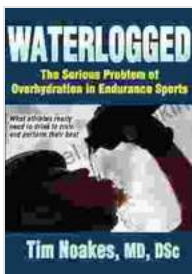


# The Serious Problem of Overhydration in Endurance Sports

Overhydration is a serious problem that can occur in endurance sports. It can lead to a number of health problems, including hyponatremia, which can be fatal. This article discusses the causes, symptoms, and treatment of overhydration in endurance sports.



## Waterlogged: The Serious Problem of Overhydration in Endurance Sports by Timothy Noakes

★★★★☆ 4.5 out of 5

Language : English  
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Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 428 pages  
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## Causes of Overhydration

Overhydration occurs when you drink more fluid than you lose through sweat and urine. This can happen in endurance sports, such as running, cycling, and triathlon, because athletes often feel the need to drink large amounts of fluid to stay hydrated. However, drinking too much fluid can actually be harmful.

There are a number of factors that can contribute to overhydration, including:

- Drinking too much fluid before, during, and after exercise
- Not sweating enough
- Taking certain medications, such as diuretics
- Having a medical condition, such as diabetes

### **Symptoms of Overhydration**

The symptoms of overhydration can vary depending on the severity of the condition. Mild overhydration may cause symptoms such as:

- Nausea
- Vomiting
- Headache
- Fatigue
- Muscle cramps

Severe overhydration can lead to more serious symptoms, such as:

- Confusion
- Seizures
- Coma
- Death

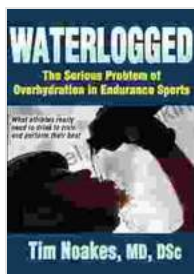
## Treatment of Overhydration

The treatment of overhydration depends on the severity of the condition. Mild overhydration can be treated with rest and fluids. Severe overhydration may require hospitalization and intravenous fluids.

## Preventing Overhydration

The best way to prevent overhydration is to drink fluids only when you are thirsty. You should also avoid drinking large amounts of fluid before, during, and after exercise. If you are concerned about staying hydrated, you can talk to your doctor about a hydration plan.

Overhydration is a serious problem that can occur in endurance sports. It can lead to a number of health problems, including hyponatremia, which can be fatal. By understanding the causes, symptoms, and treatment of overhydration, you can help prevent this condition from occurring.



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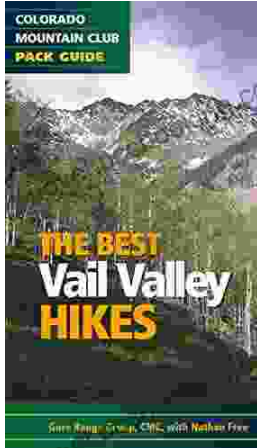
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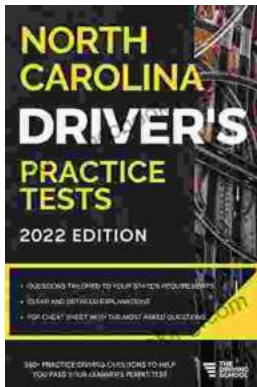
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