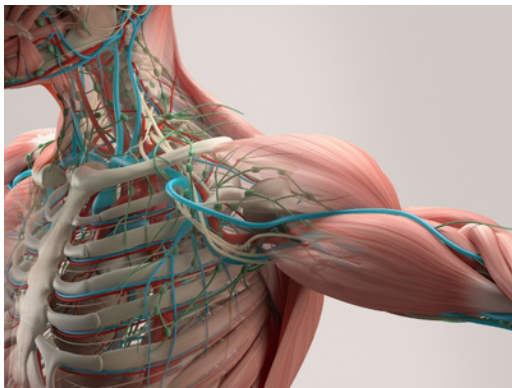


RHABDOMYOLYSIS PREVENTION



DEFINITION

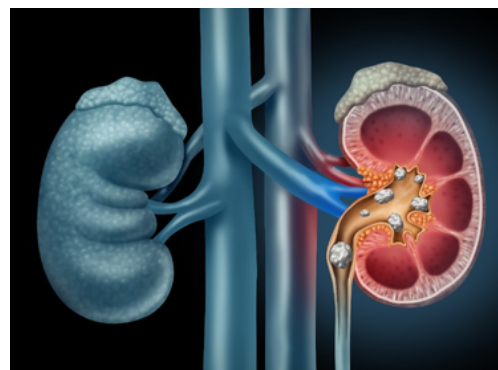
The breakdown of muscle tissue where a protein, myoglobin, is released into the bloodstream that can poison the kidneys causing long term damage. Damaged muscles can swell, retaining water which causes further dehydration and kidney damage.

Caused by any trauma to the muscle which includes exercise under strenuous conditions like dehydration, heat, or poor fitness levels.

SYMPTOMS

- Muscle weakness, swelling, pain, or fatigue
- Dark urine
- Nausea/Vomiting
- Fever
- Confusion
- Irregular heart rate

If experiencing any of these symptoms, it is imperative to contact a doctor immediately



PREVENTION

The primary preventative key is **hydration**, drinking plenty of fluids especially in preparation for exercise. By consuming plenty of fluids, it will dilute the concentration of myoglobin to aid the kidney in clearing the bloodstream.

Exercise in extreme heat leaves one vulnerable to dehydration. Under these conditions it is vital to consume extra fluids to prevent dehydration.

Awareness of both personal fitness levels and environment are key factors in prevention. Conscious decision making to know one's limit significantly reduces the chances of injury as over exertion can be a cause for rhabdomyolysis.

It is recommended to consult with a doctor before beginning any new form of strenuous physical activity.



AT HIGHER RISK

- Firefighters
- Police Officers
- First Responders
- Construction Workers
- Military Service Members
- Athletes

INCREASED CHANCES

- Use of illegal drugs
- Excessive alcohol consumption
- Supplements, ex. Creatine
- Consumption of large amounts of caffeine
- Medical conditions, ex. Sickle Cell Disease, Muscular Dystrophy