

炎夏快將迫近，大家是否已經準備了連串的消暑活動呢？大家又有沒有想過夏天戶外活動有甚麼需要注意呢？今期我們為大家介紹一個夏天常常會聽到的病症——中暑。

# 中暑



## 西醫療法

不少人對中暑有不同程度的誤解。有人認為，炎夏工作後的疲累就是中暑，又有人認為暴曬後的皮膚灼傷是中暑，要瞭解中暑首先要知道我們的體溫調節。

### 成因

神創造人有一個極精密的體溫調節系統，以保持我們的體溫於大概攝氏37度。我們體內每天不停進行代謝化學反應，產生大量熱能，這些熱能需要有效率的散發，否則我們的體溫就會不停上升。還記得初中科學堂有關熱傳導嗎？我們身體的熱能會經過流汗、呼吸、對流、熱輻射而散去。如果我們的熱傳導功能失調就會引致中暑。我們要特別留意嬰孩、長者及長期慢性病患者，他們皆是中暑的高危人士。長時間在酷熱環境下活動，身體會流失大量水份及電解質，如不及時補充水份及養份，會出現受熱衰竭（Heat Exhaustion）或中暑先兆。

### 症狀

受熱衰竭或中暑先兆包括極度口渴、疲倦、頭暈、作嘔及嘔吐、心跳加速、流汗加劇及肌肉抽搐。如患者不及早接受治療而仍然繼續於暴曬下活動，便會出現更危險的情況——中暑。此時，身體的溫度調節系統會完全無效，體溫會上升至致命的水平。中暑徵狀包括皮膚發熱、體溫超過攝氏41度、清醒度下降，最後會不省人事。

### 治療方法

由於中暑可以在短時間致命，患者必須送院觀察及治療。當懷疑有人中暑時，我們應該將患者移送至陰涼的地方及鬆解緊身衣物。如患者清醒度下降，應將他側臥以保持氣道暢通。另外，我們要盡快為患者降溫，例如以冷水為患者抹身或將冰塊放於腋下或腹股溝。

### 防中暑小貼士

我們應盡量避免在酷熱及潮濕天氣下進行長時間之劇烈運動。如必須在酷熱下進行體力活動，應穿輕巧及鬆身衣服，經常到陰涼地方休息，補充水份及飲用含電解質飲料，避免飲用含酒精及咖啡因之飲品。

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## 中醫療法

### 成因

在炎熱氣候下，或於通風不良及濕度較高的室內高溫環境下運動或過度體力勞動，都會消耗過多正氣及陰津而致中暑。此外，當人體出現正氣不足的情況，亦即人體對外界氣溫變化的適應能力較差時，如睡眠不足或飢餓，那更易發生中暑情況。身體虛弱人士、長者、肥胖或痰濕較重者、慢性病患者尤應注意。

### 症狀

患者一般會出現身熱、大量出汗、頭痛眩暈、煩躁口渴、胸悶噁心、疲乏無力等，甚至嘔吐、腹瀉。若暑熱大汗或嘔吐腹瀉不止，則會發展至面色蒼白、皮膚濕冷、呼吸淺促、脈搏細弱等氣陰兩脫的情況；嚴重者更會昏倒不省人事，甚至出現抽搐痙攣，出現暑熱蒙心及引動肝風之險候，構成生命危險。

### 治療方法——中醫穴位按壓急救

遇到有人中暑，應立刻把患者抬到陰涼通風的地方，把衣服解開及向患者搨風，並可按壓某些特定穴位以幫助患者蘇醒，如百會（頭頂處）、水溝（唇上人中溝之上1/3與中1/3交點處）、合谷（手背虎口處，於第一及第二掌骨間）。如患者清醒，可讓他採半坐臥位，給予淡鹽水或飲料以補充失去的陰津。但若患者仍不省人事，甚或見抽搐痙攣，則應緊急送院搶救。

### 防中暑小貼士

1. 在炎熱季節於室內工作，需注意降溫與通風；在烈日下長途行走或運動則應戴闊邊帽及穿著淺色透氣的衣服。
2. 應多喝開水，並可準備清涼飲料，如荷葉水、綠豆湯、冬瓜皮湯，可酌量加入苡米、赤小豆、藿香、佩蘭等，或進食西瓜等消暑食品。
3. 飲食宜清淡，不宜濃煎厚味或過份油膩的食物，更應避免飲含咖啡因、酒精或太甜飲品。
4. 如身體狀態欠佳、睡眠不足或飢餓時則避免於高溫下運動或工作。

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# Heat Stroke

*Summer is coming, how are you preparing yourself for the long summer? Have you thought about what precautions to take during outdoor activities in the sun? Let's talk about a common summer health issue – heat stroke.*

## Western Medicine Treatment

There are sometimes misconceptions about the meaning of this health condition called heat stroke. Some people may think heat stroke only occurs in summer; some may think it is equivalent to extreme fatigue after outdoor activities under the sun; some may even think sunburn and heat stroke are the same. Firstly, we need to know about the temperature regulation of our body.

