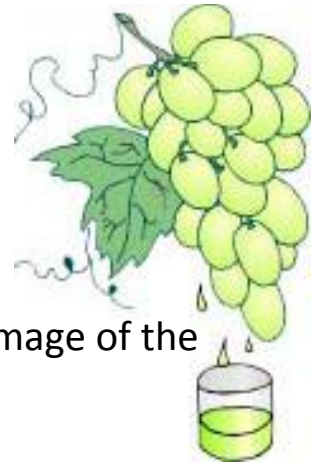


Dehydration

What Is It?

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



Who Does It Affect?

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

Facts:

- **Diabetes and Addison's Disease**- can lead to dehydration
- **See FFF**- for information of Diabetes and Addison's Disease
- **Causes of dehydration are**- 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, gelatin
- **Talk with a Registered Dietitian**- for help
- **Drink Fluids**- like Gatorade to put electrolytes back into the body
- **Increase Fluids**- with fever, diarrhea, foley catheter, sweating, hot weather, vomiting or Urinary Tract Infection

