

1. Record Nr.	UNINA9910449858203321
Titolo	Fluid replacement and heat stress [[electronic resource] /] / Committee on Military Nutrition Research, Food and Nutrition Board, Institute of Medicine ; Bernadette M. Marriott, editor
Pubbl/distr/stampa	Washington, DC, : National Academy Press, 1994
Descrizione fisica	1 online resource (254 p.)
Altri autori (Persone)	NesheimRobert O MarriottBernadette M
Disciplina	616.989
Soggetti	Dehydration (Physiology) Water-electrolyte imbalances Exercise - Physiological aspects Fluid therapy Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Study was supported by the U. S. Army Medical Research and Development Command. Report of the proceedings of a workshop held in February 1989. Committee chairman: Robert O. Nesheim.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	""FLUID REPLACEMENT AND HEAT STRESS""; ""Copyright""; ""Preface""; ""Contents""; ""Part I Executive Summary""; ""1 Committee Summary and Recommendations""; ""INTRODUCTION""; ""FINDINGS FROM THE WORKSHOP PRESENTATIONS""; ""AREAS FOR FUTURE RESEARCH""; ""RECOMMENDATIONS""; ""Part II Invited Papers""; ""2 Use of Electrolytes in Fluid Replacement Solutions: What Have We Learned From Intestinal Absorption Studies?""; ""INTRODUCTION""; ""METHODS""; ""WATER AND ELECTROLYTE ABSORPTION""; ""Glucose-Stimulated Na+ Absorption""; ""Fructose Versus Glucose""; ""ANION TRANSPORT""; ""EFFECTS OF EXERCISE"" ""SUMMARY AND NEEDED RESEARCH""""RECOMMENDATIONS""; ""REFERENCES""; ""3 Formulation of Carbohydrate-Electrolyte Beverages""; ""INTRODUCTION""; ""EFFECTS OF WITHHOLDING WATER BEFORE OR DURING PROLONGED EXERTION""; ""Early Experiments"";

""Reduced Plasma Volume and Increased Body Fluid Osmolality"";
""Increased Circulatory Strain""; ""Decreased Sweating Response"";
""Altered Electrolyte Distributions""; ""EFFECTS OF WATER AND SALINE
FEEDINGS DURING PROLONGED EXERCISE""; ""Efficacy of Electrolyte
Replacement During Prolonged Exertion""
""Summary of Effects of Water and Saline Replacement on Homeostasis
During Prolonged Exertion""""HOW IMPORTANT IS THE GASTRIC
EMPTYING RATE OF A BEVERAGE CONSUMED DURING PROLONGED
EXERTION""; ""EVIDENCE THAT MODERATELY CONCENTRATED
CARBOHYDRATE-ELECTROLYTE SOLUTIONS ARE EFFECTIVE IN
MAINTAININGa€?""; ""REFERENCES""; ""4 Considerations for Replacement
Beverages: Fluid-Electrolyte Balance and Heat Illness"";
""INTRODUCTION""; ""SALT DEFICITS""; ""POTENTIAL
OVERCONSUMPTION OF SALT""; ""CASE REPORT A: TEN HEATSTROKE
PATIENTS""; ""CASE REPORT B: HEAT EXHAUSTION IN PANAMA""
""CASE REPORT C: HEAT EXHAUSTION AMONG RESERVISTS IN TEXAS""""
SCENARIO-SPECIFIC NEEDS""; ""SUMMARY""; ""REFERENCES""; ""Appendix
1 A CASE REPORT FROM FORT BRAGG""; ""Appendix 2 CASE STUDY
FROM GRENADA""; ""5 Carbohydrate Supplements During and
Immediately Post Exercise""; ""INTRODUCTION""; ""CARBOHYDRATE
SUPPLEMENTS DURING EXERCISE""; ""Continuous Exercise"";
""Intermittent Exercise""; ""Summary""; ""CARBOHYDRATE SUPPLEMENTS
IMMEDIATELY AFTER EXERCISE""; ""Glycogen Storage Immediately After
Exercise""; ""Time of Postexercise Carbohydrate Consumption""
""The Effect of Multiple Supplements and Different Amounts of Glucose
Polymer""""Effect of Glucose Infusion""; ""Differences in the Simple
Carbohydrates""; ""Summary""; ""REFERENCES""; ""6 Gastric Emptying
During Exercise: Influence of Carbohydrate Concentration,
Carbohydrate Source, an ...""; ""INTRODUCTION""; ""CARBOHYDRATE
CONCENTRATION""; ""CARBOHYDRATE SOURCE""; ""EXERCISE
INTENSITY""; ""INDIVIDUALITY OF GASTRIC EMPTYING RATES"";
""EFFECTS OF GASTRIC EMPTYING METHODOLOGY""; ""MILITARY
APPLICATIONS""; ""REFERENCES""
""7 Interaction of Water Bioavailability, Thermoregulation, and Exercise
Performance""
