



Hyponatremia

Drink enough to replace sweat loss—but don't overdrink!

Hyponatremia: a condition where the sodium content of the blood becomes diluted to dangerous levels.

Dehydration is common, but it is also possible to over-hydrate. Drinking too much water can result in hyponatremia, a rare, but potentially deadly condition where the sodium content of the blood becomes diluted to dangerous levels. It is most commonly seen during endurance events, such as marathons, when participants consume large amounts of water over several hours in the absence of significant sweating.

Symptoms

- Disorientation
- Altered mental status
- Headache
- Lethargy
- Seizures

A diagnosis of hyponatremia can only be made by testing blood sodium levels.

Suspected hyponatremia is a medical emergency and the Emergency Medical System must be activated.

Hyponatremia is treated by administering intravenous fluids containing sodium.