# Dehydration

**A parent's guide for keeping kids in the game.**

Fluids are lost both through the skin as sweat and through the lungs while breathing. Athletes are at risk of dehydration if they don't get enough fluid to replace what is lost.

**Drink plenty of fluids** before, during, and after a workout or game. Kids should take a water bottle to school and drink between classes and on breaks so they are well-hydrated before their workout.

**Also:**

- Water should be readily available when working out
- You should drink often – every 15 to 30 minutes
- Sports drinks are recommended for activities longer than one hour to replace sugar and salt as well as water

**Early signs of dehydration can include:**

- Decreased athletic performance
- Fatigue
- Headache
- Thirst
- Irritability
- Apathy
- Nausea
- Thirst

**Signs of advanced dehydration include:**

- Dark urine
- Disorientation
- Dry lips and mouth
- Decrease in reaction time

Athletes with any of these signs should rest and drink water or sports drinks. If the athlete doesn't improve, feels dizzy or faint, or has not had much urine output, he/she should be seen by a doctor. **Seek emergency treatment** if the athlete is disoriented, unable to drink, or has pale skin.

# SportsCare at SSM Health Cardinal Glennon

SSM Health Cardinal Glennon SportsCare is the premier pediatric sports medicine provider in St. Louis, St. Charles, and Illinois, providing young athletes exclusive, direct access to comprehensive medical care.

We guarantee your child will get the top care that is best suited to treat their injury, improving recovery time and outcome. Many of our services are offered in multiple locations so your child can even be treated close to home.

**Specialists your child has access to through SportsCare include:**

- Cardiologists
- Emergency medicine physicians
- Neurologists
- Nutritionists
- Orthopedists
- Pediatric psychologists
- Physical therapists
- Pulmonologists
- Radiologists
- Rehabilitation specialists

We also keep kids in the game through educational programs and support for parents, coaches, and athletes that focus on injury prevention, proper technique, and overall athletic health.

For more information or to find a specialist for your athlete, call **314-577-5640**
or visit **cardinalglennon.com/sportscare**

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SSM Health Cardinal Glennon pediatricians are in an **ER close to home, 24 hours a day** at:

Anderson Hospital - Maryville, IL
HSHS St. Elizabeth's Hospital - O'Fallon, IL
SSM Health DePaul Hospital - St. Louis
SSM Health St. Clare Hospital - Fenton
SSM Health St. Joseph Hospital - Lake Saint Louis
SSM Health St. Joseph Hospital - St. Charles

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