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Peak Performance

Reasons Why Hydration is Important

If you're struggling to get eight 8-ounce glasses of water a day—the amount recommended by many health experts—here are some great reasons to drink more.

1. Improved brain performance

Even mild dehydration—as little as 2% fluid loss—can affect memory, mood, concentration, and reaction time. Adding just a few glasses of water to your daily intake can have a positive effect on cognition, stabilize your emotions, and even combat feelings of anxiety. This is especially important for older adults who are at higher risk for both dehydration and impaired cognitive function.

2. Digestive harmony

Your body needs water in order to digest food properly. Without enough, you may experience irregular bowel movements, gas, bloating, heartburn, and other discomforts that can hurt your quality of life. Upping your fluid intake may help get things moving in the right direction again. It aids in breaking down soluble fiber from your diet to keep your digestion process on track. Mineral water is especially beneficial—look for products enriched with sodium and magnesium.

3. More energy

Dehydration can slow down circulation and affect the flow of oxygen to your brain. A lack of fluids can also cause your heart to work harder to pump oxygen all throughout your body. All of that expended energy can make you feel tired, sluggish, and less focused. Simply by drinking more H2O, you'll prevent dehydration and have more pep to get you through the day.

4. Weight loss/management

Since it provides a sense of fullness, water can help you feel satisfied in between meals—instead of heading to the snack cupboard. It can also help boost your metabolism. One study of women with excess weight found that drinking additional glasses of water before each meal resulted in substantial reductions in body weight, body mass index, and body composition. According to another 2016 study, adults who upped their water intake by just 1% consumed fewer calories. They also reduced their overall intake of sugar, cholesterol, sodium, and saturated fat.

https://www.ncoa.org/article/10-reasons-why-hydration-is-important

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Are You Drinking Enough Water?

THESE ARE THE HEALTH RISKS OF DEHYDRATION

Up to 60 percent of the human adult body is made up of water — water we tend to take for granted until we lose enough of it to experience symptoms of dehydration, such as extreme thirst, light-headedness, lethargy, headache, and muscle cramps. It you've ever overdone it on a hot day, you probably have an idea what it feels like.

Yet dehydration is simply a condition in which your body has lost more fluid and electrolytes (such as sodium, potassium, and chloride) than it took in, which can impair its ability to regulate temperature and function normally. You can lose fluid through sweating, vomiting, having diarrhea, urinating excessively, and experiencing a fever.

Common causes of dehydration include overexertion, overheating, illness, and chronic health conditions, such as uncontrolled diabetes. Drinking too much alcohol and taking certain medications can induce fluid loss as well.

Most times, the early signs of dehydration are enough to compel you to correct the situation on your own. "People start to feel tired, they get headaches, they slow down, they find they are sweating profusely. That's their body telling them, 'Hey, slow down and drink some water,'" says Alp Arkun, MD, the chief of service for emergency medicine at the Kaiser Permanente Fontana and Ontario Medical Centers in Fontana, California. Usually you'll drink water or a sports drink, or perhaps eat a hydrating food, to replenish your electrolytes and, problem solved!

But sometimes the situation can progress beyond mild dehydration to a condition that is more harmful to your health and, in rare cases, may be life-threatening. Children are at higher risk for moderate or severe dehydration because they experience diarrhea, vomiting, and high fevers more often than adults, and the youngest ones can't tell you if they are thirsty. Older people are also at higher risk because the sense of thirst decreases with age, and they are more likely to have chronic illnesses or medications that deplete fluid. Both short-term and long-term health risks are involved in moderate to severe cases of dehydration.

See page 3 for more information on health risks and dehydration.

NAME	AGENCY	METS
Michael Mitcham	NDOC	18.1
Chris Brewer	Investigations	16.1
John Cessford	Investigations	16.1
Alexander Muse	NDOC	16.1
Dyllon Cluff	NDF	16.1
David Robbins	NDF	16.1
Jeremy Geoffrey	P&P	16.1
Justin Zysman	NDOC	16.1
Chad Pollock	NHP	16.1

1st Quarter Peak Performers





Can Moderate to Severe Dehydration Put Your Health at Risk?

You can lose 3 to 4 percent of your fluid volume without really noticing much in the way of symptoms. After that, you're getting into what medical professionals deem the three stages of dehydration, the last of which can be life-threatening.

Mild (5–6 Percent of Body Fluid Lost)
Symptoms become noticeable at this stage. You start to tire, feel dizzy, and experience headaches. Maybe you have a dry mouth. Rehydrating with plain water or a sports drink is usually an adequate remedy.

Moderate (7–10 Percent)
At this stage you may also experience low blood pressure and a faster-than-normal pulse. Your urine output may be severely reduced and you have dry skin that tents when you pinch it instead of springing back. It's important to rehydrate immediately, with a fluid that replenishes electrolytes such as sports drink, or water if that is the only thing available.

