

FLUIDS COOL THE BODY

it has been noted by many parents that ED children drink a lot of water and produce large amounts of urine. This can cause complications in regard to bed wetting and the need to find places to get water and go to the toilet during daily activities. This is particularly true in hot weather. There is a direct physical reason why this behaviour is beneficial to the child.

When cool water is taken into the body, it cools the body as it is heated to body temperature. This is not as effective as external cooling by perspiration or sponging, where evaporation can take place, but it can help. For example, when a child drinks a litre of cold water (4°C) and heats it to body temperature (37°C), it requires around 33 Calories (the food energy in a caramel bar). For a 33kg child, this will result in about a 1°C reduction in body temperature. The amount of cooling for the same drink will be less with larger individuals (0.5°C for a 70kg individual), greater with smaller individuals (NB however, 1 litre is a large drink! Athletes can sweat in excess of 2 litres per hour), the cooling from fluid intake can help keep an anhydrotic individual more comfortable. If a large amount of fluid is being consumed adequate amounts of table salt and also orange juice should also be consumed to keep up body salts (sodium and potassium). A normal diet usually contains adequate salt, but in extreme prolonged heat a cool, balanced salt solution such as Gatoraide or Lucozade Sport may be beneficial.

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