

STAYING HYDRATED Serious effects of dehydration



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What percentage of your body is water?

- 10%
- 25%
- 50%
- 75%
- 95%

75%



Functions of water

- Transports nutrients and oxygen in the body
- Helps medications to work properly
- Keeps skin, eyes, and mouth moist
- Helps to prevent constipation
- Helps to keep body temperature regulated

How much water is needed every day?

- Dietary Guidelines for Americans
 - Most healthy people can go by their thirst
 - Purposeful drinking may be required by those who have heat stress or are performing strenuous vigorous activity
- Rule of thumb
 - Drink at meals and with snacks or about six to eight beverages a day



Hydrating the body

Bottled water vs. tap water

- Some people prefer the taste of bottled water
- Bottled water is easy to carry and handy to take along
- Tap water contains fluoride which helps teeth to stay healthy
- Be sure to drink water with snacks



Milk with meals

- People who drink milk have higher intakes of: Calcium, Potassium, Vitamins A and D and protein
- The fat content can be whole, 2%, 1% or fat free – but nutrient content stays the same
- Milk provides necessary fluids and nutrients
- Tasty alternatives include chocolate milk and hot cocoa



Juice



- Juices may be high in calories, so watch your caloric intake
 - You may want to limit juice to once a day
- Juices supply varying amounts of vitamins A & C

Some fruit juices, such as orange juice, contain folate and may be fortified with calcium

- Choose 100% fruit juice
 - Avoid juices and other beverages with added sugar

Sports drinks



- It's important to replace lost electrolytes too. The type of electrolytes needed for rehydration are sodium and potassium salts usually found in sports drinks like Gatorade and Pedialite.
- Sports drinks not only replace fluid, but also supply calories.

Coffees & teas

- Individuals tolerate different amounts of caffeine
- Enjoy caffeinated beverages in moderation
- Choose decaffeinated beverages to maintain hydration



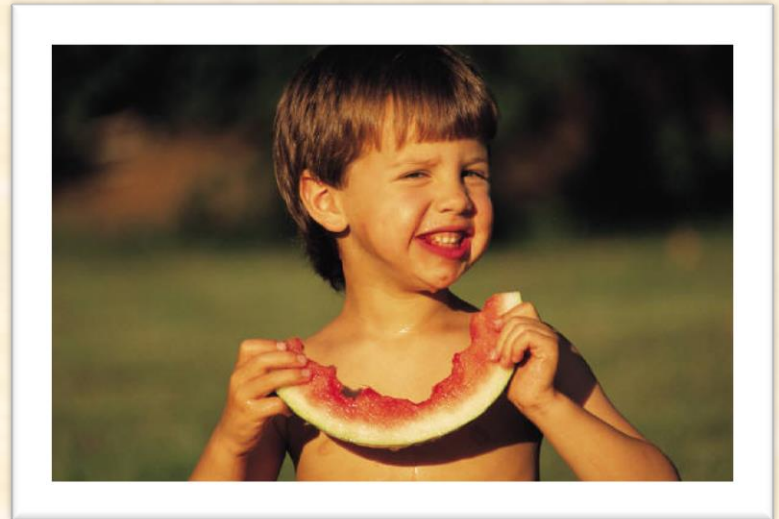
Soft drinks

- Regular soft drinks are sweetened with sugar and contain calories
- Diet soft drinks are sweetened with artificial sweeteners and are calorie free
- Enjoy soft drinks in moderation




Fruits & vegetables

- Fruits and vegetables and other moist foods that we eat contain water and help us to stay hydrated
- Snack on fruits and vegetables like apples and water melon






Dehydration



Chronic and acute are the two types of dehydration. The most common causes are:

- Flu
- Vomiting
- Diarrhea
- Blood loss
- Malnutrition
- Failure to drink plenty of water



Symptoms of dehydration usually begin with thirst and progress to more alarming manifestations as the need for water becomes more dire. The initial signs and symptoms of mild dehydration in adults appear when the body has lost about 2% of its total fluid.

Signs of dehydration

- Thirst, dry mouth, flushed skin
- Fatigue
- Headache
- High body temperature
- Increased breathing rate, rapid pulse
- Dark yellow urine
- Skin that stays in the pinched position

Effects of 5% fluid loss

- Increased heart rate
- Increased respiration
- Decreased sweating
- Decreased urination
- Increased body temperature
- Extreme fatigue
- Muscle cramps
- Headaches
- Nausea
- Tingling of the limbs

10% fluid loss and above is often fatal!

HELP IS NEEDED IMMEDIATELY

- Vomiting
 - Racing pulse
 - Shriveled skin
 - Muscle spasms
 - Chest and abdominal pain
 - Painful urination
- Difficulty breathing
 - Seizures
 - Dim vision
 - Confusion
 - Unconsciousness

Groups susceptible to dehydration

- Older adults
- Infants and children
- Athletes
- The sick
- Just about anyone





With age, the ability to sense thirst is diminished. That is why older adults need to drink fluids frequently even if they do not feel thirsty.

Dehydration and the young child

- Infants and young children are at greater risk because they
 - May be too young to communicate thirst
 - May be too irritable to drink
 - May be too busy playing
 - May ignore their thirst
- Adults need to offer children beverages
- Protect children from becoming overheated




Dehydration and the athlete

- Athletes may become dehydrated because of
 - Perspiration
 - Can't stop to get a drink
 - Especially vulnerable to hot days






Medication Dehydration



Medications dehydration is one of the most common side effects that patients are warned about when prescribed some drug for a medical condition.

- Because the drugs we are prescribed usually operate at our deepest, most vital areas to get the intended result.
- **When a substance affects one of the most important systems in your body, the water management system, you can be sure it's effect on you is profound.**

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- The fact that many drugs affect the body's water management system also tells us just how important that system is.
 - Any substance that can tinker with our physical water management system will have a great effect on our body, health and symptoms.
 - Oftentimes, powerful prescriptions have to operate on this level to achieve results.

Claritin



Allergy relief

Flomax



Men's
problems

Lexapro



Anti-depressants

Lipitor



High cholesterol/triglycerides

Lithium



Anti-psychotic

Prilosec



Acid reflux

Results of dehydration

- Increased urinary tract infections
- Increased risk of kidney stones
- Hospitalization
- Confusion
- Convulsions
- Cardiac arrest



**Maintaining
hydration is
very
important
to optimal
health**




Add water to your diet

- Start lunch or dinner with a bowl of soup
- Take a bottle of water with you when you go outside
- Take time out with a friend to share a beverage
- Drink milk with meals
- Drink water with snacks
- Enjoy fruits and vegetables as snacks
- Enjoy decaffeinated teas and coffees

Water toxicity

- Too much water in too short a time
- Symptoms are the same as experienced when dehydrated
- Can cause death



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- **Follow the rule of thumb to stay hydrated and to avoid water toxicity**
 - **Drink at meals and with snacks or about six to eight beverages a day**