

Since March, 98 heatstroke cases claim two lives in state

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While there has been hardly any cases of heatstroke in Mumbai, the number of cases in the state is increasing. Since March till April 17, the state's public health department has recorded 98 heatstroke cases in different parts of Maharashtra in which two people died and around 96 people have been admitted in the hospitals due to the heatstroke in Maharashtra.

Out of the 96 people admitted in the hospital, the highest number of heatstroke cases has been reported in Nagpur (67 cases) followed by Akola (16 cases), Latur (10 cases), Aurangabad (two cases) and Nashik (one case).

Due to an increase in the temperature, overheating of the body causes heatstroke. The two deaths due to heatstroke which were reported in the month of March have been reported in Aurangabad and Dhule district (one death each). Dr Pradeep Awte, state surveillance officer, said that precautionary advisors have been sent to the state's health centres and hospitals in the affected districts of Maharashtra.

In view of the summer season and rise in temperature in various districts, directions have been issued to have medical kit facilities, drinking water and pandal for voters especially women, senior citizens, physically challenged.

Speaking about the effect of heatstroke, Dr Rahul Tambe, internal medicine, Nanavati Super Speciality Hospital, said, "When the body temperature is greater than 104 degrees Fahrenheit, it is termed as heatstroke with complications involving the central nervous system that occur after exposure to high temperatures. Prolonged exposure to high temperatures along with dehydration could lead to a heatstroke which is technical, the failure of the body's temperature control system."



Overheating of the body causes heatstroke

HOW TO BEAT THE HEAT

Don'ts

- Don't leave domestic animals or children in parked vehicles
- Avoid consuming liquor, tea, coffee and carbonated drinks which reduce water content in the body
- Avoid eating stale food or food with high protein content

Do's

- Wear light colour cotton clothes
- Use goggles, take umbrella cap and shoes or chappals when you go outside
- Keep house cool, use curtains, use sunshade, open windows at night