



SERVING THE TEXAS COASTAL BEND

NEWS RELEASE

FOR IMMEDIATE RELEASE

January 16, 2018

Contact: John D. Bowman, R.Ph.
Regional Health Awareness Board
361.221.0704

This Treatment for Intestinal Flu and Dehydration Is in Your Kitchen Cabinet

There is a nation-wide shortage of intravenous solutions to treat patients that are dehydrated because of fluid losses due to nausea, vomiting, diarrhea, or fever. Children and older people are at greater risk of severe symptoms from dehydration, and may use beverages that actually worsen the illness.

While sports drinks are often used by healthy persons who exercise vigorously, they are too concentrated to be used for the dehydration resulting from illness.

The World Health Organization (WHO) recommends Oral Rehydration Solution (ORS). This easy to make formula helps to replace fluid lost by vomiting, diarrhea, or fever.

Oral Rehydration Solution

1 quart	Tap water (fluid)
½ teaspoon	Table salt (sodium)
6 level teaspoons	Sugar (energy)
½ cup	Orange juice (optional)* (potassium)

* A mashed banana may be substituted for the orange juice, or the orange juice may be eliminated.

“The basic deficiency in beverages such as Gatorade™ Thirst Quencher for illness-related dehydration is that there is too much sugar, and not enough salt (sodium) or potassium,” said John D. Bowman, a pharmacy professor at the Texas A&M Rangel School of Pharmacy in Kingsville.

Packets of the WHO salts are available over the internet through Amazon and other sources which can be mixed in a liter (almost the same as one quart) of drinking water. The WHO-ORS is a scientifically sound way of replacing body fluid losses, and was developed for use in underdeveloped countries where cholera or other diarrheal diseases are common.

The Regional Health Awareness Board was created by an inter-local agreement between San Patricio County, Nueces County and the City of Corpus Christi to promote dialogue on the health, welfare and environmental issues that affect our communities. For more information contact John D. Bowman, R.Ph at bowman@pharmacy.tamhsc.edu.

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