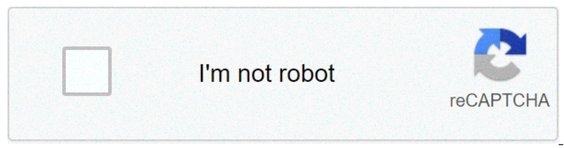

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Feel dehydrated but urine is clear

Your body depends on water to survive. Every cell, tissue, and organ in your body needs water to work properly. For example, your body uses water to maintain its temperature, remove waste, and lubricate your joints. Water is needed for overall good health. Path to improved health Look to water first You should drink water every day. Most people have been told they should drink 6 to 8, 8-ounce glasses of water each day. That’s a reasonable goal. However, different people need different amounts of water to stay hydrated. Most healthy people can stay well hydrated by drinking water and other fluids whenever they feel thirsty. For some people, fewer than 8 glasses may be enough. Other people may need more than 8 glasses each day. Other options While plain water is best for staying hydrated, other drinks and foods can help, too. Fruit and vegetable juices, milk, and herbal teas add to the amount of water you get each day. Even caffeinated drinks (for example, coffee, tea, and soda) can contribute to your daily water intake. A moderate amount of caffeine (400 milligrams) isn’t harmful for most people. Here are the caffeine amounts found in popular drinks: 12 ounces of soda: 30 to 40 milligrams 8 ounces of green or black tea: 30 to 50 milligrams 8 ounces black coffee: 80 to 100 milligrams 8-ounce energy drink: 40 to 250 milligrams However, it’s best to limit caffeinated drinks. Caffeine may cause some people to urinate more frequently or feel anxious or jittery. Plus, be mindful of what you drink. Some choices may add extra calories from sugar to your diet. Water can also be found in fruits and vegetables (for example, watermelon, tomatoes, and lettuce), and in soup broths. Sports drinks can be helpful if you’re planning on exercising at higher than normal levels for more than an hour. They contain carbohydrates and electrolytes that can increase your energy. They help your body absorb water. However, some sports drinks are high in calories from added sugar. They also may contain high levels of sodium (salt). Check the serving size on the label. One bottle usually contains more than one serving. Some sports drinks contain caffeine, too. Remember that a safe amount of caffeine to consume each day is no more than 400 milligrams. Energy drinks are not the same as sports drinks. Energy drinks usually contain large amounts of caffeine. Also, they contain ingredients that overstimulate you (guarana, ginseng, or taurine). These are things your body doesn’t need. Most of these drinks are also high in added sugar. According to doctors, children and teens should not have energy drinks. If staying hydrated is difficult for you, here are some tips that can help: Keep a bottle of water with you during the day. To reduce your costs, carry a reusable water bottle and fill it with tap water. If you don’t like the taste of plain water, try adding a slice of lemon or lime to your drink. Drink water before, during, and after a workout. When you’re feeling hungry, drink water. Thirst is often confused with hunger. True hunger will not be satisfied by drinking water. Drinking water may also contribute to a healthy weight-loss plan. Some research suggests that drinking water can help you feel full. If you have trouble remembering to drink water, drink on a schedule. For example, drink water when you wake up, at breakfast, lunch, and dinner, and when you go to bed. Or, drink a small glass of water at the beginning of each hour. Drink water when you go to a restaurant. It will keep you hydrated, and it’s free. Things to consider If you don’t drink enough water, you may become dehydrated. This means your body doesn’t have enough fluid to operate properly. Your urine can be an indicator if you’re dehydrated. If it’s colorless or light yellow, you’re well hydrated. If your urine is a dark yellow or amber color, you may be dehydrated. There are other signs that can signal you may be dehydrated. They include: Little or no urine. Urine that is darker than usual. Dry mouth. Sleepiness or fatigue. Extreme thirst. Headache. Confusion. Dizziness or lightheadedness. No tears when crying. Some people are at higher risk of dehydration, including people who exercise at a high intensity (or in hot weather) for too long, have certain medical conditions (kidney stones, bladder infection), are sick (fever, vomiting, diarrhea), are pregnant or breastfeeding, are trying to lose weight, or aren’t able to get enough fluids during the day. Older adults are also at higher risk. As you get older, your brain may not be able to sense dehydration. It doesn’t send signals for thirst. Note that water makes up more than half of your body weight. You lose water each day when you go to the bathroom, sweat, and even when you breathe. You lose water even faster when the weather is really hot, when you’re physically active, or if you have a fever. Vomiting and diarrhea can also lead to rapid water loss. Be sure to actively drink plenty of water to avoid becoming dehydrated. Questions for your doctor I don’t like water. What’s the next best thing to keep me hydrated? Are there foods I can add to water to make it taste better? What if I can’t consume as many fluids as doctors recommend? What does it mean if I drink a lot of fluids but don’t urinate often? How does drinking alcohol affect hydration? Resources Centers for Disease Control and Prevention: Water & Nutrition National Institutes of Health, MedlinePlus: Dehydration Dehydration is the absence of a sufficient amount of water in your body. The best way to beat dehydration is to drink before you get thirsty. If you’re thirsty, you’re already mildly dehydrated, and