

Dehydration is Bad. Water is Your Friend.



What is Dehydration?

- When the body has less water than it needs to function optimally.
- Occurs when the body's output is greater than intake.
- A decrease of 2% or more can result in physical, visual, or cognitive changes.

What Does Your Body Use Water For?

- * Body temperature regulation
- * Metabolic processes
- * Lubrication of joints
- * Digestion
- * Respiration
- * Nutrient distribution

Facts You Should Know:

- Dehydration is the most common fluid and electrolyte disorder in all elderly adults populations.
- Water makes up about 50% of total body weight.
- Water must be replaced daily because the body cannot store it.
- Death rates are 7 times higher for dehydrated patients.
- Hospitalization costs for dehydrated patients are more than \$1 Billion per year in the United States.
- Women are more prone to dehydration.
- Medications such as diuretics, laxatives, and sedatives can cause dehydration.
- Drinking alcohol or caffeine can contribute to dehydration

Signs of Dehydration:

- **Mild Symptoms**
 - Dry, sticky mouth and tongue
 - Lightheaded or dizzy
 - Weakness and headache
 - Lethargy
- **Moderate Symptoms**
 - Confused or irritable
 - Stop sweating
 - Dark yellow urine
 - Decreased urine output
 - Blood pressure lower than usual
 - Increased heart rate
- **Severe Symptoms**
 - Fainting or unconsciousness
 - Disoriented
 - Onset of fever



How Much Water Should You Drink Each Day?

0.46 oz of water per pound of body weight

- To calculate: $0.46 \times \text{weight in lbs} = \text{recommended \# of ounces per day}$
- For example: 120 lb person
 $0.46 \times 120 \text{ lbs} = 55.2 \text{ oz of water}$

Consequences of Prolonged Dehydration:

- Muscle spasm
- Kidney dysfunction
- Dangerous reactions to medications
- Infections
- Seizures
- Hospitalization
- Coma
- Death

Easy Ways You Can Drink More Water:

- Drink from a fun straw
- Carry a water bottle with you
- Add lemon, lime, orange or favorite fruit
- In winter, drink hot water with mint leaves or lemon and honey
- Set an alarm to remind you when to drink more fluids
- Have a glass of water before and after each meal

References

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