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Reality—Survivor

Paula recently suggested I do a series of messages based on health lessons from reality television. What prompted the topic was an incident on *Survivor*. One of the men in the game suffered a severe case of dehydration and electrolyte depletion. It dramatically affected his blood pressure and heart rate—both dropped alarmingly low. He was basically out on his feet and passed out in the middle of a challenge. Medical staff was brought in to evaluate him and didn't like what they saw. He passed out again and his vitals weren't improving. After repeated attempts to get up, he couldn't do it. He was removed from the game for his own safety.

The lesson for us? More of you are walking around dehydrated and depleted of electrolytes than realize it. You haven't been in a jungle for weeks without proper nutrition, so the extent might not be as extreme. It doesn't make the deficiency any less serious; it can still affect your life in negative ways. You might just feel fatigued. You might have muscle cramps. But the lack of fluids and minerals such as sodium, potassium, calcium, and magnesium are affecting you in more subtle ways.

Here's the lesson: Pay attention to your fluid intake and make sure you get adequate electrolytes from food or a sports drink. You don't want to be removed from the game.

Next up, for you KISS fans, *Gene Simmons Family Jewels*.

What are you prepared to do today?

Dr. Chet

WGUV Straight Talk on Health

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The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

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