



Amid Heat Waves, IPN Specialists Recommend Preventive Measures

- For those practicing sports, it is best to exercise indoors or at times that allow better performance, early in the morning or in the evening when solar radiation has decreased.
- Proper hydration, wearing lightweight clothing that allows perspiration, and avoiding prolonged sun exposure without protection are key to preventing heat strokes.

Heat waves are episodes of extremely high temperatures that can negatively impact people's health, causing, among other effects, heat strokes. In response, specialists from the Instituto Politécnico Nacional (IPN) recommend taking preventive measures such as staying well hydrated, avoiding prolonged sun exposure, wearing light-colored and breathable clothing, and ensuring indoor spaces are well-ventilated or air-conditioned.

Marvin Antonio Soriano Ursúa, a professor and researcher at the Escuela Superior de Medicina (ESM), explained that excessive exposure to high temperatures, physical activity under direct sunlight, sudden temperature changes, and the use of blood pressure or diuretic medications can increase the risk of heat stroke.

He emphasized that children under five, the elderly, people with chronic illnesses, and individuals with physical or mental disabilities are among the most vulnerable groups and should follow preventive guidelines closely.

An expert in pharmacology and medical research, Soriano noted that excessive sweating, blurred vision, dizziness, headaches, nausea, vomiting, and dry skin are symptoms of heat stroke. He also recommended consuming fruits and vegetables with high water content, keeping spaces cool using air conditioning or fans, and wearing hats or using umbrellas when outdoors.

For those who work or perform activities outdoors, he advised taking breaks in the shade and staying hydrated. If heat stroke symptoms arise, immediate hydration, applying cold compresses, moving the person to a cool place, and seeking medical attention are necessary steps to stabilize the individual.



The Athletic Perspective

Gustavo Arellano Álvarez, medical officer at the IPN Sports Activities Directorate (DAD), emphasized that exercising indoors or during early morning or late evening hours is ideal due to lower solar radiation. If training outdoors is necessary, drinking plenty of fluids and wearing proper clothing are essential.

"To prevent an increase in body temperature, hydration is vital. Before training, at least one glass of water should be consumed, and during physical activity, at least 200 milliliters per hour should be taken to replenish lost fluids. Also, wearing lightweight clothing that promotes perspiration is recommended," he explained.

Arellano, certified in sports medicine, pointed out that sodium, potassium, and magnesium are lost through sweat, and isotonic beverages can help with rehydration. However, he warned that they should not replace water entirely, as some individuals may experience adverse reactions. A 50/50 mix of water and isotonic drinks can be a suitable alternative.

He added that in Mexico City, temperatures usually range between 22 and 25 degrees Celsius; thus, when body temperature rises above 38 °C, sweating is triggered as a natural defense mechanism, resulting in significant fluid loss. Therefore, staying hydrated is crucial to prevent heat stroke.

For more information, visit www.ipn.mx

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