HEALTH/SCIENCE

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Internal Medicine

KUWAIT CITY, Aug 12: Summer days are long, sunny, and characterized by soaring temperatures. However, the season also presents several health challenges. Increased tempera tures, humidity, and exposure to the sun can lead to various health issues.

How to prevent common summer illnesses

Sunburn

Sunburn is caused by prolonged exposure to the sun's ultraviolet (UV) rays, which can lead to skin blistering and redness. Fatigue occurs when the body loses too much water and salt. through sweat, presenting symptoms such as heavy sweating, weakness, dizziness, nausea, and headache.

Preventive measures :

Apply a broad-spectrum sunscreen with SPF 30 or higher.

Wear protective clothing, a widebrimmed hat, and sunglasses.

Seek shade during peak sun exposure

Stay hydrated by drinking plenty of water and electrolyte-rich drinks.

Avoid strenuous outdoor activi ties during peak sunlight hours (from 10 am. to 4 p.m.).



Wear light and loose clothing. If symptoms occur, move to a cool place, drink water, and rest.

Heat stroke

Heat stroke is a serious condition caused by prolonged exposure to high temperatures. It occurs when the body loses its ability to control temperature. Symptoms include fever (above 104°F or 40°C), confusion, rapid heartheat, and loss of consciousness.

Preventive measures:

Take the same precautions as for sunburn

Warning: Heat stroke is a medical emergency. If symptoms persist, seek

How to stay healthy during summer

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Summer diseases: Tips to prevent, tackle them effectively

medical attention immediately.

Communicable diseases and infections

High summer temperatures promote the growth of bacteria in food, increas ing the risk of foodborne illnesses. Common pathogens include Salmonella, E. coli, and Norovirus.

Preventive measures:

Wash hands thoroughly before eating or preparing food.

Maintain good hygiene.

Ensure f food is cooked and kept at the right temperature.

Avoid eating raw or undercooked meat and seafood.

Choose clean and hygienic envi ronments when dining out. Remember, the hygiene of the kitchen and chef is crucial.

Fungal infections

Sweating and humidity in the sum mer can lead to fungal infections like athlete's foot, ringworm, and jock itch.

Preventive measures:

Keep the skin clean and dry, especially in areas prone to sweating.

Wear light, breathable clothing and shoes.

If itching occurs, particularly in a circular pattern with a rash, use antifungal powders or sprays.

Contact a healthcare provider if

symptoms persist

Respiratory diseases - allergic rhinitis

High pollen levels in su mmer can increase the risk of allergic rhinitis. Symptoms include sneezing, runny nose, itchy eyes, redness in the eyes, nasal congestion, and sinus pain.

Preventive measures:

Stay away from places with high pollen levels.

Stay indoors when the environment is dusty; wear a mask when going outside.

Replace or clean air conditioning filters and ducts annually.

Use antihistamines or nasal sprays (particularly corticosteroids if needed) as prescribed by a doctor.

Avoid unnecessary use of steroid sprays, as they can lead to nasal bleeding. irritation, crusting, and issues with the nasal septum.

Dehydration

Dehydration occurs when the body doesn't get enough water. Even mild dehydration can cause headaches, fatigue, cramps, and dizziness. These symptoms signal that your body is not adequately hydrated. Check the color of your urine, dark urine and decreased output indicate dehydration. A blood test can also reveal dehydration and

electrolyte abnormalities. **Preventive measures:** Drink plenty of water, at least 3 to

4 liters per day.

Avoid going out in the sun during peak hours.

Consume electrolyte drinks, fruit juices, and vegetables.

Get proper rest and sleep for 8 hours a day.

Use air conditioning in your rooms.

Kidney and urinary stones Kidney and urinary tract stones are more likely to form during hot weather due to the concentration of minerals and salts in the kidneys. These hard deposits can cause severe pain and uri nary complications. Types of kidney stones include calcium oxalate stones, uric acid stones, and struvite stones. Symptoms include severe pain in the back, side, or abdomen, blood in the urine, nausea, vomiting, frequent uri nation, and pain while urinating. **Preventive measures:**

Stay hydrated by drinking plenty of water throughout the day, aiming for at least 3 to 4 liters daily.

Eat water-rich wa foods like fruits (watermelon, papaya, oranges, lemons, apricots, blueberries) and veg etables (cucumbers, tomatoes without

seeds, celery).

Make dietary changes by avoiding foods like spinach, beetroot, nuts, and chocolate, which are high in oxalates.

Limit sodium intake, as high sodium increases calcium in the urine.

Maintain a balanced diet rich in calcium but avoid excessive protein.

Monitor beverage consumption, as sugary drinks and sodas increase the risk of kidney stones,

Citrus drinks like lemonade or orange juice can help prevent stone formation.

Regularly monitor kidney function through blood and urine tests, especially if you have a history of kidney stones.

Summer season brings high tem peratures that influence our lifestyle, habits, and diet. It is also a time when various diseases can arise due to these changes. Hydration is the key to preventing most of these illnesses. By maintaining a suitable diet, getting adequate rest, and staying vigilant, you can keep illness at bay. Regular medical checkups, along with blood and urine tests, can help assess your health condition and allow for timely treatment before diseases become severe. Let this summer season be healthy and joyful for everyone.