

Alcohol Consumption and Warm Weather

With longer days and warmer weather, some people may feel inclined to indulge in alcoholic beverages. A cold drink is refreshing when picking the right drink, but alcoholic drinks in warm to hot weather can have consequences.

Alcohol causes a slowing down of the **hypothalamus gland** which regulates your body's temperature, so if you are hot already, alcohol may make your body lose fluids twice as quickly. This may result in **dehydration**, causing dizziness, muscle cramps, disorientation, fatigue, impaired judgement, and heat stroke.

Dehydration can present itself in 3 phases:

- Heat cramps from the loss of essential water and sodium
- Heat exhaustion caused by the dehydration
- Heat stroke is the phase that could lead to shock or even organ failure

If you choose to drink alcoholic beverages in the hot weather, drink them slowly, and drink a glass of water at regular intervals to keep hydrated. Drinking alcohol at any time of year can be **dangerous** if it is done in **excess**.

Watch what you are doing and keep yourself safe.

