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Biochemical Study of the Exertional Heat Stroke

By *Haruo Hashimoto**

1. Fourteen cases of Exertional heat stroke are reported in this paper. Thirteen cases occurred in the hot, humid summer season. One case happened in the winter season. Most cases occurred in the 5th day from the start of the hard training.

2. Serum examination of these patients revealed abnormally high elevation of CPK & LDH.

   There was noticed high tendency in the GOT, GPT, and uric acid.

   The value of CPK and LDH seems to show a state of the athlete condition most reliably.

   The abnormally high elevation of CPK and LDH may be one of the causes of unconsciousness (coma) in the Exertional heat stroke.

3. Emergency treatment including intravenous fluid administration and others are necessary to avoid a irreversible state in the treatment of Exertional heat stroke.

   All fourteen cases are rescued and discharged after serum enzymes levels returning to the normal range.

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