



-partnered with-



## Rhabdomyolysis aka "Rhabdo"

### What is it?

Condition where excess muscle tissue breakdown releases proteins and electrolytes in the bloodstream placing stress on the body and organs.

### What are the symptoms?

- Feeling weak or tired, unable to complete job tasks or finish a workout routine
- Muscle cramps, aches, or pains (that are more severe than expected)
- Dark urine (tea- or cola-colored)

### How is it diagnosed?

There are only two accurate blood tests used to diagnose rhabdomyolysis

- Creatine Kinase (CK) test
- Creatine Phosphokinase (CPK) test

### What are the *potential* consequences?

- Heart damage
- Kidney damage
- Disability
- Death

### Who can get it?

Anyone can get rhabdo but people who work in hot environments and/or perform strenuous physical tasks have a higher chance of getting it.

Examples include:

- Athletes
- Firefighters
- Police officers
- First responders
- Military service members
  - Other examples: farmers, construction workers, forge workers

### Steps to avoid rhabdo?

- Get acclimated to your environment
  - Avoid excess heat exposure whenever possible
  - Take water breaks whenever possible
  - Improve your overall fitness levels
- Stay Hydrated - dehydration doesn't cause rhabdo but it will impair the body's ability to get rid of these proteins and electrolytes.
  - Avoid caffeine and alcohol
  - drink ~0.5 oz./lb of bodyweight in water each day

### Sources:

"Rhabdomyolysis." [Centers for Disease Control and Prevention](#)

"Rhabdomyolysis: Medlineplus Medical Encyclopedia." [MedlinePlus](#)

"How Do I Know If I Have Rhabdomyolysis?" [Cleveland Clinic](#)