

REHAB NEWS



Submitted By: Therapy Department at Healthcare Therapy Services, Inc.

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KNOW THE DANGERS OF DEHYDRATION

According to the Mayo Clinic, dehydration is defined as losing more fluid than you take in, leaving your body without the proper amount of fluid to carry out normal functions, such as digesting food, absorbing nutrients and getting rid of unused waste. Anyone can become dehydrated, but there are particular groups that are at higher risk, including older adults.

Why are older adults at higher risk?

- Less able to conserve water
- Forgetting to eat / drink
- Decreased sense of thirst
- Incontinence
- Less able to respond to temperature changes

Mild signs of dehydration:

- Dark / deep yellow urine
- Sunken eyes
- Confusion
- Difficulty walking
- Rapid heart rate
- Dry mouth
- Dizziness or headaches
- Low blood pressure
- Dry skin
- Low urine output
- Constipation
- Inability to sweat or tear-up

If dehydration becomes severe or goes untreated, there is a chance for seizures, low blood volume shock, and kidney failure.

Seizures – when electrolytes are out of balance, your body is sometimes unable to properly send/receive electrical messages, causing involuntary muscle contractions.

Low blood volume shock – causes a drop in blood pressure, a drop in the amount of oxygen in your body and can be life-threatening.

Kidney failure – occurs when your kidneys are no longer able to remove excess fluids and waste from your blood and is potentially life-threatening.

A general rule of thumb for staying hydrated is drinking half of your body weight in ounces. For example... if you weigh 140lbs, it is recommended you drink about 70oz of water each day. This will vary from person to person, based on their medical history, so it is advised to speak with your primary care physician.

Natural Ways to Spruce up Your Water

We all know water can be pretty boring, so here are a few ways to make drinking water more fun!

- Lemon or Lime add a zesty twist of flavor
- Cucumber and Mint leaves provide a refreshing spin
- Cantaloupe, honeydew and watermelon are yummy and look pretty too
- Make it bubbly with sparkling mineral or seltzer water

12101 Lima Rd | Fort Wayne, IN 46818 | 260-637-3166 | www.byronhealth.org

