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## **NEWS RELEASE** for the month of July

### Dehydration

Temperatures are rising, the weather is improving, and many of us will become more active as a result. However, increased activity outdoors, especially in warmer temperatures, brings certain risks with it, particularly dehydration.

Some people are more susceptible than others to dehydration. They include infants, children, the elderly, and those with chronic illnesses.

The Otsego County Department of Health defines dehydration as “the excessive loss of water from the body.” The more physical activity that you engage in, the more water you are likely to lose.

If someone is starting to become or has become dehydrated, there are a number of symptoms that he or she might display, including dry mouth and fatigue.

If you are mildly dehydrated, you might experience muscular pain or pain in the lower back region. Dark yellowish urine is also a good indicator that dehydration is setting in.

Severe dehydration can cause dizziness, confusion, accelerated heartbeat and eventually, kidney failure.

There are ways you can prevent dehydration from occurring. The most obvious way to prevent dehydration is by drinking a sufficient amount of water to replace the fluids that you lose throughout the day.

The best way to calculate your ideal daily water requirement is to take your body weight and divide it in half. This is the number of ounces of fluid you should be consuming on a daily basis. For example, a person who weighs 160 pounds should be consuming no less than eight 10-ounce glasses (80 ounces) of water each day. You should drink more than this if you are engaging in physical activity.

The Otsego County Department of Health offered these suggestions for keeping yourself well hydrated:

Foods with high water content can help you meet your fluid needs. Some examples include soups, stews, citrus fruits, grapes and melons.

Low-fat and fat-free milk, 100 percent fruit juice and decaffeinated tea and coffee can also count toward your eight glasses of fluid a day.

Develop a habit of staying hydrated. Drink a glass of water when you wake up, one between and at each meal, and one at bedtime to make eight.

Keep bottled water in your car, backpack or desk.

To learn more about dehydration, call the Otsego County Department of Health @ 607-547-4230.