

8 Summer Tips for Cardiovascular Health



If you are using any heart medications that can exaggerate body's reaction to heat, you should talk with your doctor before going out.



Dress for the heat – lightweight, light-colored clothing in breathable fabrics such as cotton.



Avoid the outdoors from 12:00 to 15:00. Strong sun increases risk for heart-related illnesses.



Use water-resistant sun-screen with at least SPF 15.



It may be especially difficult in the summer, but try to avoid coffee and alcohol.



Drink a lot of water, even if you don't think you need it.

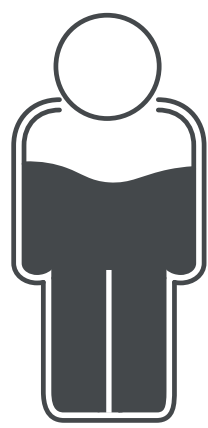


Choose well-ventilated and light shoes.

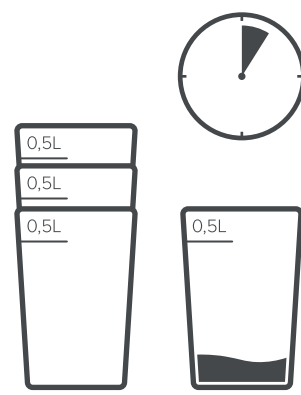


Add a hat and sunglasses. It's fashionable.

HOW HEAT AFFECTS THE HEART



60% of our body is composed of water. It's like oil to a machine.



In the heat your body can lose up to 1,9l of water per hour. **Dehydration happens at a loss of only 1-2% of your body's ideal water content.**



Dehydration causes cardiovascular stress, showing as increased heart rate.

SYMPTOMS OF HEAT EXHAUSTION

- headaches
- heavy sweating
- cold, moist skin, chills
- dizziness or fainting (syncope)
- a weak and rapid pulse
- muscle cramps
- fast, shallow breathing
- nausea, vomiting or both

SYMPTOMS OF HEAT STROKE

- warm, dry skin with no sweating
- strong and rapid pulse
- confusion and/or unconsciousness
- high fever
- throbbing headaches
- nausea, vomiting or both

BE ESPECIALLY CAREFUL

OVERWEIGHT INDIVIDUAL



Overweight individuals are more vulnerable to cardiovascular complications, therefore they should be extra careful in the heat.

IN THE CAR



A car can reach 40 °C when temperatures are only around 15 °C. Heat exhaustion can take place when the outside temperature is as low as 13 °C.

ELDERLY & CHILDREN



Elderly and children are especially prone to heat exhaustion, because their bodies can't adjust to sudden changes in temperature so well.



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