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Alcohol, heat volatile summer mix

Daily Illini
(U. Illinois)

CHAMPAIGN, Ill. (U-Wire) -- With some students trying to save money on air conditioning and consuming substantial amounts of alcohol this summer, dehydration and heat exhaustion can become a major concern.

Some of the most obvious ways to cope with the heat are wearing loose-fitting and light-colored clothing, drinking plenty of fluids and staying out of the sun, said David Lawrence, medical director of McKinley Health Center at the University of Illinois.

Peggy Gates-Wieneke, a fitness education coordinator at SportWell Center, added trips to the pool as a way to stay cool.

Swimming is the best way to exercise in the summer, Gates-Wieneke said, because the water regulates body temperature.

Gates-Wieneke also recommended exercising in the morning or evening and avoiding the afternoon heat.

Access to the Intramural-Physical Education Building is available to all students enrolled in three or more hours of classes. Those students who are not taking summer classes can pay a \$41 campus recreation fee to gain unlimited use of IMPE over the summer.

Dehydration is a common occurrence in the summer months, and alcohol consumption can greatly contribute to this.

When a body sweats, it cools the skin and keeps the body temperature cooler than the air surrounding it, Dr. Lawrence said.

Dehydration occurs when the fluid intake is not enough to compensate for the loss of sweat, he said.

Alcohol makes kidneys

unable to reabsorb water well and is a poor replacement fluid for the loss of water through perspiration Lawrence said.

"You end up drier than if you had nothing," Lawrence said.

Clear liquids, particularly water, are best to combat the heat. Lawrence said they do treat heat exhaustion and dehydration at McKinley, though not often.

Some signs of heat exhaustion are fatigue, anxiety, nausea, pale color, dizziness, headache, blurred vision, muscle cramps and fainting, according to a McKinley Web site.

The proper treatments for heat exhaustion are lying down flat in a cool or shady area with one's head slightly elevated, removing excess clothing, drinking small amounts of water every few minutes and avoiding heavy activity, the McKinley Web site said.

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