

## Hydration: Water Your Body

Drinking lots of water is important for everyone, and this is especially true for patients like you who are on oncology therapy. Drinking adequate fluids is important in helping you to control flu-like symptoms, eliminate toxins from the body, and maintain energy levels.

### Water Is Energy

#### Water: An Essential Ingredient

Water is essential for all living cells. It replenishes fluids lost due to fever and sweating, and helps provide the energy your body needs to thrive.

#### The Krebs Cycle: Turning Water into Energy



Water is needed to drive the Krebs Cycle, a key step in the production of ATP (adenosine triphosphate). ATP is a chief source of energy for all of the activities that occur within virtually every living cell. Walking, talking, eating, breathing—ATP is needed to make it happen.

Water makes the process of using the energy from ATP billions of times more efficient. It is vital to drink sufficient water to support these processes while on therapy.

#### Will Drinking Fluids Help with Therapy?

Drinking enough fluids may help ease the symptoms that may occur during therapy. Getting enough fluids in your body may help ease:

- > Flu-like symptoms
- > Headache
- > Fever
- > Fatigue
- > Muscle aches
- > Dry or itchy skin

#### What Should I Drink?

- > Water
- > Diluted fruit juices (apple, cranberry)
- > Sports drinks

#### What Shouldn't I Drink?

- > Alcohol
- > Diet soda. Some people have serious gastrointestinal reactions to sugar substitutes and carbonation
- > Diet fruit juices. Most diet juice drinks contain sodium that works against hydration
- > Caffeinated beverages, including coffee, tea and colas. Caffeine will cause the body to eliminate fluids, canceling the hydrating effect
- > If you are having trouble eating solid foods, ask your physician what other liquids you should drink for nutritional value

#### How Much Should I Drink?

An easy formula to follow for getting fluid is: Your weight (in pounds) divided by 2 equals the number of ounces of water you should consume daily, for example:

Weight = 180 pounds

180 divided by 2 = 90

90 = the number of ounces to drink

Drinking clear fluids and water will help you feel better, can lessen many of the symptoms of therapy, and will restore the body fluids often lost. If you have trouble eating solid foods, liquids may be your main source of nutrition. So keep on drinking!

#### A Tip For Estimating Ounces

1 glassful = about 8 ounces

1 cupful = about 4 ounces

\*artist's rendition of a mitochondrion—the powerhouse of the cell.

This information is not intended as a substitute for professional medical advice. Consult your health care provider for individualized information about your therapy. Your health care provider should be your primary source of information about your medical condition and treatment.