

# Dehydration

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## Dehydration-

*Occurs when you don't have enough water or fluids in your body to carry out its normal functions.*

*It is excessive water loss from skin, gastrointestinal tract, lungs, and/or kidneys.*

## Common causes-

- Vomiting
  - Diarrhea
  - Sweating
  - Burns
  - Extreme temperatures- heat/cold
  - Strenuous exercise
  - Illnesses- Fever, respiratory, gastrointestinal and urinary tract infections
  - Diseases- Asthma, COPD, Diabetes
  - Medications- diuretics, laxatives,
  - Electrolyte imbalance
- Eat foods high in water content like fruits and vegetables.*

## Signs of Dehydration-

- Dry mouth
- Lack of energy
- Dark-colored urine or very little urine
- Cracked lips
- Dry skin
- Sunken eyes
- Feeling faint or passing out
- Muscle cramps
- Headache



## Treatment-

*Drink small amounts of fluids every 15 to 30 minutes.*

*If you are throwing up, try drinking fluids until you are able to hold down foods.*

*If unable to keep fluids down, suck on ice chips.*

*If you have loose stools, drink fluids to replace fluids lost.*

*Avoid beer, wine, and mixed drinks.*

## Emergency signs. Seek medical treatment.

- Change in mental status
- Confusion or irritability
- Rapid heartbeat or rapid breathing
- Dizziness or lightheadedness

## Prevention-



*Prevention is key! Ways to prevent dehydration include:*

*Drink 6 to 8 oz of fluids per day, not just when you're thirsty.*

*Limit or avoid drinks like soda and coffee.*

*Drink more fluids when the weather is hot or working in hot environments.*

*When you work out or play sports drink fluids 30 minutes before exercise, drink frequently during workout, and after working out.*

Resources:  
[www.mayoclinic.org](http://www.mayoclinic.org)  
[www.ncbi.nlm.nih.gov](http://www.ncbi.nlm.nih.gov)