Dehydration

Quenching A Serious Problem

What is dehydration? It is a serious condition that results from your body losing too many body fluids. This means you eliminate more fluid than you take in.

Why does dehydration occur? As we age, our bodies may have less of a ability to tell us when we are thirsty, so we do not drink enough. Medicines, such as diuretics, laxatives and antidepressants, can increase how much we eliminate or change our bodies ability to regulate fluid. A common reason dehydration occurs is illness. If you have diarrhea and / or vomiting and do not drink enough fluids, then you may become dehydrated.

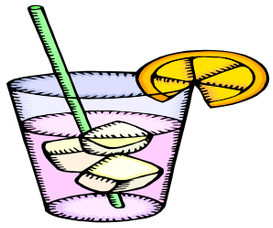
What are the warning signs and risk factors?

1. Dry mouth and cracked lips
2. Decreased sweating
3. Decreased saliva and tears
4. Constipation
5. Fever
6. Infection
7. Diarrhea
8. Taking diuretics and other medications
9. Drinking < 6 glasses of liquid per day
10. Poor skin elasticity
11. Problems chewing and swallowing
12. Dizziness (Vertigo)
13. Decreased urine output (dark urine)
14. Decreased blood pressure

Severe symptoms can include: confusion, hallucinations, delirium, abnormal breathing, coma and if not treated, death.

****SEEK HELP IMMEDIATELY IF YOU THINK YOU MAY BE DEYHDRATED!****

What can I do? To prevent and decrease your risk of dehydration, you can drink enough fluids daily. You need to drink at least 8 (8 ounce) glasses of fluid everyday. Try to get at least 3 to 4 of these from water and the rest can be from other decaffeinated beverages, like fruit juice and milk.



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