Hyperthermia and Thermoregulation Techniques

Description:
Do a full-brain workout to study for this exam. This technique is perhaps the single most effective way to master a topic because it includes: recalling information, describing a topic as thoroughly as possible, thinking about a concept from many angles, actively reviewing your notes and textbook, writing about a topic, seeking and correcting misunderstandings, and critically deriving the simplest correct answer for the question being asked.

Directions:

1. Follow these steps in sequential order:
    a. Using a colored pen (e.g. **green**) and only your own memory, write down everything you can to answer the question. This includes definitions, diagrams, feedback pathways, graphs, concept maps, keywords, sketches—anything at all.
    b. Using a different colored pen (e.g. **purple**) and all the resources you have available (notes, lecture recordings, the textbook, the Internet, etc.), fill in any information you did not originally include in your answer. Additionally, use a third color of pen (e.g. **red**) to correct anything that you wrote down incorrectly.
2. Once you have collected all the pertinent information to answer the question in one place, *in a separate space* work to come up with the most complete, yet concise answer possible that would correctly answer the question being asked.

Inking Prompt:
Cities often provide heat warnings to their citizens on days when the heat index is above 100 degrees Fahrenheit to prevent heat stroke or heat shock. Answer the questions below to describe why these warnings are so important.

a. Draw a feedback loop of the regulation hyperthermia (e.g. excessive core body temperature). Explicitly identify each component of the feedback loop in regards to the role it plays (e.g. integrating center)
b. Explain some non-physiological mechanisms that people can use to help maintain a healthy core temperature when the environmental temperature is this extreme.