

Soundbite script – Rising temps, rising risks

Faheem Ahmad, MD, 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.” (:17)

Faheem Ahmad, MD, family practice physician, OSF HealthCare

“Other signs include having headaches, feeling nausea, pains in the body, muscle cramps and then dry mouth is also one of the signs because dehydration and heat illness go hand in hand.” (:14)

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“I usually recommend sports drinks, because they do have the electrolytes required for you to replenish, because you lose sodium and other electrolytes when you sweat.” (:12)

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“There is an increased incidence of ACL ruptures and ankle injuries, whether it be the ATFL (anterior talo-fibular ligament), which is one of the ligaments in the ankle. They tend to be injured more and require more intervention from medical personnel during the summer.” (:22)

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“As an athlete, coach or trainer, you have to know the risk factors associated with all these conditions. If you know that the UV index is going to be high, if you know the temperature in the dry air is going to be high, if you know that you are going to have a very humid day, try to avoid peak times for that day, because the peak of those temperature and risk factors will cause damage.” (:28)