

Health Sciences professor shares expertise on TruTV Tuesday night

Monday, Aug 29, 2016

Health Sciences professor shares expertise on TruTV



A Dr. Tamara Hew-Butler screenshot from her appearance on the TruTV show Adam Ruins Everything airing Tuesday, August 30 at 10 p.m.

[Tamara Hew-Butler](#), D.P.M., Ph.D., associate professor of Exercise Science in the [School of Health Sciences](#) at Oakland University, will take the national stage on Tuesday night at 10 p.m. when she appears in the new episode of [Adam Ruins Everything](#) on TruTV.

The show, now in its second season, is hosted by investigative comedian [Adam Conover](#). Each week, he reveals the hidden truths behind everything you know and love. Conover, a cast member and writer at the popular comedy website CollegeHumor, brings his original online series to TV with this series.

In this week's episode, Dr. Hew-Butler helps debunk widespread misconceptions about dehydration and how much water people should drink. She is a research expert in the condition of [hyponatremia](#), which is low blood sodium.

Dr. Hew-Butler arrived at Oakland University in 2010. She has a dual clinical and research background; working as a sports medicine clinician in Houston for eight years before pursuing a research degree at the University of Cape Town in South Africa. Both doctoral degrees combine her lifelong passion for sports - particularly long distance running - and athletic care.

Her clinical passion is biomechanics, namely keeping athletes "on their feet" by focusing on injury prevention as an integral part of an athlete's treatment plan.

Her research passion is on the endocrine control of fluid and temperature balance, with an emphasis on the investigation of exercise-associated hyponatremia.

See a sneak peek of the episode on [YouTube](#).