

How Much Water Should I Drink?

It Depends

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Normal physiology

- The brain(hypothalamus) and kidney regulate water excretion
- Antidiuretic hormone(ADH)
- Serum osmolality-sodium

Why polydipsia and polyuria?

- Glucose as an osmotic agent
 - Increases serum osmolality
 - Osmotic diuresis
 - Invokana and Jardiance

Diabetic comorbidities

- Hypertension
- Congestive heart failure
- Chronic kidney disease

Is my glass half full or half empty?

- Fluid needs are dependent on volume status
- How to assess volume
- Hypovolemia
 - Poor skin turgor/lack of edema
 - Orthostatic hypotension
- Hypervolemia
 - Edema
 - Dyspnea/rales

Fill it up

- I need more
 - Poor diabetic control
 - UTI
 - Exercise
 - Heat exposure
- Don't forget the salt

That's all I get?

- Any fluid restriction should also include a sodium restriction
- If it's liquid at room temperature it's fluid
- Some foods have a high fluid content
- Ice is a help

A lot of time for discussion