



**Ada Bone & Joint Clinic**  
brings you  
**Common Sense in Medicine**  
By  
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### **Stop Exercising**

There is a time or two when you should stop exercising. The first is when you start hurting. You can exercise up to pain but not through pain. Stop exercising when you feel pain. The second reason to stop exercising is when you get too hot. This is especially true during the summer.

Heat illnesses can be fatal. Heat related problems can start with heat cramps. These can be relieved by stretching the muscles, drinking water, resting in the shade, loosening clothing and using fans.

If fun in the sun continues, then heat exhaustion can develop. This is characterized by dizziness, mild confusion, headaches, weakness, nausea or vomiting and increased sweating. Of course, if you feel any of these, stop exercising and cool down. Recovery may take days.

Continued foolishness in the heat leads to heatstroke, a potentially deadly condition. The body's temperature rises rapidly to 104 degrees or higher. The body's ability to control temperature fails. The body stops sweating. Strange

behaviors, confusion disorientation, and seizures can occur. The kidneys, heart, lungs, liver, intestines, muscles and brain start to die.

It is best to have a friend with you who knows what to watch for and can get you to a hospital quickly. He can help by giving you fluids, lowering your head and cooling you, but you will still need medical attention.

Better yet, prevent the heat illnesses with common sense. Dress in light colored, loose clothing and wear a shade hat. Drink water before starting exercise and about a cup of water every 20 minutes. Avoid alcohol and caffeine. If you lose weight during exercise you are probably short on water. If you gain weight, you are drinking too much water.

Most important, **if you start to feel ill, stop exercising.**

**Heat Illnesses**

**By David Hubler MD**

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