

Health Highlights | Preparing young athletes for the pitfalls of fall sports

<<(I'M MATT SHEEHAN WITH TODAY'S HEALTH HIGHLIGHTS FROM OSF HEALTHCARE.

HIGH SCHOOL ATHLETES ACROSS THE COUNTRY WILL SOON FEEL THE HEAT WHEN TEAMS BEGIN PRACTICES FOR SEVERAL SPORTS... INCLUDING FOOTBALL... CROSS COUNTRY AND SOCCER.

HEALTH EXPERTS SAY IT'S IMPORTANT TO STAY SAFE... ESPECIALLY WHEN IT COMES TO PRACTICING DURING THE GRUELING AUGUST TEMPERATURES.

ACCORDING TO THE NATIONAL CENTER FOR CATASTROPHIC SPORT INJURY RESEARCH – HEAT STROKE IS THE THIRD-MOST COMMON CAUSE OF SUDDEN DEATH AMONG HIGH SCHOOL ATHLETES BEHIND CARDIAC ARREST AND TRAUMATIC BRAIN INJURIES.

DR. FAHEEM AHMAD – A FAMILY PRACTICE PHYSICIAN WITH OSF HEALTHCARE – SAYS ATHLETES CAN EXPERIENCE ANYTHING FROM FEELING TIRED BECAUSE OF HEAT EXHAUSTION... TO SYMPTOMS OF HEAT STROKE... WHICH CAN INCLUDE FAINTING... LOSS OF CONSCIOUSNESS... AND A BODY TEMPERATURE ABOVE 103 DEGREES.

(((SOT))) Dr. Faheem (FA-HEEM) Ahmad, family practice physician, OSF HealthCare

"The summer heat is very dangerous for so many different reasons, and it is important to know and identify those risk factors associated with heat related illnesses, particularly the athletes, their coaches and the staff who work with them."

OTHER SIGNS OF HEAT STRESS INCLUDE HEADACHES... NAUSEA... BODY PAIN... MUSCLE CRAMPS AND DRY MOUTH. DR. AHMAD SAYS HYDRATION IS KEY... SO TAKE FREQUENT WATER BREAKS AND DRINK SPORTS DRINKS WITH ELECTROLYTES.

WITH TODAY'S HEALTH HIGHLIGHTS... I'M MATT SHEEHAN.)>>