

# Water

## Weight Management Service

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### What is water?

Water is the most important nutrient and the most abundant substance in the human body.

Water makes up about three quarters of the human mass.

### Why is water important?

Water is important to our health for many reasons. It includes, but is not limited to the following;

Water helps,

- Remove toxins from the body.
- Nerve conduction.
- Regulate body temperature.
- Protect body organs and tissues.
- Lubricate joints.
- Improves digestion.
- Carry nutrients and oxygen to all cells in the body.
- To convert food to energy.

### What are the signs of dehydration?

Some early signs that might be experienced include:

- Thirst
- Dry Skin
- Dark Coloured Urine
- Dry Mouth

- Fatigue or Weakness
- Headaches.

Longer term effects of dehydration include:

- Vomiting
- Painful urination
- Constipation
- Confusion
- Muscle spasms
- Chest and abdominal pain
- Increased heart and respiratory rate
- Increased body temperature
- Extreme fatigue
- Muscle cramps
- Nausea.

### What fluids should I avoid?

While all beverages contribute to your total fluid intake, some may actually dehydrate you for example;

- Caffeinated beverages ie. coffee, tea, cola
- Alcohol
- Fizzy drinks.

### How can I increase my fluid consumption?

- Keep a bottle of water with you.

- Drink a glass of water before every meal.
- Have a drink of water with your meal (if you have not had gastric surgery).
- Alternate other beverages with a glass of water.
- Try herbal or de-caffinated hot drink alternatives.
- Drink diluted sugar free juice if you don't like plain water.
- Ensure you have a drink of water before, during and after exercise.

It is extremely important not to avoid drinking due to any continence problems that you may be having as dehydration will only add to the problem.



**If you require a special edition of this leaflet**

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