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HEALTH TIPS

Twelfth Man must take precautions to beat the heat

□ Football fans should wear loose-fitting clothes and drink lots of water during the football game this Saturday. They should seek medical attention at the first sign of heat exhaustion.

By Jane W. Cohen, Ph.D.
A.P. BEUTEL HEALTH CENTER

Planning on going to the football game Saturday? Will you be standing with the Twelfth Man? Try these tips to keep the Twelfth Man healthy and safe:

- When dressing for the big game, keep in mind that wearing loose-fitting, light-colored, lightweight cotton or cotton-blend clothes allows air to circulate and body perspiration to evaporate.
- Drinking water instead of sugar-sweetened beverages will help replenish body fluids. You may lose 2 to 3 quarts of water a day. Drinking 8 ounces of cool water every 15 minutes is suggested.
- Use caution with drinks containing caffeine (coffee, tea and cola) and alcoholic beverages because they may act as a diuretic that removes water from your body, increasing urine production. You can't always rely on thirst to tell you when you need water.
- Sunglasses with UV protection, sunscreens and caps can all help protect you from the sun's damaging rays. Remember to uncover (take your hat off) during yells though.
- If you consume alcohol on game day, keep

in mind that alcohol increases the level of body dehydration. The heat will increase blood circulation, and you may be unable to lose the body heat you would normally lose through perspiration.

• Another precaution is to check the temperature and the relative humidity. When the relative humidity gets to be around 75 percent, you may not sweat, and your body may be unable to lose the body heat you would normally lose through perspiration.

• If you begin to experience dizziness, nausea or chills, try sitting down for a while or go to one of the first aid stations at Kyle Field.

The main station is located at the north end of the stadium (the horseshoe), and a station is located on each deck as well.

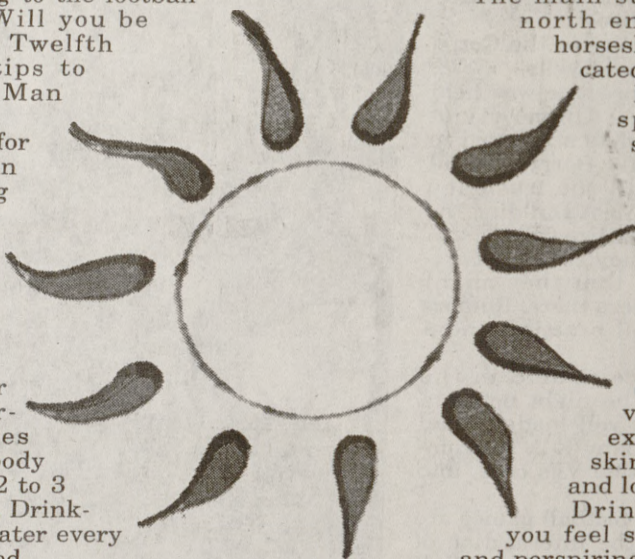
If your body is not perspiring or producing sweat when it should be, seek medical attention at a first aid station immediately.

Heat problems including heat cramps, heat exhaustion and heat stroke can be very serious. Symptoms to watch for include muscle aches and pains, elevated body temperature, extreme fatigue, clammy skin, dizziness or fainting and lowered blood pressure.

Drink extra water before you feel symptoms if you're hot and perspiring.

• If you're tailgating with your family on game day, keep the food safe to eat. Bacteria can grow rapidly and spoil the food and your enjoyment of the game. Be sure the food is cold before placing it in the cooler. Use enough ice to keep the temperature below 40 degrees for storage of cold food.

So enjoy the game, yell for the Aggies and stay healthy. For information about heat precautions, students can come by 16 Health Education Center at A.P. Beutel Health Center.



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MSC Room 206
Engineering Majors
5:00 p.m. to 6:45

Casual attire

Other Majors
7:00 p.m. to 8:45 p.m.

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INTERVIEWS
October 5-6

TAMU Placement Center
Qualified students should register with the Placement Center. If you have any questions, please contact Jill Metzger at 1-800-666-7583 ext. 1727 or, 2200 Ross Avenue, Suite 5200, Dallas, TX 75201

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