

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 cups 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
www.ncbi.nlm.nih.gov