

Dear family,

Summer is here and hot weather is upon us. As you know, people with CF lose excess salt when they sweat so it is crucial to maintain good fluid and salt intake when experiencing hot weather. We have already had a number of calls from concerned families and so we wanted to send you a reminder on how to stay healthy and well hydrated during the summer months.

In high temperatures, especially when coupled with exercise, as well as fluid replacement, salt tablets may be necessary (in addition to our usual advice to add salt to your food), to replace the salt lost in sweat. We recommend 1-2 salt tablets per day (you do not require a prescription for this as it is sold over the counter). Salt tablets should ALWAYS be given with food and/or adequate fluids (i.e. 2 glasses). They should never be given on an empty stomach.

The early symptoms and signs of heat exhaustion or heatstroke are as follows:

Symptoms of heat exhaustion:

- moderately high core temperature (the temperature of the body's internal organs, best measured with a rectal thermometer) of up to 102°F (39°C)
- cool, pale, clammy skin
- muscle cramps
- headache
- nausea
- fatigue and weakness
- dizziness or lightheadedness
- possible fainting, but can be revived

A person suffering from heat exhaustion will usually be sweating profusely in an attempt to get rid of excess heat.

Symptoms of heat stroke: (this is a medical emergency, seek medical help immediately)

- extremely high core temperature of up to 106°F (41°C)
- hot, red, dry skin
- rapid pulse
- rapid, shallow breathing
- headache
- confusion, strange behaviour
- possible loss of consciousness

Please take a moment and read the enclosed handout from the CCFF on summer tips and salt intake recommendations. If you have questions/concerns call the CF clinic at 604-875-2146.

We wish everyone a healthy, happy summer!

Your CF Team