

**Mayo Clinic Medical Edge**

**Heat Rash**

1:00

**Log**

**Audio**

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<b>Intro with music</b>	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	WHETHER YOU'RE OUT FOR A RUN OR RUNNING AFTER THE KIDS, SUMMER IS AN EASY TIME TO WORK UP A SWEAT. THAT'S WHEN YOU NOTICE THE TINY LITTLE BUMPS. THEY COULD BE RED AND ITCHY OR CLEAR, LIKE LITTLE BLISTERS... HEAT RASH IS CAUSED BY BLOCKAGE OF YOUR SWEAT PORES,
<b>Marian McEvoy, M.D.</b> <b>Track 1 (12:39)</b>	"WHAT HAPPENS IS YOUR BODY TRIES TO SWEAT, YOUR PORES ARE BLOCKED FOR ONE REASON OR ANOTHER AND YOU'LL GET SMALL LITTLE BLISTERS WHERE

	THE SWEAT PORES ARE.”
	DR. MARIAN MCEVOY IS A DERMATOLOGIST AT MAYO CLINIC. WHILE SOME FORMS CAN BE A LITTLE UNSIGHTLY, HEAT RASH ISN'T DANGEROUS AND WILL USUALLY CLEAR UP ON ITS OWN. DR. MCEVOY'S BEST ADVICE...
<b>Dr. McEvoy</b> <b>Track 1 (13:12)</b>	“KEEP COOL! PREVENTION IS PROBABLY THE EASIEST APPROACH.”
	TRY TO KEEP DRY AND DON'T WEAR TIGHT OR RESTRICTIVE CLOTHING, ESPECIALLY IF YOU THINK YOU'RE GOING TO BE SWEATING.
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.

