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# Alive With Pride

### Special points of interest:

- Dehydration affects the body & brain
- Back To School Tips
- Manager's Corner



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## Dehydration Affects The Body and Brain

The average human body is 60 percent water. Your body uses water to perform a multitude of functions, including: regulating body temperature, lubricating joints, protecting organs, flushing out waste, carrying nutrients and oxygen to the cells, and dissolving minerals and nutrients. If you do not replenish your body's water supply by drinking plenty of fluids and you become dehydrated, your body will be unable to perform its normal functions including attention and memory. Dehydration affects sodium and electrolyte levels in the body, which has also been linked to cognitive changes. There is limited literature available on how hydration affects human cognitive function, but the brain function most likely affected by dehydration are short term memory and

attention, says Laura De Fina, MD, President and Chief Executive Officer of The Cooper Institute. It isn't uncommon to see a marathon runner complete the race,



only to receive medical treatment after becoming confused and disoriented.

This is caused by a loss of sodium and electrolytes due to dehydration from strenuous exercise and heavy sweating. "While there is conflicting information, it is pretty clear that hydration affects the brain, particularly in elderly adults and children," says Dr. De Fina. El-

derly adults tend to have more diseases and confounding factors, such as medication that affects hydration. In those who already have cognitive difficulties, when an older adult becomes dehydrated his or her cognitive function becomes even more inhibited. Disabled adults and young children rely on others to provide water. Thus, their thirst and need for hydration may not be addressed as quickly as it would be for an older child or adult, who is able to get a drink on their own when they are thirsty, leading to dehydration. These brain-related effects of dehydration reinforce the fact that hydration is essential, not just for physical function, but intellectual and mental function.

## Back-To-School Tips

The following health and safety tips are from the American Academy of Pediatrics (AAP).

### Making The First Day Easier

Remind your child that there are probably a lot of students who are uneasy about the first day of school. This may be at any

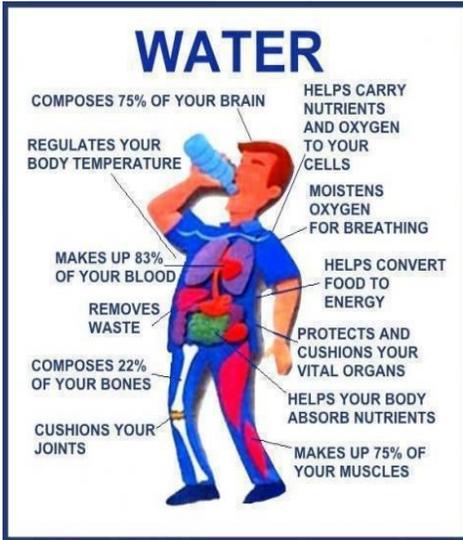
age. Teachers know that students are nervous and will make an extra effort to make sure everyone feels as comfortable as possible.

- Point out the positive aspects of starting school. She'll see old friends and meet new ones. Refresh her positive memories about previous years, when she may have returned home after the

first day with high spirits because she had a good time.

- Find another child in the neighborhood with whom your student can walk to school or ride on the bus.
- If it is a new school for your child, attend any available orientations and take an opportunity to tour the school before the

## Dehydration cont.



Tips to stay hydrated this summer It is important to keep yourself hydrated, particularly if you live in a hot climate. Dr. De Fina suggests these tips to keep hydrated this summer:

- Make an effort to hydrate before exercise, during exercise and after exercise.
- Drink seven to 10 ounces of water every 10 to 15 minutes while exercising.
- Water is the best option, as it doesn't have unnecessary calories like many

sports drinks. Generally, you only need the extra electrolytes in sports drinks after exercising more than an hour.

- Monitor your hydration based on how thirsty you are and the color of your urine. A well-hydrated person has pale yellow urine. Drink when you are thirsty, or if you notice your urine is darker than it should be.
- The recommendation of drinking at least six to eight glasses of water a day is a good rule of thumb, but it is not one size fits all.

Dr. De Fina also pointed out that there is no evidence that pickle juice, coconut water, or other "trendy" drinks are superior to water. Research is conflicting on the long-term effects of dehydration on the brain. What we do know is that dehydration and a loss of sodium and electrolytes can cause acute changes in memory and attention. To prevent any loss of body or brain function, take steps to keep your body properly hydrated this summer.

*If you have a water emergency after-hours, weekends or on holidays, please call us at 870.633.1366*

## Back-To-School Tips cont.

first day. If you feel it is needed, drive your child (or walk with her) to school and pick her up on the first day

### Develop Good Homework and Study Habits

Create an environment that is conducive to doing homework. Children need a consistent work space in their bedroom or another part of the home that is quiet, without distractions, and promotes study.

- Schedule ample time for homework.

- Establish a household rule that the TV and other electronic distractions stay off during homework time.
- Supervise computer and Internet use. Be available to answer questions and offer assistance, but never do a child's homework for her.
- Take steps to help alleviate eye fatigue, neck fatigue and brain fatigue while studying. It may be helpful to close the books for a few minutes, stretch, and take a break periodically when it will not be too disruptive.
- If your child is struggling

with a particular subject, and you aren't able to help her yourself, a tutor can be a good solution. Talk it over with your child's teacher first.

- Some children need help organizing their homework. Checklists, timers, and parental supervision can help overcome homework problems.

If your child is having difficulty focusing on or completing homework, discuss this with your child's teacher, school counselor, or health care provider.

I hope and pray that all school-aged children have a great and prosperous 2015-2016 school year.

Arkansas One Call



Know what's below. Call before you dig.



# ADEQ

ARKANSAS Department of Environmental Quality

## Manager's Corner

Summer will soon be over and we will all resume a regiment of very different activities. A summer break is refreshing and necessary to avoid burn-out.

With re-newed energy we can now refocus on this period of preparation. So lets get ready to take full advantage of this

opportunity because ultimately the quality of your life later will be directly proportionate to the quality of your preparation today. So lets get busy!!!

W.H. Calvin Murdock, Manager

