

Summer vs. Dehydration



What is Dehydration?

Dehydration means the loss of body water, with or without salt, where the body loses more fluids than you take in.

Because of high temperature, excessive sweating, and less water consumption, it is very common in summer.

It is most commonly seen in babies, children, and older adults.

Causes of Dehydration

- Having diarrhoea or vomiting
- High temperature, long exposure to the sun, and too much sweating, insufficient fluid/water intake
- In certain medical conditions, like diabetes, and people taking medicines like diuretics

Symptoms of Dehydration

- Feeling thirsty, tired, and dizzy
- Less urination than usual, dark yellow and strong-smelling urine.
- Dry mouth, lips, and tongue, and depressed eyes

Preventive Measures

- Drink fluids/water regularly, especially during the daytime
- Eat foods that help with hydration

Treat Dehydration

- Drink fluids/water more than usual when you are already dehydrated.
- Consult a doctor for a better understanding of the condition and take treatment accordingly
- As a pharmacist, to recover the sugar, salts, and minerals lost during dehydration, I recommend Oral Rehydration Solutions (ORS)

Conclusion

As a pharmacist, I suggest everyone drink enough fluids/water during this summer to stay hydrated and to avoid dehydration.

Reference

1. <https://www.nhs.uk/conditions/dehydration/>