

Health Check

JULY 2026

 **Kelsey-Seybold Clinic**
Changing the way health cares.™

Act Early To Prevent Heat Exhaustion and Dehydration



By Yussein Aguirre, MD
Family Medicine

Dr. Aguirre cares for patients at Kelsey-Seybold's Eldridge location. She offers in-person and video visit care options for patients.

Languages: English and Spanish



Hot and humid Houston summers place extra strain on the body, even for people who are healthy and active. High temperatures and humidity can interfere with the body's ability to cool itself, especially during long periods outdoors or while working in warm environments. When the body struggles to release heat efficiently, fluid loss can add up quickly and increase the risk of heat exhaustion or dehydration.

These conditions can develop gradually or come on more quickly than expected. Paying attention to early warning signs can help you act sooner, cool down safely, and keep mild symptoms from becoming more serious.

Heat exhaustion and dehydration occur when fluid loss outpaces intake or when body temperature rises faster than the body can regulate. Some people are more sensitive to heat, particularly at younger and older ages or when chronic conditions are involved. Even so, anyone can be affected during prolonged exposure, especially when physical activity and humidity are both high.

Keep an eye out for signs of heat exhaustion or dehydration:

- Heavy sweating with cool or pale skin
- Feeling weak, dizzy, or lightheaded
- A headache that develops while you are in the heat
- Nausea or an upset stomach
- Muscle cramps, often in the legs
- A fast heartbeat or breathing that feels more difficult than usual
- Very dark urine or urinating less often than normal

Early symptoms may improve with cooling measures and hydration, but if they do not, seek more immediate care support. Symptoms that affect alertness require emergency care and may indicate that the body is no longer regulating temperature effectively.

If you are unsure how serious symptoms may be, Kelsey Seybold Clinic can help. You can reach Kelsey-Seybold's **After Hours Nurse Hotline** at **713-442-0000** when concerns come up outside regular clinic hours. On-demand virtual care with **VideoVisitNOW** is also available; see a Kelsey-Seybold provider in about 20 minutes or less. VideoVisitNOW is the same cost as your primary care co-pay

To schedule a visit, call **713-442-7038**, visit **kelsey-seybold.com**, or visit **MyKelseyOnline** patient portal.