

Summer vs 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 can mainly be seen in babies, children, and older adults.

Causes of Dehydration

1. Have diarrhoea
2. High temperature, long exposure to the sun, and too much sweating, less fluid/water intake
3. And in certain medical conditions, like diabetes, and people taking medicines like diuretics

Symptoms of Dehydration

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

Preventive Measures

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

Treat Dehydration

1. Drink fluids/water more than usual when you are already dehydrated.

2. Consult a doctor for a better understanding of the condition and take treatment accordingly
3. 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/>