

In This Issue...[Drink up to Prevent Dehydration](#)[Clinical Research at VCS](#)[Fructose Linked with High Blood Pressure](#)[Metabolic Syndrome](#)**DRINK UP TO PREVENT DEHYDRATION**

Athletes and even those who are not as active may quickly become dehydrated if they do not drink enough. Dehydration affects health, comfort, and physical performance. Headache, dark urine, fatigue, flushed face, faintness, and irritability are all signs that you're drying out and need fluid fast. Wait until you are thirsty to grab a drink and it is too late; you are already dehydrated. The key to keeping hydrated is to drink water all day long, and extra before, during, and after exercise.

How much is enough? The rule of thumb is to drink 8 cups of water per day or about 4 cups per 1,000 calories. For exercise or if the weather is hot, drink more. An ounce is roughly one mouthful or gulp, so when at the water fountain or using a water bottle, slurping eight gulps gives you about a cup. Follow these tips to keep hydrated:

- Drink eight cups of water daily, or four cups per every 1,000 calories.
- Eight gulps is roughly a cup.
- Urine should be pale yellow like lemonade, not dark or amber.
- Drink all day long, and before, during, and after exercise.
- Keep a 1-quart water bottle filled in the car, at your desk, and in the bedroom.

Don't like plain water? Consider a sports drink.

Clinical Research at VCS

To provide our patients with the latest treatment options, VCS actively participates in Cardiovascular Clinical Research. We are currently enrolling patients in studies for carotid artery stenting, patent foramen ovale closure, and specific types of arrhythmias. For more information about Cardiovascular Clinical Research at VCS, please [click here](#). Be sure to check our site often to find out about new clinical research studies starting at VCS!

Fructose Linked with High Blood Pressure

A recent study found that people who consumed a large amount of a form of sugar called fructose were more likely to have high blood pressure. Fructose is a component of table sugar and is found naturally in foods such as honey and melons. It is also used as a sweetener (commonly high fructose corn syrup) in processed foods and beverages, such as candy and soft drinks.

To read the full article, click [here](#).

Focus On... Metabolic Syndrome

Metabolic syndrome, also known as Syndrome X, is a cluster of risk factors related to the body's metabolism that increase your risk of developing cardiovascular disease and type 2 diabetes mellitus. These risk factors include extra weight around your waist, abnormal cholesterol levels, high blood pressure, and elevated blood sugar (glucose). Lifestyle changes, such as losing weight, quitting smoking, or lowering your cholesterol, can be your first step to preventing and reversing metabolic syndrome. By reducing the risk factors, you also decrease your risk of developing heart and vascular diseases and type 2 diabetes.

To read the full article, click [here](#).

More Health News...

For more health related news, please click [here](#).

Copyright 2010 NorthPoint Domain, Inc. All rights reserved | [Terms of service](#) | [Feedback](#) | [Privacy policy](#)

[Forward email](#)

 **SafeUnsubscribe®**

This email was sent to memberservices@npdinc.com by memberservices@npdinc.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by

Constant Contact®
TRY IT FREE

Virginia Cardiovascular Specialists | 5875 Bremon Road | Suite 512 | Richmond | VA | 23226