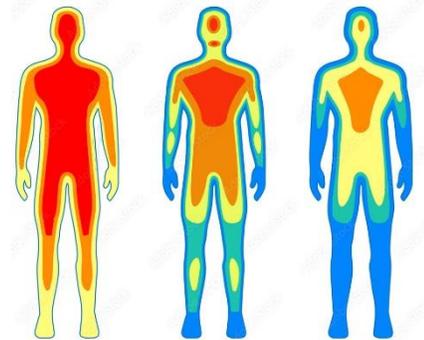


HEAT IN HUMAN BODY



Body temperature is the degree of heat maintained by the body.

Normal body temperature is: 37 ° C



HEAT LOSS METHODS



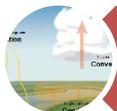
Sweating



Radiation



Conduction



Convection

HEAT RELATED DISEASES

- **Heat stroke**
- **Heat exhaustion**
- **Fever (pyrexia)**
- **Burns**

SOURCES OF HEAT



Metabolism



Muscle activity



Hormonal activity



Digestion of food



[Whatsapp](#)



[Instagram](#)



[Youtube](#)

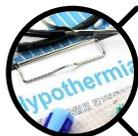


[Telegram](#)

CLINICAL IMPORTANCE



Fever (Pyrexia)



Hypothermia



Hyperthermia



Post-operative temperature monitoring



Newborn temperature care



PREVENTION OF HEAT PROBLEMS

- Adequate hydration
- Proper clothing
- Avoid extreme temperature exposure
- Environmental control
- Patient education
- Early monitoring



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