

DEHYDRATION

Is Dehydration On Your Radar?

What is Dehydration?

Dehydration occurs when you use or lose more fluid than you consume or drink. You'll naturally lose water through normal bodily functions such as sweating, going to the bathroom, or breathing. It's important to consume fluids throughout the day to maintain a proper balance.

Common Ways To Become Dehydrated



ILLNESS

When you're vomiting and/or have diarrhea, you're losing essential fluids that are needed to help you feel well again. When you're sick, you may also eat and/or drink less.



SPORTS & EXERCISE

Your body temperature rises when you exercise or play sports (especially in hot temperatures) which causes you to sweat and lose fluids.



TRAVEL

When you travel, you're out of your normal routine and may not be focused on staying hydrated. If you travel on a plane, the humidity level may be lower and you may experience signs of dehydration.

COMMON SIGNS



Headache



Dizzy



Tired



Cranky



Dry Skin



Thirsty



Constipated

Mild Moderate or Severe Dehydration

The level of dehydration depends on how much fluid is lost and not replaced. Mild to moderate dehydration can often be reversed by drinking fluids. In moderate cases, an electrolyte drink may be needed. Severe dehydration requires medical attention and can be life threatening.

60% OF THE HUMAN BODY IS WATER

FACTS

CHILDREN ARE AT GREATER RISK

You need water to regulate body temperature, maintain skin health, and remove waste from your body.

A child's body has even higher water content than an adult's. Children lose a greater proportion of their fluids each day, making them more susceptible to dehydration. They also may not recognize when they're dehydrated.



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TIP

To see if you're dehydrated, check the color of your urine. Dark yellow to amber typically indicates dehydration, while pale yellow means you're properly hydrated.

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DO YOU KNOW HOW TO STAY HYDRATED?

Hydration Has Many Benefits

- Improves mood
- Boosts brain function
- Helps fight fatigue
- Prevents headaches
- Produces necessary bodily fluids like sweat, saliva, and tears
- Helps with metabolism and digestive health



FACTS

The National Academy of Medicine recommends drinking about 11 cups of water for women and about 16 cups for men per day.

The American Academy of Pediatrics recommends that an active child drink 6-8 cups of water per day.

Your Body Needs Both Water And Electrolytes

When you lose fluids, you also lose electrolytes. Electrolytes are minerals essential to your health. They balance fluids in your body and carry electrical signals to power your nerves and muscles.

TIP

Avoid drinks with a lot of sugar and not enough sodium and potassium, like many sports drinks, soda, and juices. Sugary drinks can reduce the amount of fluid your body absorbs.



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WAYS TO HELP YOU MAINTAIN PROPER HYDRATION LEVELS



Drink a glass of water when you wake up, before each meal, and 1 hour before bed.



Eat fruits and vegetables with a high water content (eg, watermelon, lettuce, cucumber, strawberries).



Avoid waiting until you're thirsty to take a drink. Being thirsty can be a sign that you're already dehydrated.



Check your urine. If dark yellow to amber, drink more fluids!



Take fluid breaks during exercise.



Stay hydrated in the winter. You may not feel as thirsty or sweaty, but your body loses fluid performing everyday functions even when it's cold.

WHEN WATER ISN'T ENOUGH

Drink an electrolyte solution to quickly replenish fluids and electrolytes. These flavored and unflavored beverages are sold at local grocery stores and pharmacies.



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