



## Dehydration – August 2013

As the summer heats up we need to keep our bodies hydrated. Dehydration occurs when you lose more water than you take in, so if you work outdoors or are exerting yourself physically you will need to take extra precautions during this really hot spell.

This news article will give you some useful tips on how to prevent dehydration.

### What causes Dehydration?

Your body depends on water to survive, every cell, tissue and organ in your body needs water to function correctly - some examples - maintains your body temperature, lubricates your joints and removes waste products from the body (faeces & urine).

You will lose water each day when you sweat, visit the bathroom, exercise, if you are suffering with a fever (diarrhea or vomiting) or even breathing!

If you have ever suffered from dehydration in hot weather you maybe subjecting yourself to the following health risks: Heat stroke, Heat exhaustion, Heat cramps or Heat rash.

### How will you know if you are dehydrated?

*You will begin to experience the following symptoms:*

- Excessive thirst
- Dark or yellow urine
- Dry mouth
- Headaches
- Dizziness or light-headedness
- Muscle fatigue
- Sleepiness or fatigue

## How can you prevent dehydration?

The best way to remain hydrated is to consume lots of fluids and foods high in water such as fruits and vegetables. Avoid dehydrating drinks - coffee, tea, alcohol and fizzy drinks. If you aim to drink between 6-8 glasses (tumbler size) of water throughout each day this would be a reasonable goal to aim for, some may need less others may need more.

## Here are some tips to keep you hydrated!

- Continually replace fluids rather than wait until you feel thirsty
- Keep a water bottle with you when out and about, you can always top it up
- If you fancy a fizzy drink try sparkling water with a touch of natural flavourings - cordial (elderflower or lemongrass) very refreshing.
- Avoid the sugary drinks - they may quench your thirst but these contain empty calories
- When you're feeling hungry drink water; often the sensation of thirst is confused with hunger. True hunger will not be satisfied by drinking water. Water also contributes to a healthy weight loss plan.
- Drink water shortly before each meal, when you wake in the morning and when you go to bed at night.
- If you are exercising be careful about choosing a sports drink as they are often high in sugar and caffeine - check the contents before consuming.
- Avoid caffeinated drinks or cut down - coffee, tea, alcohol and fizzy drinks.
- Eat lots of fresh fruits and vegetables.

**ENJOY THE LOVELY WEATHER AND REMEMBER  
TO STAY HYDRATED**