

Loss of function is hypothermia threat

Hypothermia is a technical term for an uncontrolled loss of heat that results in a dangerous drop in the body's core temperature.

The most serious immediate consequence of the drop, says Dr. Joseph G. Neuwirth, a physiologist with extensive mountaineering experience, is a loss of mental function that prevents a victim from rationally helping himself. If the effects of hypothermia push

body temperatures below 80 degrees, death results.

Many factors including food intake, clothing, wind chill and a person's general physical condition determine how well an individual can cope with extremely cold weather adds Neuwirth. But knowing the enemy—cold, and its effects on the body—can contribute to extending the season for outdoor activities even in the coldest climates.

Body Temperature

"Hypothermia" is the technical term for uncontrolled loss of heat, which causes a drop in the body's core temperature. The most serious consequence of this drop is the associated loss of mental function, which prevents the victim from rationally helping himself.

