



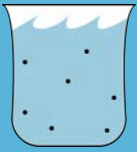
Sodium

Treatment of acute symptomatic hyponatremia

We are only going to discuss the treatment of true hyponatremia

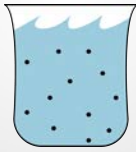
True Hyponatremia

Osmolality < 275

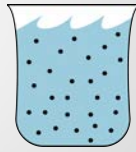


False Hyponatremia

Osmolality 275-295

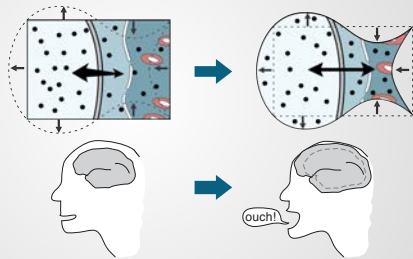


Osmolality > 295



The treatment of hyponatremia rests on whether *the body is compensated or not*

Uncompensated



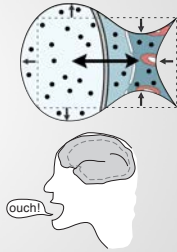
Uncompensated hyponatremia causes cerebral edema

Severe

- Vomiting
- Cardiorespiratory distress
- Abnormal and deep somnolence
- Seizures
- Coma (GCS ≤ 8)

Moderately Severe

- Nausea
- Headaches
- Confusion



Girl drinks herself to death in 'water poker'

Published 18 Jul 2012 15:30 (GMT+08:00)

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Death in Underground Frat's Hazing Ritual Shakes a SUNY Campus

A 13-year-old girl, consumption of ta played with class

PLATTSBURGH, N.Y. —

The girl had drunk a March, Walter Dean Jenn

dead in her home in New York here, fell uncon

following the incident cause, according to a med

The school children between friends a condition in which sodium

each hand on poles

On the Plattsburgh campus

underground fraternity, it name: water torture.

"She sat on the bulk amount of water," a

Afforded news

In a hazing ritual that spe water that it made his lre

of fraternity brothers at P recognition from the colle

pitcher after pitcher of wa officials charge. Occasion

It was not immediately know how much water Storage consumed.

A preliminary investigation found evidence "consistent with a water intoxication death," said assistant

Coroner Ed Smith.

CHICO / Fraternity pledge died of water poisoning / Forced drinking can disastrously dilute blood's salt content

By Michelle Roe, Published 07 Jul 2012, Friday, July 6, 2012

Woman dies after water-drinking contest

Water intoxication eyed in 'Hold Your Wee for a W!' contest death

SACRAMENTO, CALIF. — A woman who competed in a radio station's contest to see how much water she

could drink without going to the bathroom died of water intoxication, the coroner's office said Saturday.

Justine Storage, 38, was found dead Friday in her suburban Rancho Cordova home hours after taking part in

the "Hold Your Wee for a W!" contest in which XEND 107.9 promoted a Nintendo Wii video game contest for

the winner.

"She said to one of our supervisors that she was on her way home and her hand was hurting her real bad," said

Laura Kline, one of Storage's co-workers at Radiological Associates of Sacramento. "She was crying and that

was the last that anyone had heard from her."

A preliminary investigation found evidence "consistent with a water intoxication death," said assistant

Coroner Ed Smith.

of water

ursday as experts

zing ritual has

n as fraternities are

excessive water-

asant Hill had a

Hell Week,"

he final stage of a

hi Tau fraternity --

Runner dies 2 days after marathon

November 01, 2012 | By Edited by Lara Weber (lweber@tribune.com) and Kris Karnopp (kkarnopp@tribune.com)

WASHINGTON, D.C. — A 35-year-old woman died two days after becoming ill while running in the Marine Corps Marathon on Sunday.

Marathon officials and Hilary Bellamy of Silver Spring, Md., was conscious and coherent when she left the race course in an ambulance for Georgetown University Hospital.

Marathon victim died from drinking too MUCH water

Last updated at 11:07 24 April 2012

Runner Dies During Marine Corps Marathon

Her blood pressure was 178/102, but her pulse of 62 bpm was alarming (because it was not elevated like the blood pressure), pointing to a neurological event. By the time the ambulance reached the hospital nearly two hours later — Cherry said the driver got lost — she was conscious enough only to state her name and follow simple instructions.

