

Sneaky signs you may be dehydrated

SOT

Dr. Awad Alyami (AH-wad // all-EE-ah-mee)
OSF HealthCare pediatrician

"You get less perfusion to tissues and organs. That can cause organ damage. Perfusion refers to fluid, nutrients and energy your organs need to function." (:17)

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"When you're hydrated, your urine should look yellow, pale yellow or sometimes almost transparent like water. When you become dehydrated, your urine will become less in volume, and the color will be darker. It goes into an orange color. It can have a smell, also." (:21)

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"When you're dehydrated, your blood can be more acidic. You'll try to get rid of some of that acid in your breaths." (:06)

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"If the dehydration is because of decreased oral intake, the person might just need pain medicine so it's less painful to swallow while eating and drinking. If they are losing fluids from vomiting, we can give them medicine to stop vomiting." (:11)

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"You're probably going to be there for at least a couple hours. [Health care providers] want to make sure you can take fluids and keep them down before you go home. Sometimes the dehydration is severe enough that we need to replace those fluids over one to two days." (:21)