

# SUNDAY MORNING Health Corner

## The Symptoms of Dehydration

**Hydration** is essential to your health and well-being. Chronic dehydration can lead to a myriad of health issues including hypertension and can even increase symptoms of anxiety and depression. Hydration is vital for healthy living as 60 percent of your body is water. Yet, 75% of Americans are dehydrated.

### What is dehydration?

Dehydration happens when your body does not have enough water and fluids to perform its normal functions.

### What are the causes?

Simply not drinking enough water because you're sick or busy with life can cause dehydration.

Additional causes are:

- Diarrhea, vomiting
- Fever
- Excessive sweating
- Increased urination

### What are the symptoms?

Dehydration can affect all people. However, signs and symptoms may differ by age. Dehydration symptoms include:

- Brain fog or confusion
- Fatigue
- Headache
- Dizziness
- Extreme thirst
- Muscle cramps
- Constipation
- Dark-colored urine
- Dry skin and lips



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