

ELECTRONA[®]

Dehydration in children ?



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15% of deaths among young children worldwide are due to dehydration in the presence of potentially severe diarrhoea.

What is dehydration in children ?

Dehydration in children is characterised by excessive loss of water and electrolytes. Infants and young children are particularly vulnerable due to their reduced water reserves and rapid metabolism. Causes include gastroenteritis, fever, vomiting, diarrhoea and suboptimal hydration.

How to recognise dehydration ?

MILD DEHYDRATION

The most common signs are:

- Increased thirst
- Slightly dry lips and mouth
- Infrequent, dark urine
- Fatigue, mild irritability

Advice from nutrition specialists and doctors

MODERATE TO SEVERE DEHYDRATION

The signs are as follows:

- Very dry mouth and mucous membranes
- No tears when crying
- Sunken eyes, depressed fontanelle in infants
- Very infrequent urination or no urination for several hours
- Drowsiness, lethargy, confusion
- Persistent skin fold
- Rapid weight loss.

Hospitalisation should be considered, especially for infants and very young children.

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How Electrona works ?

Osmotic Regulation (Water Retention):

Electrolytes, mainly sodium, manage osmotic pressure. They draw water into cells to maintain adequate cell volume and prevent water from simply passing through the body without being absorbed.

Compensation for Losses:

Sweat and urine eliminate water and minerals (sodium, potassium). A deficiency in electrolytes aggravates dehydration; it is therefore necessary to rebalance them through drinks or food for better rehydration.

Blood pH Maintenance: They buffer blood acidity (lactic acid), which increases during intense physical exertion often associated with dehydration.

Glucose Absorption: Electrolytes facilitate the transport of glucose to cells, ensuring energy during dehydration.

The ideal osmolarity would be 280 mOsm/l.

PREVENTION

ELECTRONA[®] Tetrapack provides the correct amount of electrolytes at a rate of 245–265 mOsm/l.

ELECTRONA[®] Tetrapack is therefore ideal for preventing dehydration of all types. 1-2 doses/day for small children and 2-3 for children and adolescents.

TREATMENT

ELECTRONA[®] PLUS contains electrolytes, zinc and probiotics, which are essential for properly treating diarrhoea.

Take one sachet for the duration of the liquid stools, after each bowel movement. Dissolve the sachet in clean cold water, sterilised if possible (boiled at 100°C for at least 10 minutes).

ELECTRONA®

Electrona monodose
ready to use (prevention)
Prevention : 2-3 doses/daily
contains essential electrolytes



ELECTRONA® PLUS can save lives
recommended by the WHO - treatment of
diarrhoea¹ 10 Bags with Zinc and Probiotics



New



1. UNICEF Bulletin: Dehydration & Zinc: The use of low-osmolality Oral Rehydration Salts (ORS) must be supplemented with zinc. Zinc not only reduces the severity and duration of the current episode, but also prevents recurrence for the following 2 to 3 months. **Maintaining nutrition:** Contrary to popular belief, you should not stop feeding the child. Breastfeeding should be continued, or even intensified, as it provides essential nutrients and antibodies. **Nutritional impact:** Maintaining adequate nutritional intake during and after the episode helps to limit weight loss and compensate for deficiencies caused by the illness, thus protecting the child from acute malnutrition. December 2004.