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Special points of interest:

- How does not drinking enough water affect the kidneys?
- Lack of water effects on other organs

If you have a water emergency after-hours, weekends or on holidays, please call us at 870.633.1571



Robert Davis 8/08

Matthew Gregory 8/12

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How does not drinking enough affect the kidneys?

Every day, the kidneys filter around 120 -150 quarts of fluid. Of these, approximately 1-2 quarts are removed from the body in the form of urine, and 198 are recovered by the bloodstream. Water is essential for the kidneys to function.

If the kidneys do not function properly, waste products and excess fluid can build up inside the body.

Untreated, chronic kidney disease can lead to kidney failure, whereby the organs stop working, and either dialysis or kidney transplantation is required.

Urinary tract infections (UTIs) are the second most common type of infection in the body and account for around 8.1 million visits to health care providers in the U.S. every year.

If infections spread

to the upper urinary tract, including the kidneys, permanent damage can be caused. Sudden kidney infections (acute) can be life-threatening, particularly if septicemia occurs.

Drinking plenty of water is one of the simplest ways to reduce the risk of developing a UTI and is also recommended to those who have already developed a UTI.

Kidney stones interfere with how the kidneys work and, when present, can complicate

Lack of Water Effects on other organs

Of course, it is not just the kidneys that are affected by a lack of water; below is a small sample of the other negative consequences dehydration can bring:

Blood is more than 90 percent water, therefore, if water is in short supply, blood can become thicker and increase blood pressure.

When dehydrated, airways are restricted by the body in an effort to minimize water loss, potentially making asthma and allergies worse.

- The skin can be-

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UTIs. These complicated UTIs tend to require longer periods of antibiotics to treat them, typically lasting 7-14 days.

The leading cause of kidney stones is a lack of water; they are commonly reported in people who do not drink the recommended daily amount of water. As well as complicating UTIs, research has suggested that kidney stones also

How does not drinking enough affect the kidneys? Cont.

increase the risk of chronic kidney disease.

In November 2014, the American College of Physicians issued new guidelines for people who have previously developed kidney stones, stating that increasing fluid intake to enable 2 liters of urination a day could decrease the risk of stone recurrence by at least half with no side effects.

Dehydration - using and losing more wa-

ter than the body takes in - can also lead to an imbalance in the body's electrolytes. Electrolytes, such as potassium, phosphate, and sodium, help carry electrical signals between cells. The levels of electrolytes in the body are kept stable by properly functioning kidneys.

When the kidneys are unable to maintain a balance in the

levels of electrolytes, these electrical signals become mixed up, which can lead to seizures, involving involuntary muscle movements and loss of consciousness.

In severe cases, dehydration can also result in kidney failure, a potentially life-threatening outcome. Possible complications of chronic kidney failure include anemia, damage to the central nervous system, heart failure, and a compromised immune system.

Lack of Water Effects on Other Organs cont.

come more vulnerable to skin disorders and premature wrinkling.

The bowel needs water to function correctly. If dehydrated, digestive problems and constipation can become an issue.

Dehydration can lead to an overly acidic stomach which makes heartburn more common and can encourage the development of stomach ulcers.

- Cartilage, found in joints and the

disks of the spine, contain around 80 percent water. If dehydration is ongoing, joints can become less good at shock absorption, which leads to joint pain.

Dehydration can affect brain structure and function. If dehydration

is prolonged, cognitive ability is impaired.
DRINK YOUR WATER!!!



Arkansas One Call



Know what's below.
Call before you dig.



ADEQ

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