that can cause symptoms like headache, fatigue, dizziness and more. Dehydration can contribute to life-threatening illnesses like heatstroke. Overview Possible Causes Care and Treatment When to Call the Doctor Dehydration Warm weather brings with it thoughts of cool ocean breezes, napping in a hammock and sipping a tall glass of lemonade. Now hold on to the mental image of that lemonade because summer is also a time to be wary of dehydration: the lack of sufficient water in your body, specifically in your cells and blood vessels. Even losing a little bit, as little as 1.5% of your body’s water, can cause symptoms. Those symptoms can be as simple as a slight headache, or the dehydration could contribute to a life-threatening illness like heatstroke (hyperthermia). Your body’s natural response to inadequate hydration is thirst. You should respond to thirst right away by drinking fluids – preferably water. Drink enough water to prevent yourself from feeling thirsty! Water has zero calories! What does water do for your body? Between about 55% to about 78% of your body is made of water. Newborn babies are about 78% water, a year-old baby is 65%, adult men are about 60% and adult women are about 55%. Your brain is made up of 73% water, and so is your heart. Your bones are 31% water, muscles and kidneys are 79% and your skin is 64%. A whopping 83% of water makes up your lungs. Water helps: Aid digestion and get rid of waste. Work your joints. Water lubricates them. Make saliva (which you need to eat). Balance your body’s chemicals. Your brain needs it to create hormones and neurotransmitters. Deliver oxygen all over your body. Cushion your bones. Regulate your body temperature. Act as a shock absorber for your brain, your spinal cord and, if you’re pregnant, your fetus. Water is important to your body, especially in warm weather. It keeps your body from overheating. When you exercise, your muscles generate heat. To keep from burning up, your body needs to get rid of that heat. The main way the body discards heat in warm weather is through sweat. As sweat evaporates, it cools the tissues beneath. Lots of sweating reduces the body's water level, and this loss of fluid affects normal bodily functions. Drink water! Are hypovolemia and dehydration the same? No, these terms do not mean the same thing. Hypovolemia defines many conditions where extracellular fluid volume is reduced. Dehydration can be one of several causes of hypovolemia, but it is not the same thing as it. Are dehydration and hypernatremia the same? No. Again, dehydration can be a cause of hypernatremia, but it is not the same thing. Dehydration happens when you don’t drink enough water, or when you lose water quickly through, for example, sweating, vomiting and/or diarrhea. Certain medications such as diuretics (water pills) can result in increased urination and dehydration. Who’s at risk of becoming dehydrated? Anyone can become dehydrated if they don’t take care of themselves and drink water. However, infants and children, especially when they’re sick, are at a higher risk because they may be unable to communicate that they’re thirsty. Monitor the amount of fluids your kids take in. Older adults are also at a higher risk. Their body’s fluid reserves shrink and their body’s ability to tell them they’re thirsty doesn’t work as effectively. This means they don’t carry as much water in their bodies and they can’t tell as easily when they’re thirsty. If you’re a caretaker of an elderly individual, especially one who may have memory problems, offer them drinks frequently. Even if they’re enduring an uncomfortable infection like a UTI (urinary tract infection), they still need to consume liquids. What are the signs of dehydration? What does dehydration feel like? If you suspect that you or someone else is severely dehydrated, seek immediate medical attention. Signs of dehydration include: Headache, delirium, confusion. Tiredness (fatigue). Dizziness, weakness, light-headedness. Dry mouth and/or a dry cough. High heart rate but low blood pressure. Loss of appetite but maybe craving sugar. Flushed (red) skin. Swollen feet. Muscle cramps. Heat intolerance, or chills. Constipation. Dark-colored pee (urine). Your pee should be a pale clear color. The best way to beat dehydration is to drink before you get thirsty. If you wait until after you're thirsty, you're already dehydrated. In what other ways does dehydration affect me? Dehydration does more than you might expect. If affects you not only physically (note the signs stated above), but mentally and emotionally as well. If you’re dehydrated, you may feel: Mental affects: Confused. Like you can’t remember. Emotional affects: Note that these symptoms may be worse in someone who has dementia. How does dehydration affect the brain? Severe hydration shrinks the blood vessels in the brain. When there aren’t high enough fluid levels in your brain, that affects your memory and coordination. How does dehydration affect the heart? Can dehydration cause high blood pressure? Your heart has to work harder when there’s less water in your blood. How does dehydration affect the kidneys? The average person urinates (pees) about six or seven times a day. If you’re dehydrated, you may urinate less. This is because less water in your blood causes your kidneys to hold on to the urine. Does dehydration cause cramping? Loss of electrolytes, like sodium and potassium, can cause cramping. They’re expelled through perspiration (sweating). Drink water, but also a sports drink to replenish your electrolytes if your fluid losses are extensive from sweating, vomiting or diarrhea. Can medications cause dehydration? Diuretic medications, which are prescribed to treat heart failure and high blood