

## Understanding Heat Stroke – Interview Transcripts

**Dr. John Rinker, Chief Medical Officer, OSF HealthCare Saint James (on heat illness and injury)**

“There is about two and a half patients out of 100,000 that seek care for heat related illness. Certainly in the summer months it’s more common. You’ll see it a lot more surrounding people participating in high risk activities: people that play sports, so think high school kids who are otherwise healthy, but they’re doing two-a-day football practices or they’re playing baseball out in the summer. They are certainly at higher risk for heat exhaustion.”

**Dr. John Rinker, Chief Medical Officer, OSF HealthCare Saint James (on heat stroke symptoms)**

“Once your body temperature gets above a certain degree, those basic mechanisms to make you sweat excessively start to get bypassed and shut off. By that time you’re probably exhibiting several other types of central nervous system deficits. Certainly keeping that in mind, you can check your temperature and take whatever steps necessary to start cooling yourself down.”

**Dr. John Rinker, Chief Medical Officer, OSF HealthCare Saint James (on spending time in the heat)**

“If you’re spending a lot of time out in a high temperature environment, take frequent breaks. If you’re trying to get a job done that takes an hour, break it up into segments of 15 minutes. Try to get time out of the heat. Certainly if you don’t have access to air conditioning, try to get time in the shade. Take more breaks than you think you need. Certainly excessive hydration: fluids, fluids, fluids.”