



Dehydration

A condition that occurs when the body loses too much water and other fluids that it needs to work normally. Dehydration is usually caused by severe diarrhea and vomiting, but it may also be caused by not drinking enough water or other fluids, sweating too much, fever, urinating too much, or taking certain medicines. Dehydration can also lead to a lack of lubrication of our joints which leads to achy, painful joints.

To help pinpoint the degree of dehydration, you may have tests, such as:

- **Blood tests.** Blood tests can check electrolyte levels, particularly sodium, and potassium, and assess kidney function.
- **Urinalysis.** Urinalysis can indicate dehydration levels and detect bladder infections.

Seek medical care immediately if you:

- Become dizzy or confused
- Feel extreme thirst
- Don't urinate much or often
- Shed no tears when you cry
- Are tired or exhausted

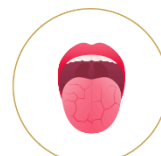
Tell your doctor if you:

- Can't keep fluids down
- Develop severe diarrhea or vomiting

DEHYDRATION SYMPTOMS



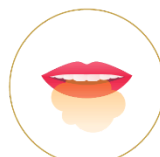
Thirst



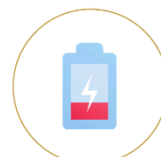
Dry Mouth



Decreased Urination



Bad Breath



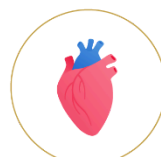
Fatigue



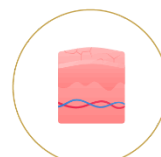
Dizziness



Headache



Rapid Heartbeat



Dry Skin



Treatment - Fluid Replacement:

The only effective treatment for dehydration is to replace lost fluids and lost electrolytes. The best approach to dehydration treatment depends on age, the severity of dehydration, and its cause.

Most adults with mild to moderate dehydration from diarrhea, vomiting, or fever can improve their condition by drinking more water or other liquids. Diarrhea may be worsened by full-strength fruit juice and soft drinks.

Instead, replace lost fluids naturally with...

- water, oral rehydration solution (ORS), or sports drinks
- fruit juice (may upset your stomach, so it's best to dilute with water)
- crushed fruit mixed with water
- salty soups or broths

Avoid:

- coffee, tea, soda, and alcoholic drinks



BHI At Home is here for you. Please contact our office for more information.

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