



Quick Questions in Heat-Related Illnesses and Hydration: Expert Advice in Sports Medicine

By Rebecca M. Lopez

SLACK Incorporated. Paperback. Book Condition: new. BRAND NEW, Quick Questions in Heat-Related Illnesses and Hydration: Expert Advice in Sports Medicine, Rebecca M. Lopez, Are you looking for concise, practical answers to questions that are often left unanswered by traditional sports medicine references? Are you seeking brief, up-to-date, expert advice for common issues that can be encountered when working with athletes? Quick Questions in Heat-Related Illness and Hydration: Expert Advice in Sports Medicine provides a unique format of concise and to the point responses with clinical application, backed by the latest research on heat-related illnesses and hydration issues common among athletes. Dr. Rebecca Lopez and her contributors present 39 common clinical questions regarding topics such as how much and what kinds of fluids are optimal for performance and preventing illness, how to calculate an individual's sweat rate, and the effect of supplements on hydration. Co-published with the National Athletic Trainers Association, Quick Questions in Heat Related Illness and Hydration: Expert Advice in Sports Medicine provides concise answers to 39 frequently asked clinical questions. Written in a conversational tone, the authors of the individual questions represent a variety of different backgrounds and are experts in their respective field. The variety of questions...



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