

SAUNAS & CONTRAINDICATIONS

MEDICAL CONDITIONS

If any of the below apply to you, consult your physician prior to sauna use:

- **Cardiovascular Issues, Obesity or Diabetes** – Individuals suffering from obesity or with a medical history of heart disease, low or high blood pressure, circulatory problems, or diabetes should consult a physician prior to use. Heat stress increases cardiac output and blood flow in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by thirty (30) beats per minute for each degree increase in core body temperature.
- **Medications** – Individuals who are using prescription drugs should seek the advice of their personal physician since some medications may induce drowsiness, while others may affect heart rate, blood pressure and circulation. Diuretics, barbiturates, and beta-blockers may impair the body's natural heat loss mechanisms. Anticholinergics, such as amitriptyline, may inhibit sweating and can predispose individuals to heat rash or to a lesser extent, heat stroke. Some over-the-counter drugs, such as antihistamines, may also cause the body to be more prone to heat stroke.
- **Alcohol & Drug Abuse** – Contrary to popular belief, it is not advisable to attempt to "sweat out" a hangover. Alcohol intoxication decreases a person's judgment; therefore, he/she may not realize when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress. The use of alcohol, drugs, or medications prior to a sauna session may lead to unconsciousness.
- **Elderly** – The ability to maintain core body temperature decreases with age. This is primarily due to circulatory conditions and decreased sweat gland function. The body must be able to activate its natural cooling processes in order to maintain core body temperature. If elderly, operate at a lower temperature and for no more than 15 minutes at a time.
- **Children** – The core body temperature of children rises much faster than adults. This occurs due to a higher metabolic rate per body mass, limited circulatory adaptation to increased cardiac demands, and the inability to regulate body temperature by sweating. When using with a child, operate at a lower temperature and for no more than 15 minutes at a time.
- **Chronic Conditions / Diseases Associated with Reduced Ability to Sweat or Perspire** – Multiple Sclerosis, Central Nervous System Tumors, and Diabetes with Neuropathy are conditions that are associated with impaired sweating. Consult a physician.