

Dehydration – Dr. Brian Boucher, MD

Dehydration occurs when you use or lose more fluids than you take in orally. Anyone can become dehydrated, but it is most common in young children and older adults. The most common cause for dehydration is diarrhea and vomiting, though extreme heat, illnesses, and certain medications may also increase your risk.

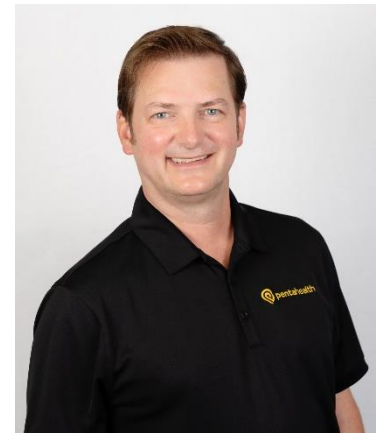
Usually, you can reverse mild to moderate dehydration by drinking more fluids, but more severe cases can require intravenous fluids. Thirst is not a reliable indicator for dehydration. That's why it is important to take in adequate fluids daily, more so during hot weather or when you are ill.

Signs in young children include dry mouth, decreased urine output, sunken eyes, or listlessness and irritability. In adults, extreme thirst, decreased urine output, dark colored urine, and fatigue can be signs. You should call your family doctor if you have had diarrhea (frequent or voluminous watery stools) for more than 24 hours, are disoriented or fatigued, or are unable to keep fluids down.

Dr. Brian Boucher is a primary care physician with a specialty in Family Medicine. He joined PentaHealth Family Practice West Chester in September 2022 after 19 years with PentaHealth Colonial Family Practice in Coatesville. He has a special interest in Sports Medicine, joint injections, and dermatology.

Dr. Boucher was born and raised in West Chester, PA, and is a graduate of Bucknell University. He obtained his medical degree at Jefferson Medical College in Philadelphia, and completed his residency training in Family Practice at Abington Memorial Hospital in Jenkintown, PA. In 2018, he was named one of the Top Doctors by Main Line Today magazine.

He resides in West Chester with his wife and three children, and enjoys ice hockey, golf, and playing his acoustic guitar.



Dr. Brian Boucher