

Steven Magee Discusses His ‘Hot Car Syndrome’

“After being locked into an excessively hot car on a sunny day by a corrupt Atlanta Airport Police Officer followed by denial of medical treatment for it, it emerged I was a different person. I was no longer waking up most days at sunrise. I was lethargic, finding it difficult to wake up in the mornings, staying in bed for hours longer than normal and my ability to concentrate and focus had significantly degraded. Less things were getting done during the day due to the new injuries I had. I discovered during a trip to Hawaii that a drink I had in Hawaii would improve the nasty symptoms that had shown up. I am looking into the ingredients in that drink that are mysteriously causing an improvement in the ‘Hot Car Syndrome’ I now have.”

Steven Magee – Author of Altitude AIDS

Google AI Question: “What does being locked into a hot car do the human body long term?”

Google AI response: Long-term effects of being locked in a hot car on the human body.

Being locked in a hot car, especially for an extended period, can have serious and potentially long-lasting health consequences, primarily due to the risk of heatstroke.

1. Organ damage

Brain: The brain is extremely sensitive to high temperatures. Heatstroke can lead to brain swelling (cerebral edema), disrupted brain function, and in severe cases, permanent brain damage, says the National Institutes of Health (NIH). This can manifest as cognitive impairment, including problems with memory, attention, and decision-making, along with neurological symptoms like seizures and coma.

Kidneys: Prolonged heat exposure and dehydration can strain the kidneys, increasing the risk of kidney injury, kidney stones, and even kidney failure.

Heart: The heart has to work harder to try and cool the body down in extreme heat, which can put a strain on the cardiovascular system and potentially increase the risk of cardiovascular diseases like heart failure in the long term, according to Scientific American.

Liver: Heat stress can lead to liver injury and even liver failure.

Muscles: Muscle breakdown (rhabdomyolysis) can occur with heat stress and prolonged physical exertion, releasing toxins into the bloodstream which can further damage the kidneys.

2. Neurological and cognitive effects

Heatstroke is associated with specific types of long-term cognitive impairment, including aphasia (difficulty speaking) and dysarthria (slurred speech).

Damage to neurons in the cerebellum, hippocampus, and midbrain can also lead to issues with headaches, motor speech disorders, and lack of muscle coordination.

Even without experiencing heatstroke, prolonged heat exposure can affect brain activity and connectivity, impacting cognitive functions like memory and attention, notes Verywell Mind. This can also affect mood and behavior, potentially worsening existing mental health conditions.

3. Potential for lasting harm

While many people recover fully from heat-related illnesses, severe cases, especially those involving heatstroke, can lead to permanent damage or even death.

Children and the elderly are particularly vulnerable due to their less developed or less efficient temperature regulation mechanisms.

It is crucial to recognize the symptoms of heat-related illness and seek immediate medical help if someone is experiencing heatstroke or has been in a hot car for an extended period.