

What Are Signs and Symptoms of Dehydration in Adults?

Mild to moderate dehydration may include the following:

Increased thirst
Dry mouth
Tired or sleepy
Decreased urine output
Urine is low volume and more yellowish than normal
Headache
Dry skin
Dizziness
Few or no tears

The above symptoms may quickly worsen and indicate severe dehydration with signs and symptoms developing; severe dehydration may include the following:

Severely decreased urine output or no urine output. The urine, if any, produced is concentrated and a deep yellow or amber color.

Dizziness or lightheadedness that does not allow the person to stand or walk normally.

Blood pressure drops when the person tries to stand after lying down (low blood pressure or orthostatic hypotension)

Rapid heart rate

Fever

Poor skin elasticity (skin slowly sinks back to its normal position when pinched)

Lethargy, confusion, or coma

Seizure

Shock



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It is advisable that any problems you encounter you should contact your local stoma nurse and seek advice from them.

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10 Best foods for Hydration

10 of the best hydration

Spinach

When it comes to staying hydrated, maintaining a balance of mineral salts is of course just as important as absorbing enough water from food and drink. Spinach is the richest dietary source weight for weight of magnesium, an essential electrolyte like potassium and sodium. Along with its 92% water content, this makes it a very useful hydrating food.

Iceberg lettuce

It may not pack as much nutrition punch as dark leafy greens such as spinach or kale, but crunchy iceberg lettuce beats its more virtuous cousins in the water content stakes. The pale salad green is almost all water – it contains an incredible 96% H₂O. Although the fibre content may undo some of its hydrating magic, eating a bowl of iceberg lettuce should help replenish your body's hydration levels as well as a similar quantity of water.

Radishes

radishes are comprised of 95% water, almost as much as iceberg lettuce. The radish is considered a cooling food in folk medicine and many people swear by its heat-dissipating properties. For maximum hydrating effects, peel the radish to remove some of the fibre.

Tomatoes

There's a good reason tomatoes are a cornerstone of the Mediterranean diet – as well as being wonderfully nutritious, they can help the body stay nice and hydrated. Tomatoes contain up to 94% water. Again, peeling the fibrous skin will help boost the tomato's hydrating powers. Blanching in boiling water, then placing the tomato in ice-cold water should help the skin come off easily.

Soup

It's stating the obvious we know but chowing down on soup is a fantastic way to increase hydration levels in the body. Stick to veggie soups or light bone broths and go easy on the salt. Blending veggies breaks down the plants' tough cellular walls, allowing the nutrients as well as the water content to be absorbed by the body more readily.

10 of the best hydration

Watermelons

Watermelons contain a staggering 92% water, along with 8% sugar and a variety of mineral salts that are essential for optimum hydration, including sodium, magnesium and potassium.

Cucumbers

Cucumbers are packed with even more H₂O than watermelons, boasting a water content of 96%. Ideal post-workout or if you're nursing a hangover, munching on cucumber can, deliver the same hydration levels as twice the volume of water, thanks to the salad veggie's mineral salts and sugars, which mimic the body's natural electrolyte balance. Peeling the fibrous skin will further boost the cucumber's hydrating effects.

Bananas

The classic healthy post-workout snack, bananas are packed with potassium, one of the most important electrolytes. Dehydration can cause an imbalance of electrolytes in the body, so eating potassium-rich foods when you're feeling parched should help stave off the symptoms. Bananas also contain 74% water, another good reason to eat the fruit after exercise.

Strawberries

Strawberries have the highest water content of all the berries, a whopping 92% in fact, making them a tasty hydrating food. blending your strawberries will help break down the fibre, increasing your body's absorption of the fruit's water content.

Milk

Yes, it's not a food as such but drinking milk may be better at hydrating the body than water or sports drinks. Who knew? A 2011 study in the Canada found that milk is more effective than the usual rehydration drinks, thanks to its combo of high-quality protein, carbs, calcium and electrolytes



Staying hydrated isn't just about drinking water and non-alcoholic drinks - 20% of our fluid comes from food. Discover 10 of the best to boost your intake.

We get about 20% of our total fluid intake from the food in our diet.

The Guidance recommends a daily intake of six to eight glasses of fluid to maintain optimum hydration levels, but eating the right foods can make all the difference to how thirsty and parched you feel, especially on hot summer days.

While foods that are overly high in protein, insoluble fibre or salt and diuretic foods like asparagus can have the opposite effect, reducing bio-available H₂O in the body, these 10 water-packed wonders boost the body's hydration levels and can even help replenish lost electrolytes.

water-packed fruits and veggies may hydrate the body twice as effectively as water,