



Common Reasons for Dehydration

Water makes up a majority of our bodies. Water is used for body functions like maintaining blood pressure, body temperature, organ function and much more. It is important remember the importance of hydration during the hot weather, when exercising, and when sick (vomiting, diarrhea, and when having a temperature) because they are the common causes of dehydration.

With the hot weather at a high point for the season, making sure to get enough water is vital. Whether you are working in your garden, mowing the grass, walking to the mailbox, or even just sitting in the heat, make sure you are drinking enough fluids throughout the day. The more you sweat the more water your body needs.

Exercising and water are two things that work hand in hand. When you exercise you need extra water beyond your normal intake. When you exercise you sweat, when you sweat you need water. Here are a few tips for exercising and hydration:

- Drink several ounces of fluid every 10-20 minutes of exercise.

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Common Reasons for Dehydration

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- A good habit when exercising is to weigh yourself before and after exercise. For every pound lost during that exercise, your body needs about 3 cups of water or fluid replaced.

- When exercising for more than one hour, the body not only loses water but it also loses electrolytes. Electrolytes are salts and minerals in the body that conduct impulses in the body. The most common are sodium chloride (salt), potassium, and calcium. Some may choose to drink sports drinks for electrolyte replacement but soups, fruits/fruit juices, and vegetables/vegetable juices can do the same.

Being sick is never pleasant. Diarrhea, vomiting, and a high temperature all are factors that require more fluid intake. The body is utilizing more fluids or disposing of liquids that need replaced. With severe diarrhea and vomiting, there is also a loss of electrolytes that need to be replaced.

Staying hydrated while in the heat, when exercising, and while sick are just a taste of the hydration topic. Sometimes it can be easy to forget to drink fluids and become dehydrated. But did you know that you can get water from the food you eat as well? Soups, juices, fruits, vegetables and many more foods contain water you can count on. You can make staying hydrated fun with an assortment of foods as well!

**Water, the Hub of Life.
Water is its mater and matrix, mother
and medium.
Water is the most extraordinary
substance!
Practically all its properties are
anomalous, which enabled life to use
it as building
material for its machinery.
Life is water dancing to the tune of
solids.
- Albert Szent-Gyorgyi (1972)**



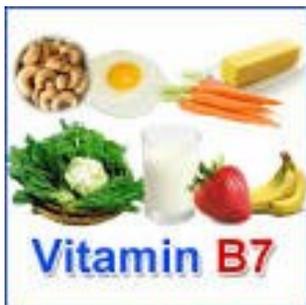
10 Signs of Dehydration

1. **Fatigue** — Excessive tiredness can be caused by dehydration. Your body works hard to maintain itself. When your body is not provided with adequate hydration, the body has to work harder to maintain regular functions which can lead to fatigue.
2. **Dark Yellow Urine** — Dark yellow color urine can be a sign of dehydration. Usually a darker color than normal. Keep in mind urine can change colors for many reasons besides dehydration (like medications, certain foods, or relation to health conditions).
3. **Onset of Lightheadedness** — Dehydration can cause a drop in blood pressure which can cause lightheadedness. When severely dehydrated, people can appear delirious or lose consciousness.
4. **Increased Heart Rate** — Low electrolyte levels can cause an increase in heart rate.
5. **Feeling Overheated** — When fluid levels in the body get low, you can feel overheated.
6. **Muscle Cramping** — Muscle cramping can occur for a few seconds to hours. Most often cramping from dehydration or electrolyte imbalance occurs in your side or calf muscle.
7. **Constipation** — Dehydration commonly causes constipation. Your intestines need plenty of fluids for smooth bowel movements. When you are dehydrated, your intestines suck up the fluids from food waste causing hard and dry stool.
8. **Loss of Skin Elasticity** — As we age, we lose the elasticity of our skin. With a quick pinch of the skin, you can check to see if you are dehydrated. Your skin should bounce back to normal quickly when hydrated.
9. **No Tears** — This one might be a little bit tougher to determine. Crying while dehydrated and no tears are being produced can indicate dehydration for adults.
10. **You're Thirsty** — Your body is telling you it is time to drink. Sometimes you even may feel hungry when you are dehydrated. If you wait until you are thirsty, you may already be dehydrated.



Vitamin B7—Biotin

Vitamin B7—also known as Biotin or Vitamin H



Daily amounts needed for adults 50 and older:

Recommended Daily Allowance:

Men - 30 µg per day

Women - 30 µg per day

What are its Functions?

Biotin is a water-soluble vitamin. Biotin is important in the growth and maintenance of hair and skin. It is also used for the synthesis of fat, glycogen (stored carbohydrate in the body), and some amino acids.