Severe (Over 10 Percent)
Severe dehydration can be life-threatening. Fainting and seizures can occur, the latter due to electrolyte abnormalities. If you fall into this category, seek medical attention immediately. A health professional may give you intravenous hydration with water and sodium chloride. If your fluid volume loss gets into the 15 percent to 25 percent range, dehydration can be life-threatening.

https://www.everydayhealth.com/dehydration/health-risks/

3 Key Ways to Avoid Dehydration

1. Don't Let Yourself Get Thirsty
The best indicator that you need to drink water? Thirst. The reason you have a sensation of thirst is because the lack of water alters the balance of salt in the blood and this imbalance causes a cascade of effects resulting in the desire (i.e. thirst) for greater hydration. Essentially, thirst is a symptom of dehydration.

2. Check Your Urine Color for Tell-Tale Signs
There really is no magic number or formula for how much fluid you need every day, but the color of your urine is a pretty good indicator of where you stand on the hydration scale. If your urine is colorless or pale yellow, you're likely drinking an adequate amount of water. Mild dehydration may show itself in the form of bright or dark yellow urine. If your urine is darker than pale yellow or you're feeling thirsty, then you need to drink some water."

3. Reach for Foods With High Water Content
One thing most of us fail to recognize is that our water intake isn't only coming in a glass — the foods we eat make up a large chunk of our intake. Around 20 percent of our total water intake comes from the food we eat.

> "Our thirst sensation doesn't really appear until we are 1 or 2 percent dehydrated. By then dehydration is already setting in and starting to impact how our mind and body perform."

https://www.nbcnews.com/better/diet-fitness/down-low-h20-n760721

The Truth About Hydration

Myths and Facts

Myth #1: You can't drink too much water—more is always better.

Fact: It is possible to overdo your water intake and drink more than your body can flush out. This is called hyponatremia (also known as water toxicity), a condition in which sodium levels in the body are dangerously low. Hyponatremia can cause a host of physical symptoms ranging from confusion, nausea, and headaches to convulsions—and can even be fatal in some cases. There are certain people who are more prone to hyponatremia than others, including those with congestive heart failure, kidney failure, or Addison's disease. Endurance athletes are also susceptible, especially novice runners.

Myth #2: Sports drinks are the best choice to rehydrate after intense exercise.

Fact: TV commercials would have us believe that electrolyte-enhanced sports drinks are the best way to refuel your body after activity. But these popular beverages often contain ingredients that aren't so good for our health. These include hydrogenated oils, which can be harmful to the thyroid. Many sports drinks also contain high-fructose corn syrup (HFCS) and large amounts of sugar, which can cause dramatic spikes in blood sugar levels.

Myth #3: Everyone should drink 8 glasses of water a day.

Fact: Each person's hydration needs are unique, based on a number of factors such as age, activity level, diet, health, and any medications being taken. The climate you live in also matters; those who live in hot, humid locations will typically need to consume more water. In general, you should take one-third of your body weight and drink that number of ounces in fluids daily. For example, if you weigh 150 pounds, aim to drink 50 oz. of water.

https://www.ncoa.org/article/the-truth-about-hydration-7-myths-and-facts

We will continue to keep you informed on topics ranging from the Heart-Lung Program, to diet, exercise and nutritional advice. We are always looking for contributors to relate personal accomplishments and success stories. We encourage you to drop Risk Management a note at 201 S. Roop St, Ste 201, Carson City, NV 89701, or call Marlene Foley at (775) 687-1757 or email her at mfoley@admin.nv.gov. You can also contact the State Health and Wellness Coordinator, Laura Streeper, at (775) 291-7881 or email Laura.Streeper@WillisTowersWatson.com for a consultation in regard to addressing your risk factor(s) or request information on wellness and a heart-healthy lifestyle.



The best way to clean and sanitize your water bottle

Daily maintenance

If you have a screw-top bottle, you're in luck. All you have to do is separate the top from the bottle and run both pieces through the dishwasher every day (top rack only, of course). Make sure the drying cycle is on because the bottle needs to be completely dry. If not, it will become a breeding ground for germs.

Another option is to wash the bottle in warm water and detergent every day. Use a cloth or brush on the inside to remove any slimy build-up that may have formed. Rinse well and dry thoroughly before using.

How to clean and sanitize water bottles

If, after regular cleaning, the bottle still doesn't smell fresh, try sanitizing. Fill with either:

- A mild bleach/water solution (1 tea-spoon of bleach to 1 gallon of water); let the bleach solution stand for 5-15 minutes. Rinse until all bleach odor is gone. Air dry.

- Straight white distilled vinegar; let it stand for about 10 minutes. Rinse and air dry.

- Straight hydrogen peroxide; let it stand for about 10 minutes. Rinse and air dry.

https://www.today.com/home/step-step-guide-how-clean-reusable-water-bottles-t76946