

VALLEY UROLOGICAL ASSOCIATES

Experience. Understanding. Advanced Medicine.
The right reasons; the clear choice.

The right reasons; the clear choice;
experience, understanding, advanced medicine.



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NEWS ABOUT OUR PRACTICE

Check back here regularly to learn about news and information concerning Valley Urological Associates, our staff and services.

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MONTHLY UROLOGICAL HEALTH TIPS

Valley Urological Associates features a new health tip every month. Be sure to check back regularly to learn about ways to maintain proper urological health!

June 2008

Avoiding Dehydration During the Summer

The arrival of summer weather in western Pennsylvania also brings higher temperatures and humidity, along with the health risk of dehydration and its disastrous effects. While most of us understand that dehydration is a serious health problem, few of us realize the effects that dehydration has on our urinary system. In fact, dehydration is an important cause of acute renal failure. Although the effects of dehydration on the kidneys can be reversed in most cases, particularly if detected early and treated promptly, certain individuals are at a higher risk for dehydration and related kidney problems, including the elderly and those who work outdoors.

Staying properly hydrated is important for our overall health, but there is not hard and fast rule about how much water we should consume daily. While we have all heard the “eight glasses a day” rule, some individuals require more depending on their age, their living and working conditions, and even the medications they take.

Thirst alone should not be the only guide for determining when to drink because, by the time you feel thirsty you are probably already slightly dehydrated. The older you are the more difficult time your body has in sensing dehydration, so it is very important to monitor the fluid intake of older family members and neighbors, particularly during hot, humid weather.

Tips for staying properly hydrated:

1. Drink eight glasses of water daily unless directed otherwise by your doctor
2. It is good idea to drink a glass with each meal and before, during and after exercise.
3. If your work or daily activities keep you outside, you may need to increase your water intake. Drink water regularly through the day; don't wait until you feel thirsty.
4. Juices, sodas, teas and coffee are not a substitute for plain water. This is because many beverages contain caffeine, sugars and other additives that may cause the body to lose more water than it is taking in.

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HEALTH INFORMATION SEMINARS

Valley Urological Associates offers a range of seminars on different health topics that are open to the public. Recent seminars include the latest methods for treating benign prostatic hyperplasia. New seminars are being planned, so check back with us frequently!

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