



The Natalie M. Black Memorial Foundation is committed to promoting awareness about Rhabdomyolysis.

Our goal is to educate people about the risks, symptoms, and prevention of this condition, while also honoring the memory of our beloved Natalie M. Black, who sadly lost her life to Rhabdomyolysis on March 1, 2025.

We are focused on raising awareness and supporting efforts to prevent future incidents.

 @natalie_m._black_foundation

 www.nataliembblackfnd.org



Causes of Rhabdomyolysis

HIGH BODY TEMPERATURE

- Working outdoors or in hot environments
- Working in or near hot processes
- Wearing personal protective equipment (PPE) can trap body heat.

OVERUSE OF MUSCLES

- High levels of physical exertion
- Prolonged periods of physical exertion
- High intensity workouts
- Physical fitness tests
- Returning to training too fast

MEDICATIONS THAT INCREASE RISK

- Some Antibiotics (e.g. erythromycin)
- Some antidepressants (e.g. tricyclic antidepressants)
- Cholesterol-lowering drugs (e.g. statins)
- Some cold and allergy medicines (e.g. antihistamines, decongestants)

ALL ABOUT RHABDO

Know if you are at risk for
Rhabdomyolysis

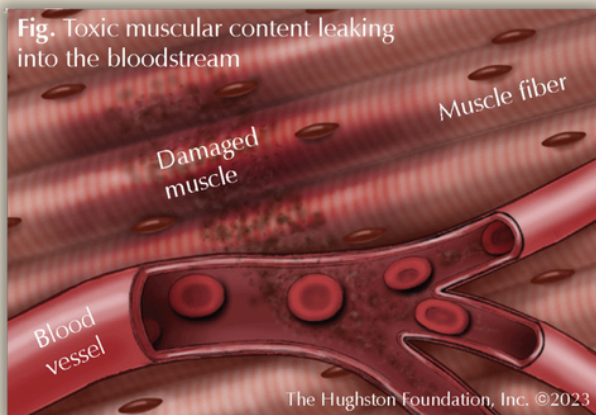


**Raising
Awareness &
Educating
About Rhabdo**

What is Rhabdomyolysis?

Rhabdomyolysis is a condition in which damaged muscle releases its substances into the bloodstream. This can lead to serious problems in the body, which include:

- Minerals imbalance in the blood as the body needs the correct amount of minerals to work properly.
- Kidney damage resulting from dangerous substances that are released during rhabdomyolysis.



Signs & Symptoms

Muscle pain and/ or soreness

Muscle Weakness

Dark Colored Urine
(cola or tea like)

Swelling, Nausea

Confusion

Whose at Risk?

- Athletes
- Police Officers
- Firefighters (structural & Wildland)
- First Responders
- Military Service Members
- Workers in hot environments (e.g. forge or smelter workers)
- Outdoor workers (e.g. farmers, roofers, construction workers, landscapers, national park employees)

How you can Prevent Rhabdomyolysis

Stay hydrated before, during, and after training.

Progress gradually- don't skip steps

Listen to your body and stop if something feels off

Don't "push through" extreme pain

Let your trainer or therapist know about any symptoms

**STOP TRAINING AND
GET MEDICAL
ATTENTION
IMMEDIATELY IF YOU
NOTICE SYMPTOMS!**