



SYMPTOMS OF IMPROPER HYDRATION

UNDER HYDRATION

Dehydration signs (moderate/mild): The beginning signs of dehydration are; Performance degradation, dry, sticky mouth, headache, lethargy or tiredness, dizziness/light-headedness, thirst, decreased urine production, dark urine color and muscle weakness.

Dehydration signs (Severe Symptoms): Some symptoms of severe dehydration are; extreme thirst, very little urine production, irritability/confusion, very dark urine (brown), decreased skin turgor (skin's elastic ability to return to normal) , sunken eyes, "little to no" sweating, low blood pressure, rapid heart rate, fever and/or delirium/unconsciousness.

Heat exhaustion is a clinical syndrome resulting from heat exposure with a constellation of signs and symptoms including headache, extreme fatigue, nausea, vomiting, dizziness, myalgias, tachycardia, and profuse sweating.

OVER HYDRATION

Exercise induced hyponatremia signs (moderate/mild): The common symptoms of mild hyponatremia are cramping, dizziness and weakness.

Exercise induced hyponatremia signs (severe symptoms): In severe hyponatremia, which rarely occurs in marathons, the problems can include seizures, altered mental states, cerebral and pulmonary edema, coma, and death.

SIMPLE HYDRATION RULES CAN AVOID DEHYDRATION AND HYPONATREMIA.

SOME OF THE SYMPTOMS OF UNDERHYDRATION AND OVERHYDRATION ARE THE SAME.