



# INTEGRATIVE MEDICAL CLINIC

of North Carolina

## **Contraindications of Clear Light Sauna:**

*Any of the below described contraindications will require you to use discretion for your own wellbeing.*

**Medication Cautions** – Diuretics, barbiturates and beta-blockers may impair the body's natural heat loss mechanisms. Anticholinergics such as amitriptyline may inhibit sweating and can predispose individuals to heat rash or to a lesser extent heat stroke. Some over-the-counter drugs, such as antihistamines, may also cause the body to be more prone to heat stroke.

**Pregnancy/Breast Feeding** – Pregnant women should consult a physician before using an infrared sauna. If breastfeeding, do not use the infrared sauna.

**Menstruation** – Heating of the low back area of women during the menstrual period may temporarily increase their menstrual flow.

**Elderly** – The body must be able to activate its natural cooling processes in order to maintain core body temperature. As we mature, our bodies naturally lose this capability. If over the age of 70 consider using the sauna at 120-140 degrees maximum.

**Cardiovascular Conditions** – Individuals with cardiovascular conditions or problems (hypertension/hypotension), congestive heart failure, impaired coronary circulation or those who are taking medications which might affect blood pressure should exercise caution when exposed to prolonged heat. Heat stress increases cardiac output and blood flow in an effort to transfer internal body heat to the outside environment via the skin (perspiration) and respiratory system. This takes place primarily due to major changes in the heart rate, which has the potential to increase by thirty (30) beats per minute for each degree increase in core body temperature.

**Alcohol/Alcohol Abuse** – Contrary to popular belief, it is not advisable to attempt to “sweat out” a hangover. Alcohol intoxication decreases a person’s judgment; therefore, he/she may not realize when the body has a negative reaction to high heat. Alcohol also increases the heart rate, which may be further increased by heat stress.

**Chronic Conditions/Diseases Associated With Reduced Ability to Sweat or Perspire** – Multiple Sclerosis, Central Nervous System Tumors and Diabetes with Neuropathy are conditions that are associated with impaired sweating.

**Hemophiliacs/Individuals Prone to Bleeding** – The use of infrared saunas should be avoided by anyone who is predisposed to bleeding.

**Fever** – An individual who has a fever should not use an infrared sauna until the fever subsides.

**Insensitivity to Heat** – An individual with insensitivity to heat should not use an infrared sauna.

**Joint Injury** – If you have a recent (acute) joint injury, it should not be heated for the first 48 hours after an injury or until the swollen symptoms subside. If you have a joint or joints that are chronically hot and swollen, these joints may respond poorly to vigorous heating of any kind.

**Implants** – Metal pins, rods, artificial joints or any other surgical implants generally reflect infrared waves and thus are not heated by this system. Nevertheless, you should consult your physician prior to using an infrared sauna.

**Pacemakers/Defibrillators** – The magnets used to assemble infrared saunas can interrupt the pacing and inhibit the output of pacemakers. Please discuss with your doctor the possible risks this may cause.

**In the rare event that you experience pain and/or discomfort, immediately discontinue sauna use, and exit the sauna.**