

## NATIONAL PET HYDRATION AWARENESS MONTH

Every day we are bombarded with information about our health. It can be overwhelming but the repetition of key health information helps make the message stick. Eventually, the information sinks in and helps us make better choices that support our longevity.

For as much as is known about human health, pet health education doesn't always get the same amount of press coverage. Yet we see more and more research and learnings that benefit both human and pet health. Universally, healthy habits can be easier to adopt for your whole family yet, many of these are not discussed in parallel.

Proper hydration is critical and dehydration has serious and immediate health risks in humans and pets. However, most pet owners are unaware that their pet's bodies are made up of a higher water percentage than their own human bodies.

Keeping pets hydrated is a simple habit that can be an after-thought for many of us. Our pets need 1 ounce of water per pound of body weight. Most pets don't get enough water, especially during extreme temperatures.

There's no better way to fight back the blazing hot sun of July than by keeping your pets hydrated. Pet dehydration is a highly overlooked yet critical area that concerns your pet's general health

and well-being. Just as human bodies are 60% water, pets' bodies are 80% water, and a disruption in consistent replenishment can seriously limit their mobility and strength. A severe case of chronic dehydration can turn fatal as well.

National Pet Hydration Awareness Month propagates the importance of hydration and lets pet parents know about the early warning signs of dehydration, which include loss of appetite, lethargy, loss of skin elasticity, etc. The month also raises critical awareness about the dangers of water intoxication, which occurs due to constant exposure to water bodies such as pools or garden hoses. Excessive salivation, seizures, vomiting, and bloating are some of the early signs of water intoxication.

The month was introduced by PetSafe to raise awareness about the water intake of domesticated animals, as they brave the hottest month across the U.S. Each time you reach for a glass, think of your pets. The annual observation also asks us to limit their exposure to extreme temperatures. It is important to keep freshly-filtered water in the vicinity of your pets at all times. Since we are responsible for the hydration of our four-legged friends, it is recommended to set daily alarms, check up on the bowls, and keep in mind the symptoms of dehydration.