



High Temperatures Could Mean Danger If You're Not Prepared, says Emergency Room Staff

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With temperatures reaching the triple digits across parts of the Permian Basin, a heat advisory from the National Weather Service means heat exhaustion and heat strokes are possible.

"105 degrees, it's a big shock to the body, knowing is half the battle, if you know what to do you can prevent becoming a victim of heat injury." says Odessa Emergency Room Doctor Sudip Bose.

Most of the cases he sees are because people are not prepared.

"The human body takes about two weeks to get use to the heat, it's what we call acclimatized."

He says the heat can cause a range of medical problems.

"From getting sunburn, all the way to cramping, fainting, heat exhaustion, and then finally the last one, the worst is heat stroke."

He says this extreme exposure to the summer sun needs immediate attention.

"When you have a heat stroke your brain is affected, you're confused, you're altered, that's a true emergency, and that's when you definitely need to come into the emergency room and get treated."

"It was a very scary experience, I would not want that for a child." says Karen Price who is a victim of heat exhaustion.

She's the runs a children's learning center in Odessa and with 25 kids under her care she says she takes extra precaution

"They need to be really cautious of their kids make sure they're hydrated with electrolytes, like we are doing water, we made sure they had juices before they came." says Price.

Doctor Bose says there is an easy way to make sure you're getting enough water.

"A quick way to test that is you look at your urine, and the urine should be the color clear, to almost clear lemonade, pale color lemonade, so if it's dark an concentrated you're not drinking enough water."

Emergency Room staff says the first step to being safe is being knowledgeable, for more knowledge on how you can keep you and your family healthy in these high temperatures you can visit the [National Weather Service Weather Forecast's website](http://www.nationalweather.gov/forecast) for tips on staying safe in summer weather.

<http://www.yourbasin.com/news/high-temperatures-could-mean-danger-if-youre-not-prepared-says-emergency-room-staff#.V2S1qzWnoT0.mailto>