

Heatstroke vs. Stroke

(NAPSA)—When the mercury soars, it's wise to learn the signs of heatstroke and how they differ from those of stroke.



Heatstroke can happen when you're exercising outside on a very hot day or simply by getting overheated. Certain heart medications including beta-blockers, angiotensin receptor blockers, ACE inhibitors, calcium channel blockers and diuretics, which deplete the body of sodium, can exaggerate the body's response to heat.

Symptoms of heatstroke include body temperature of 104° F or greater; lack of perspiration; hot, dry, flushed skin; nausea; vomiting; rapid, shallow breathing; headache; confusion; unconsciousness; muscle cramps or weakness; and strong, rapid pulse.

“Heatstroke is life threatening. If you suspect someone is suffering from heatstroke, you should immediately try to cool him or her down and call 9-1-1,” advised Rani Whitfield, M.D.

Stroke warning signs should also prompt a 9-1-1 call immediately. The American Stroke Association says remember F.A.S.T. for stroke: Face drooping, Arm weakness, Speech difficulty, Time to call 9-1-1. Additional signs can include sudden trouble seeing, dizziness, confusion, severe headache, or weakness on one side of the body.

To learn more or to get involved, call 1-888-4STROKE or visit strokeassociation.org.