLE TO EXCESSIVE HEAT PROBLEMS – DR. CURTIS SAYS MIDDLE-AGED PEOPLE ARE THE MOST COMMONLY AFFECTED. IF YOU HAVE ANY QUESTIONS REGARDING THESE HEALTH ISSUES – YOU CAN CALL YOUR OSF ONCALL URGENT CARE CLINIC OR OSF PROMPTCARE NEARBY.