



DEHYDRATION: MORE THAN JUST BEING THIRSTY



Many people think dehydration only happens after spending hours in the sun or exercising on a hot day. While those situations certainly increase your risk, dehydration can happen to anyone, at any time of year. It can develop quickly and, if left untreated, become a serious medical condition. Dehydration can also be a symptom of a serious condition

that requires medical attention.

Knowing the warning signs—and **understanding when dehydration may be a symptom of something more serious**—can help you stay healthy and avoid complications.

What Is Dehydration?

Dehydration occurs when your body loses more fluids than it takes in. Water is essential for nearly every function in your body, including regulating temperature, transporting nutrients, maintaining blood pressure, and helping your organs function properly.

Dehydration May Be a Sign of Something More Serious

Sometimes dehydration isn't the primary problem—it's a **symptom of another medical condition that requires treatment**. If you feel that you may be experiencing symptoms of dehydration, **call us for a same-day**

**Before Urgent Care.
Before the ER.**

Think DMC First.

Your DMC team can see you
today.



**Less wait. Lower cost.
Better quality & continuity of care
from trusted DMC providers.**

Same-Day, Your Way

**THREE
OPTIONS!**

1. Call DMC at 603-537-1300
2. Go to DMCPPrimaryCare.com to self-schedule
3. Visit DMC Walk-In Care in Bedford, Concord or Londonderry

appointment so your DMC provider can give you guidance and rule out serious medical conditions.

Knowing the warning signs—and **understanding when dehydration may be a symptom of something more serious**—can help you stay healthy and avoid complications.

Dehydration may be associated with the following conditions which require medical attention.

- **Gastrointestinal Infections**

Stomach viruses, food poisoning, and other infections can cause significant fluid loss through vomiting and diarrhea. Young children and older adults are at higher risk for becoming dehydrated quickly.

- **Diabetes**

Excessive thirst and frequent urination can be early signs of diabetes or indicate that blood sugar levels are not well controlled. Left untreated, diabetes can lead to dangerous dehydration.

- **Kidney Problems**

Healthy kidneys help regulate your body's fluid balance. Kidney disease and kidney infections can affect hydration and may require prompt medical evaluation.

- **Urinary Tract Infections (UTIs)**

Urinary tract infections can lead to dehydration, particularly if fever, nausea, or vomiting develop. UTI's usually require medical treatment (an antibiotic) **so seeking medical care early is very important.**

- **Chronic Illnesses**

Heart disease, kidney disease, certain cancers, and other chronic medical conditions may increase the risk of dehydration or make its effects more serious.

Remember, getting medical care quickly is important! Please call 603-537-1300 for a same-day appointment, [click to self-schedule](#), or visit a DMC Walk-In Clinic (in Bedford, Concord or Raymond) to be seen right away. All DMC providers have access to your medical records and can get you on a treatment plan quickly.

Contact your DMC provider if you have:

- Vomiting or diarrhea lasting more than 24 hours
- A fever accompanied by signs of dehydration
- Difficulty keeping fluids down
- Symptoms that are getting worse despite drinking fluids
- Signs of dehydration in an infant, young child, or older adult

Call DMC immediately if you or a loved one experiences:

- Confusion or inability to stay awake
- Fainting
- Severe dizziness
- Rapid breathing or rapid heartbeat
- No urination for many hours
- Bloody diarrhea or vomit

Common Causes of Dehydration

Many everyday illnesses and situations can lead to dehydration, including:

- Vomiting or diarrhea
- Fever
- Excessive sweating from exercise or hot weather
- Not drinking enough fluids throughout the day
- Certain medications, such as diuretics (“water pills”)
- Increased urination from uncontrolled diabetes
- Alcohol consumption

Signs and Symptoms

Early dehydration may cause:

- Increased thirst
- Dry mouth or cracked lips

- Dark yellow urine
- Urinating less often
- Fatigue or low energy
- Headache
- Dry skin

As dehydration becomes more severe, symptoms can include:

- Dizziness or lightheadedness
- Rapid heartbeat
- Confusion or irritability
- Muscle cramps
- Sunken eyes
- Extreme weakness
- Fainting

These symptoms should never be ignored.

How to Prevent Dehydration

The best treatment is prevention. Simple steps include:

- Drink water regularly throughout the day—not just when you're thirsty.
- Increase fluid intake during hot weather and physical activity.
- Replace fluids lost from vomiting or diarrhea with water or electrolyte solutions.
- Limit alcohol, which can contribute to dehydration.
- Eat water-rich foods such as watermelon, cucumbers, oranges, berries, and soups.
- Check the color of your urine—it should be pale yellow. Dark urine often indicates you need more fluids.
- Work with your provider to manage chronic diseases like Diabetes.

Same Day, Your Way

Dehydration can be serious. That's why we offer three options for **Same Day Care** to help you get better quickly.



If you're experiencing symptoms of dehydration (or another illness or a minor injury):

- **Call** our main number at 603-537-1300 to schedule a same-day visit in any DMC office.
- Go to [DMCPimaryCare.com](https://www.dmcprimarycare.com) and **click** on "Appointments." After you select the office you wish to visit, be sure to click on "First Available" to see appointment options.
- **Visit** any of our **DMC Walk-In Care** locations (Bedford, Concord, or Londonderry) for prompt evaluation and treatment.

DMC – Here When You Need Us

If you're concerned about dehydration or an illness that's causing you to lose fluids, don't wait until symptoms become severe. Early evaluation and treatment can help prevent complications and get you feeling better faster.