70 participants
60% Hispanic or Latino

Gender:
Women - 32
Men - 38

Average age:
38 years (19-54)

Body Mass Index
- Normal
- Overweight
- Obese

Excessive sweating
64%

Headache
46%

Muscle cramps
33%

Dizziness
23%

Fainting
17%

Nausea/Vomiting
13%

Confusion
10%

Dehydration
Urine osmolality:
1.001-1.040 (Normal < 1.020)
Morning Average
1.021
Afternoon Average
1.024
Blood osmolality:
270-301 (Normal < 295)

60% of participants begin the workday dehydrated
81% of participants end the workday dehydrated

71% had at least one day above core temperature threshold (100.4°F)

Blood pressure
- Hypertensive
- Normal

Blood analysis
- Crisis
- Normal
- Hypertensive

Participants referred for follow-up
- 24 cases of high fasting glucose (>120)
- 5 cases of high blood pressure
- 3 cases of urinary tract infections
- 7 other cases (Abnormal BUN, creatinine, or blood in urine)

Blood pressure
- 71% had at least one day above core temperature threshold (100.4°F)

Blood analysis
- Glucose: 61-302
- Sodium: 136-150
- Creatinine: 0.3-2.0
- BUN: 4-32

Participants referred for follow-up
- 24 cases of high fasting glucose (>120)
- 5 cases of high blood pressure
- 3 cases of urinary tract infections
- 7 other cases (Abnormal BUN, creatinine, or blood in urine)

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