### Causes

There is a very sophisticated temperature regulation centre in our brain, which maintains our temperature within a very narrow range. Our body normally generates heat as a result of metabolism and the body is able to dissipate the heat by evaporation (sweating), and increases in respiration and radiation through the skin. By having moisture on the skin and letting it evaporate, our body can cool itself very effectively and keep its temperature in the proper range. Sweat works well as long as there is plenty of water in our body – it takes water to manufacture sweat. If our body runs out of water, sweating stops and our body rapidly overheats. In extreme temperature, high humidity or following vigorous exercise under the sun, the body may not be able to function normally and dissipate the heat generated, as a result body temperature rises causing dehydration and electrolyte loss, which eventually results in heat stroke.

People most susceptible to heat stroke are infants, elderly people, persons with heart disease, lung disease, kidney disease, or on certain medications. A person will usually experience heat exhaustion before progressing to heat stroke.

### Symptoms

Symptoms of heat exhaustion include intense thirst, fatigue, dizziness, nausea and vomiting, rapid heart rate, intense sweating, muscle cramps and aches. If not adequately treated, the body temperature continuously rises until the temperature regulatory mechanism fails and the victim may eventually progress to heat stroke. In addition to symptoms of heat exhaustion, symptoms of heat stroke also include skin flushing, high body temperature (41°C), decreased alertness, disorientation, seizure or even coma.

### First Aid

Heat stroke is a medical emergency requiring immediate medical attention. If not treated, heat stroke can be fatal in less than an hour. Victims of heat exhaustion or suspected heat stroke need first aid treatment. First and foremost, cool the patient. Get the victim to a shady area, remove tight and unnecessary clothing and apply cool or tepid water to skin, fan the victim to promote sweating and evaporation, and place an icepack under the armpit or the groin.

### Prevention

The most important measures to prevent heat strokes are to avoid becoming dehydrated, and to avoid engaging in vigorous physical activities in hot and humid weather. If you have to perform physical activities in hot weather, you should wear a hat, and light-coloured lightweight loose clothing. Take

frequent breaks under some shade and rehydrate yourself frequently. Drink plenty of water preferably with added electrolytes, and avoid alcohol, caffeine, which tend to lead to increased metabolism and dehydration.

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## Chinese Medicine Treatment

### Causes

Heat stroke is usually due to vigorous exercise in hot weather or in poorly-ventilated places. With excessive exposure to high temperature conditions, the Qi and fluids will be lost and thus lead to heat stroke. Heat stroke is more likely to occur in someone who is hungry or lacking sleep because the Qi is not at an adequate level. Some populations are especially susceptible to heat illness, such as the weak, the elderly, obese people, and those with chronic illnesses.

### Symptoms

Heat stroke is characterised by high body temperature, sweating and mental confusion. Victims may suffer from headache or dizziness, fidgeting, thirst, nausea, tiredness, and even vomiting or diarrhea. With continuous perspiration, dehydration may result and the skin colour will change to pale or bluish. Complaints of feeling hot may be followed by chills and trembling. Eventually, unconsciousness and muscle cramps may occur in severe cases.

### First Aid

The victim should be moved to a cool or shaded area and clothing removed to promote heat loss. Massaging several acupuncture points can help awaken the victim, including Bai Hui (at the crown of the head), Shui Gou (between the upper 1/3 and middle 1/3 of the Ren Zhong channel above the upper lip), and He Gu (at the back of the hand between the thumb and the index finger). If the victim is awake, water or isotonic drinks can be given. However, if the victim is still unconscious, immediate hospitalisation is of paramount importance.

### Prevention

1. A cool and good-ventilated atmosphere is necessary for staying indoors in hot weather. People who engage in physical activities outside should wear light, loose-fitting clothing and wide-brimmed hats.
2. Plenty of liquids are needed to replace fluids lost from sweating. Drinks like lotus leaf soup, mung bean soup, dong gua rind soup, or eating watermelon can also help.
3. A light diet is preferred. Rich diets, alcohol and caffeine should be avoided.
4. Vigorous exercise should be avoided in hot weather if the health condition is not good enough.

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