Doctors: Marathoner Died From Too Much Water

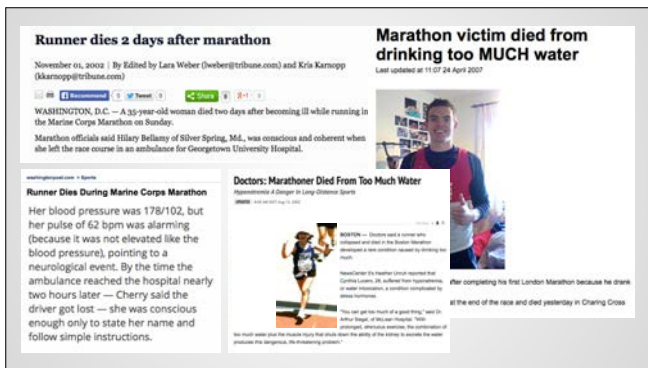
Hyponatremia: A Danger in Long Distance Sports

WASHINGTON — Doctors said a woman who collapsed and died in the Marine Marathon drank too much water and developed a rare condition known as hyponatremia.

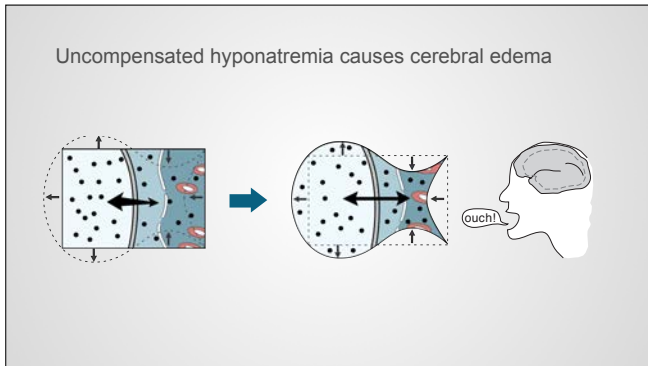
NewsCenter 13's Heather Lynch reported that Cheryl Cherry, 35, walked from hypernatremia to water intoxication, a condition caused by drinking too much.

"You can get too much of a good thing," said Dr. Jeffrey M. Sharovitz, MD, PhD, president of the American Society of Nephrology. "The key is to drink enough water to stay hydrated but not so much that you dilute the sodium in your blood."

After completing his first London Marathon because he drove at the end of the race and died yesterday in Charing Cross



Uncompensated hyponatremia causes cerebral edema



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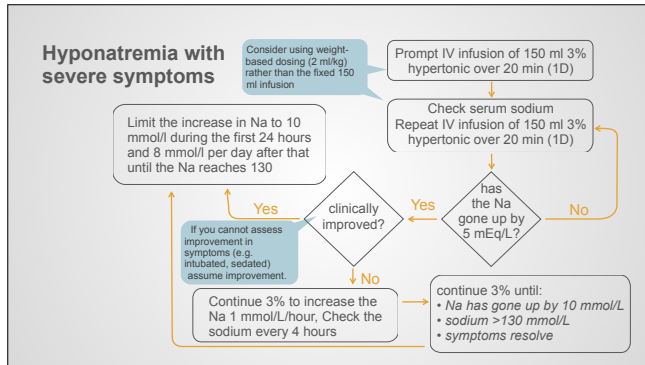
Clinical Practice Guideline | 5. Symptoms and other | Diagnosis and treatment of hyponatremia | 179-3 | 69-147

Clinical practice guideline on diagnosis and treatment of hyponatraemia

Göce Sponorek, Raymond Vanholder¹, Bruno Allolio², Djillali Amanah³, Steve Ball⁴, Daniel Bichet⁵, Guy Decaux⁶, Wiebke Fenske⁷, Ewout J Hoorn⁸, Carole Ichai⁹, Michael Jaussada¹⁰, Alain Soupart¹¹, Robert Zietos¹², Maria Haller¹³, Sabine van der Vliet¹⁴, Wim Van Biesen¹⁵ and Evi Nagler¹⁶ on behalf of the Hyponatraemia Guideline Development Group

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Severe Symptoms

Severe

- Vomiting
- Cardiorespiratory distress
- Abnormal and deep somnolence
- Seizures
- Coma (GCS ≤ 8)

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Severe Symptoms

Give 150 mL 3% saline

Check sodium, give another 150 mL 3% saline

Continue to give 3% until: sodium has gone up by 10 mmol/L or symptoms resolve

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Moderately severe Symptoms

Moderately severe

Nausea
Headaches
Confusion

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Moderately severe Symptoms

Give 150 mL 3% saline

Check sodium

Aim for 5 mmol/L in the first 24 hours

Limit rise in Na to less than 10 mmol/L in the first 24 hours,
then 8 mmol/L in subsequent 24 hour blocks

After the initial use of 3% saline,
further increases in sodium are cause-specific and
will be covered in subsequent chapters
