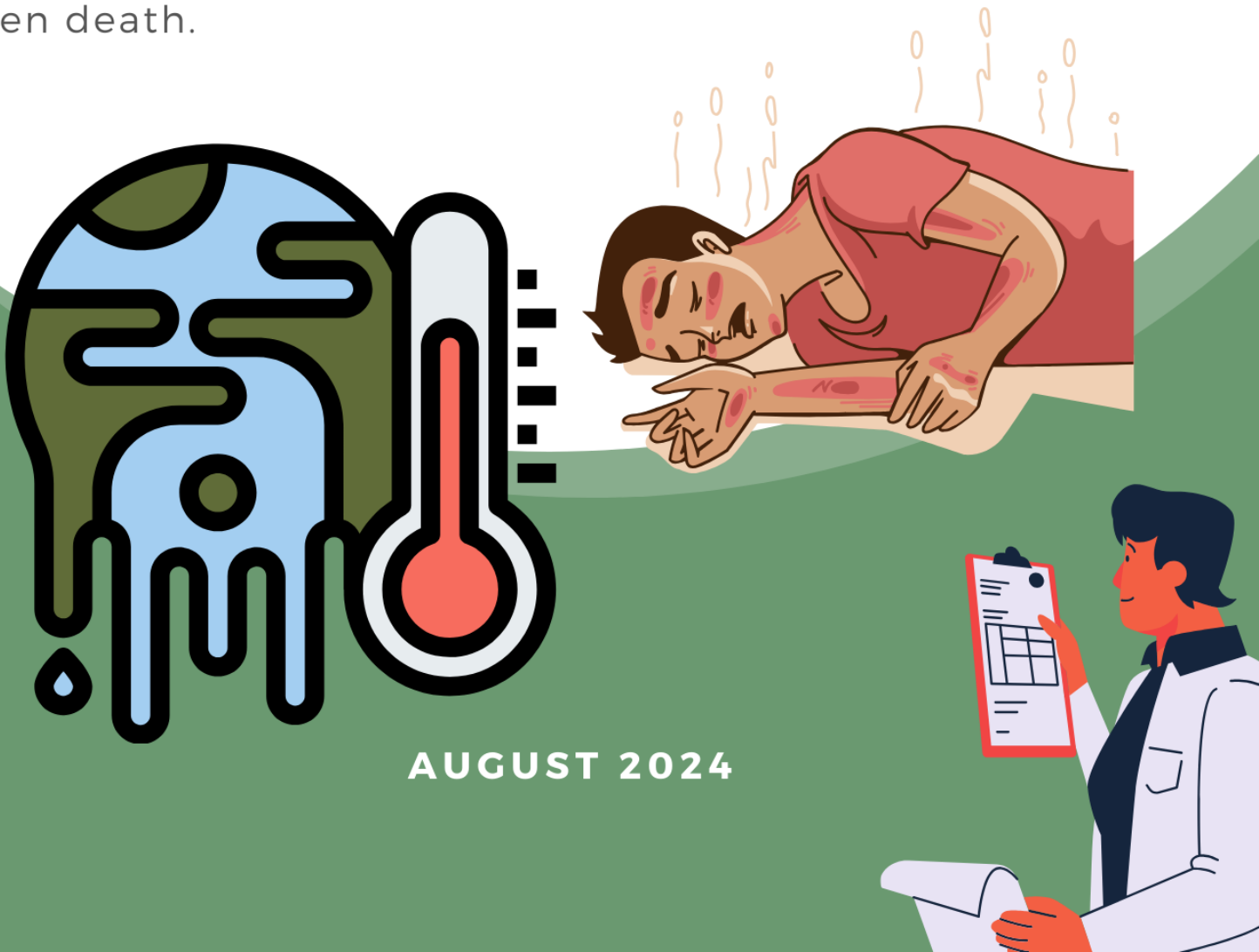


MEDICAL BULLETIN  
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# HYPERTHERMIA

Hyperthermia is a medical condition that occurs when the body's temperature rises above the normal range due to an inability to regulate temperature. It is often caused by exposure to high temperatures, such as during heatwaves or strenuous physical activity, but can also occur as a side effect of certain medications or medical conditions.

If left untreated, hyperthermia can lead to serious complications, such as organ damage, brain swelling, or even death.



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# PREVENTION TIPS

The symptoms of hyperthermia can range from mild to severe and may include:

- High body temperature (above 104°F or 40°C)
- Profuse sweating or lack of sweating
- Rapid heartbeat
- Rapid breathing
- Headache
- Dizziness
- Nausea and vomiting
- Confusion or disorientation
- Seizures
- Loss of consciousness



The treatment for hyperthermia involves cooling the body to reduce the body temperature. This can be done by moving to a cooler environment, drinking cool fluids, applying cool water or ice to the skin, and using fans or air conditioning. In severe cases, medical treatment may be necessary, such as intravenous fluids or medications to reduce fever.

Prevention of hyperthermia involves staying hydrated, avoiding prolonged exposure to high temperatures, wearing light-colored and loose-fitting clothing, and taking breaks from physical activity in hot weather. It is also important to monitor the symptoms of hyperthermia and seek medical attention immediately if they occur.