pressure, can increase your risk of dehydration. Can dehydration cause shortness of breath? Shortness of breath is not a symptom of dehydration. However, it may go alongside dehydration. For example, you might be playing a sport outside in the hot sun and get dehydrated from lack of water and also feel short of breath from all the activity. Don’t forget that if you feel thirsty, you’re already dehydrated. That’s the easiest way to tell that you need more fluids. Laboratory tests can also diagnose dehydration. Tests include: Low urine sodium concentration. Elevated plasma serum osmolality. This measures how concentrated some particles are in your blood plasma. Elevated creatinine. This tests kidney function. Elevated blood urea nitrogen. This also relates to kidney function. What are the levels of dehydration? Dehydration may be categorized as: Mild. You just have to take in more fluids orally (by mouth). Drink water, but replace fluids with a drink that contains electrolytes if you experience significant sweating or fluid losses from vomiting and diarrhea. You should feel better after five or 10 minutes. Moderate. Moderate dehydration requires an IV (intravenous hydration). You’ll get this in an urgent care, emergency room, or hospital. Severe. See a healthcare provider if your symptoms of dehydration are severe. Call 911 or go to an emergency room. If you’re seeing a healthcare provider, they’ll figure out what level you’re at in order to assign you treatment. How is dehydration treated? Drink water. You could also try increasing your hydration with oral rehydration sachets – powders you mix in with your water. How long does it take for the symptoms to stop after water is ingested? You may see the symptoms of dehydration improve in as little as five to 10 minutes. How do I prevent dehydration? Exactly how much water do you need? That depends on your weight, age, level of activity, age, the climate of your environment and other factors. Those with diabetes, heart disease, cystic fibrosis and other conditions may need to be cautious. The amount of water you need can also depend on the climate and what clothes you’re wearing. Although the standard advice is eight glasses of water per day (about 2.2 liters or 2.3 quarts per day for an adult female and about 3 liters or 3.2 quarts per day for an adult male), talk to your healthcare provider to confirm the right amount for you. Keep track of how much fluid you drink. Drink water throughout the day, including at meals. Avoid soda, alcohol and caffeinated drinks. One way to make sure you are properly hydrated is to check your urine. If it's clear, pale or straw-colored, it's OK. If it's darker than that, keep drinking! To avoid dehydration, active people – people playing a sport or exercising – should drink at least 16 to 20 ounces of fluids one to two hours before an outdoor activity. After that, you should consume six to 12 ounces of fluid every 10 to 15 minutes when you’re outside. When you are finished with the activity, you should drink more. How much more? To replace what you have lost: at least another 16 to 24 ounces. Which beverages hydrate the body, and which dehydrate? Some beverages are better than others at preventing dehydration. Water is all you need if you’re planning to be active in a low or moderate intensity activity, such as walking for only an hour or less. If you plan to exercise longer than that, or if you anticipate being out in the sun for more than a few hours, you may want to hydrate with some kind of sports drink. These replace not only fluid, but also electrolytes like sodium and potassium, which are lost through sweating. Too much or too little sodium and potassium in the body can cause trouble. Muscle cramping may be due to a deficiency of electrolytes. Alcoholic and caffeinated beverages, such as coffee, teas and colas, are not recommended for optimal hydration. These fluids tend to pull water from the body and promote dehydration. Fruit juice and fruit drinks may have too many carbohydrates, too little sodium and they may upset your stomach. Adequate hydration will keep your summer activities safer and much more enjoyable. Keep an extra pitcher of water in the refrigerator and add fresh lemons, limes, cucumber or mint for a dash of flavor. How do I get myself and my loved ones to drink more water? Carry a water bottle with you. Keep it filled! Choose water instead of sugary drinks, including at meals. Add flavor. A wedge of lime or lemon might make it tastier, and more fun! You can also try some flavored drink mixes, but watch out for the sugar! Eat foods that are high in water content. Many soups, fruits and vegetables meet this description. If you don’t like drinking a lot of water at once, try smaller doses spread out throughout the day. The amount of water needed on a daily basis depends on many factors, so it’s best to check in with your healthcare provider to determine exactly how much will keep you healthy. Always drink water immediately if you feel thirsty. Remember – if you feel thirsty, you’re already dehydrated. You may see the symptoms of dehydration improve in as little as five to 10 minutes. If you think your symptoms of dehydration are severe, don’t hesitate to seek help! Dehydration can contribute to kidney stones, kidney failure and heatstroke, all life-threatening illnesses. Call 911 or go to the emergency room right away if you have symptoms of severe dehydration, or (see below) heatstroke: A temperature of 103 degrees Fahrenheit or higher. Muscle twitching. Red, hot, dry skin. Nausea. Rapid pulse. Seizures. Lack of sweating. Confusion, altered mental state, slurred speech. Dizziness. Fainting, loss of consciousness. Hallucinations. 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