
Dehydration

Dehydration occurs when the amount of water leaving the body is greater than the amount being taken in. The body is very dynamic and always changing. This is especially true with water in the body. We lose water routinely when:

- we breathe and humidified air leaves the body;
- we sweat to cool the body; and
- we urinate or have a bowel movement to rid the body of waste products.

Signs and Symptoms

The body's initial responses to dehydration are thirst to increase water intake along with decreased urine output to try to conserve water. The urine will become concentrated and more yellow in color. As the level of water loss increases, more symptoms can become apparent. The following are further signs and symptoms of dehydration:

- dry mouth
- the eyes stop making tears
- sweating may stop
- muscle cramps
- nausea and vomiting
- heart palpitations
- lightheadedness (especially when standing).

Our caregivers are able to provide supervision and companionship to ensure your loved one is staying hydrated, especially during the summer months. Even if it is just a few hours a day, our caregivers can provide family member's with the peace of mind that their loved ones are safe at home.

About Us

"A First Name Basis" strives to be the leading provider of in-home care services in Louisiana. We spend a lot of time getting to know our clients and caregivers and educating them to know the signs and symptoms of dehydration in order to protect the elderly population in the community. We offer our clients flexibility and options that may not be available with similar franchised companies. "A First Name Basis" also offers the Live Smart Guarantee© which is:

- We guarantee your satisfaction
- We guarantee our team is professional, attentive and friendly

- We guarantee a tailored plan to meet the client's needs

If you have additional questions, or would like to find out about services available in your area, please contact 1.877.557.5525, or visit us online at www.AFirstNameBasis.com.

A First Name Basis – Baton Rouge | Lafayette | New Orleans | Mandeville