

Why are athletes at risk for **RHABDOMYOLYSIS?**

To understand why athletes are at risk, consider the following factors:

- Intense exercise can lead to muscle damage, releasing myoglobin into the bloodstream.
- Dehydration during strenuous activities increases the risk of kidney damage.
- Overtraining without adequate recovery can stress muscles excessively.
- Heat stress from exercising in high temperatures can exacerbate muscle breakdown.
- Certain medications or supplements may increase susceptibility to muscle injury.
- Pre-existing conditions, such as metabolic disorders, can heighten the risk of rhabdomyolysis.

Don't Delay. Get tested today if you notice symptoms.