

Beat the heat and stay healthy this summer

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AS THE summer season goes on and heat index levels rise across the Philippines, KonsultaMD, the country's leading telemedicine provider, is urging the public to take precautions against common health risks during the hot weather months.

Extreme heat can take a serious toll on one's health, making it crucial to take appropriate measures to prevent harmful conditions. Here are some health concerns to watch out for this season, and some helpful tips from KonsultaMD:

Sunburn

Sunburn is one of the most common summer afflictions, caused by overexposure to the sun's harmful ultraviolet rays. To prevent sunburn, use a high-SPF sunscreen, wear protective clothing, and seek shade whenever possible, especially during peak sun hours around midday.

Heat Exhaustion

Heat exhaustion happens when the body overheats from hot weather or exertion, leading to symptoms like thirst, weakness, dizziness, and anxiety. To prevent it, stay hydrated, avoid sugary/alcoholic drinks, and limit outdoor activities in peak heat. If symptoms worsen due to convulsions or loss of consciousness, it could be a heat stroke—seek emergency medical help immediately.

Food Poisoning

Summer heat also increases the risk of food poisoning by creating ideal conditions for bacteria growth in improperly stored foods. Safe food handling such as hand washing, thorough cooking, and proper refrigeration are critical during these months.

Those experiencing symptoms are encouraged to speak to a medical professional, which can easily be done through a virtual consultation on the KonsultaMD app.

“One of the biggest advantages of telemedicine, like what KonsultaMD offers, is preventing issues from escalating by providing expert medical advice early on,” said Beia Latay, KonsultaMD CEO. “For non-emergency situations such as sunburns or dehydration, we can offer guidance on at-home care. However, for more severe cases, our board-certified physicians can help determine if a trip to the Emergency Room or clinic is necessary based on the symptoms,” she said.

For more information about KonsultaMD, visit <https://konsulta.md> or download the app on the App Store or Google Play.