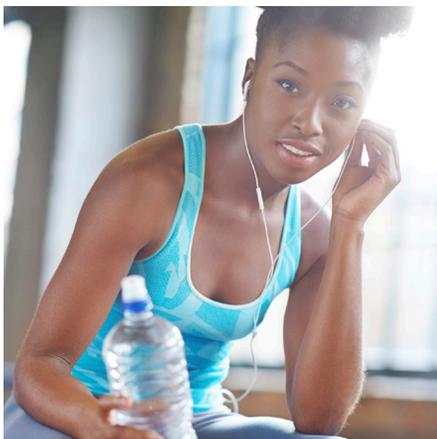


QuadMed Wellness News



Water works!

One vital key to human health that often gets overlooked is adequate hydration, or simply put, water. Water is an essential nutrient that needs to be replaced every day because your body is constantly losing water through breathing, sweating and going to the bathroom.

Why is drinking water important?

Water plays a large role in important body functions like: temperature regulation, cushioning joints, protecting the spine and other sensitive tissues, and ridding the body of wastes. Other benefits of drinking enough water are appetite regulation, feeling energized and having well-nourished skin and hair. Staying hydrated helps your heart so it doesn't have to work as hard to pump blood through your body. Dehydration can falsely indicate blood pressure values that are not within range.

What is dehydration?

Dehydration is what happens when you use or lose more fluids than you consume. Dehydration can be caused by exercising in hot weather, intense diarrhea, vomiting, fever or not drinking enough water.

Symptoms of dehydration include:

- Thirst
- Sticky, dry mouth
- Not urinating often
- Darker, yellow urine
- Dry, cool skin (no perspiration, even during physical activity or hot conditions)
- Headache
- Dizziness
- Muscle cramps
- Rapid heartbeat
- Breathing rapidly

How much water is enough?

"Enough" water is the amount consumed to maintain all body functions uninterrupted on a daily basis and prevent symptoms of dehydration. That amount is different for everybody based on: body size, weather temperature and amount of activity or exercise and sweat. More water is also needed if someone is running a fever, vomiting or having diarrhea. To replace fluids lost through daily living and to stay optimally hydrated, it is generally recommended the average woman consume the equivalent of 11, 8-ounce glasses of water daily and the average man consume the equivalent of 15, 8-ounce glasses of water daily.



What counts as water?

All water and beverages consumed throughout the day count toward your “fluid” total.

Besides plain water, this includes coffee, tea, juice, flavored or sparkling water and milk. Although sugar sweetened beverages like sports drinks, juice cocktails and soda add daily fluid intake, they are not the best choices because they contain a lot of added sugar.

Some foods also provide water.

These foods are over 90% water:

- Lettuce
- Spinach
- Watermelon
- Cantaloupe
- Grapefruit
- Strawberries
- Star fruit
- Broccoli
- Cucumbers
- Green peppers
- Celery



Hydration in hot weather

It is even more important to hydrate in hot weather conditions. In order to stay hydrated when it's warm, follow these tips:

- Drink a substantial amount of water before your activity or work shift.
- Pack plenty of extra fluids in a cooler to take with you.
- Pack a washcloth in your cooler to put on your neck or head for a few minutes to lower your body temperature.
- Snack on fruits and vegetables or a few nuts or crackers throughout the day to help replace water and nutrient losses.
- Wear light weight, breathable clothing that releases body heat instead of trapping it.

Water everywhere

Staying hydrated is very important for any body function because water makes up:

70% of your entire body

75% of your muscles

80% of your brain

85% of your blood

90% of your cells