Food Sources

Egg Yolk

Liver

Yeast

Grains

Dairy Products

Salmon

Soybeans

Oatmeal

Legumes

Peanuts

Deficiency Symptoms

Brittle Nails

Lenier's Dermatitis

Anorexia

Nausea

Insomnia

Fatigue

Hallucinations

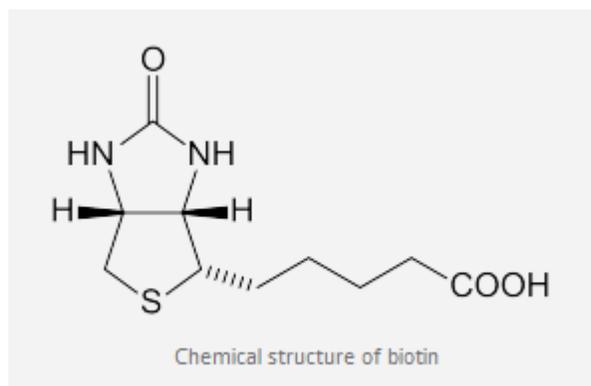
Dry skin

Numb or tingling limbs

Can be obtained from the gut microbial metabolism and many foods so deficiency is rare. Deficiency can be caused from alcoholism or rare genetic disorder.

Toxicity Symptoms

No Known Toxicity



Farmers' Market Pasta Salad

Yield: Makes 8 to 10 servings

Ingredients

2 cups halved baby heirloom tomatoes
2 small zucchini, thinly sliced into half moons
1 small red bell pepper, cut into thin strips
1 cup fresh corn kernels
1 cup diced firm, ripe fresh peaches (about 2 medium)
1/2 cup thinly sliced green onions
Parmesan Vinaigrette
1 (8-oz.) package penne pasta*
2 cups shredded smoked chicken (about 10 oz.)
1/3 cup torn fresh basil
1/3 cup torn fresh cilantro



Preparation

1. Toss together first 7 ingredients in a large bowl, and let stand 10 minutes.
2. Meanwhile, prepare pasta according to package directions. Add hot cooked pasta and chicken to tomato mixture; toss gently to coat. Season with salt and pepper to taste. Transfer to a serving platter, and top with basil and cilantro.

*1 (20-oz.) package refrigerated cheese-filled tortellini may be substituted.

Recipe Received from: <http://www.myrecipes.com/recipe/farmers-market-pasta-salad>

Brain Exercise

Don't Just Exercise Your Body, Work Out Your Brain

Novice Sudoku Puzzles, Volume 1, Book 1

Sudoku #8

			3		7			4
		6					7	1
	1				4	5	2	
5			8			2		9
9	6						5	8
7		8			1			6
	7	3	2				9	
4	9					8		
6			7		9			

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Thank you!

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Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

If you use logic you can solve the puzzle without guesswork.

Need a little help? The hints page shows a logical order to solve the puzzle. Use it to identify the next square you should solve. Or use the answers page if you really get stuck.

Answers on page 8

August Monthly Observations

August 2015

• *Admit You're Happy Month*

• *Family Fun Month*

• *National Catfish Month*

• *National Eye Exam Month*

• *Peach Month*

• *Romance Awareness Month*

• *National Picnic Month*

• *Water Quality Month*



Sun

Mon

Tue

Wed

Thu

Fri

Sat

1

National Mustard Day

2

Sisters Day

3

National Watermelon Day

4

U.S. Coast Guard Day

5

Work Like a Dog Day

6

Wiggle Your Toes Day

7

National Light-house Day

8

Sneak Some Zucchini

9

Book Lover's Day

10

National S'mores Day

11

Son and Daughter Day

12

Middle Child's Day

13

Left Handers' Day

14

National Creamsicle Day

15

Relaxation Day

16

National Tell a Joke Day

17

National Thrift shop Day

18

Bad Poetry Day

19

Aviation Day

20

National Radio Day

21

Senior Citizen's Day

22

Be and Angel Day

23

Ride the Wind Day

24

Vesuvius Day

25

Kiss and Make Up Day

26

National Dog Day

27

Just Because Day

28

Race Your Mouse Day

29

More Herbs, Less Salt Day

30

Toasted Marshmallow Day

31

National Trail Mix Day

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This newsletter is created by Kathrine J. Clark, MS, RD, LD, Nutrition Consultant to the West Virginia Bureau of Senior Services.

Brain Exercise Answers

Sudoku #8

2	5	9	3	1	7	6	8	4
3	4	6	5	8	2	9	7	1
8	1	7	6	9	4	5	2	3
5	3	4	8	7	6	2	1	9
9	6	1	4	2	3	7	5	8
7	2	8	9	5	1	3	4	6
1	7	3	2	6	8	4	9	5
4	9	2	1	3	5	8	6	7
6	8	5	7	4	9	1	3	2

