Dehydration

What Is It?

• **Dehydration**- a lack of body water

Who Does It Affect?

- Sodium- level rises
- <u>Blood pressure</u>- can fall low can result in shock and damage of the internal organs such as the kidney, liver and brain

Facts:

- <u>Diabetes and Addison's Disease</u>- can lead to dehydration
- See FFF- for information of Diabetes and Addison's Disease
- <u>Causes of dehydration are</u>- Urinary Tract Infection, Fever, Sweating, Vomiting, Diarrhea, when you lose fluid you have to add it back to the body plus 8 cups or glasses per day minimum unless renal or liver problems
- Some Mediations can affect the water in the body

What Do I Need To Do?

- See a Health Care Provider for more information
- Drink plenty of Fluids- water, juices, soups, broths, gelating
- Talk with a Registered Dietitian for help
- Drink Fluids like Gatorade to put electrolytes back into the body
- <u>Increase Fluids</u>- with fever, diarrhea, foley catheter, sweating, hot weather, vomiting or Urinary Tract Infection



