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Water as the compound essential to the human body

There are some elements and compounds essential for life processes. They are oxygen, carbon, hydrogen, macronutrients, micronutrients, water, proteins, fats, carbohydrates and others.

The purpose of the report is to consider the role of water to human health, to study the risks of inadequate water intake and develop recommendations for a patient.

It is known that water molecule is composed of one oxygen and two hydrogen atoms bonded together. It is a simple form without what life could not exist. The human body is proved to be 69% water. The brain is 85% water, blood contains 83% water and bones is made up of 35% water.

Water is known to involve in all human body processes. Its remarkable properties are the following:

- It is an excellent solvent transporting nutrients around the body and waste products from the body's metabolic processes;
- Water maintains every body cell;
- The compound takes part in many chemical reactions, such as breaking down carbohydrates and proteins during the digestion process;
- It acts as a lubricant reducing friction between the joints;
- Water maintains the body's temperature essential for health. It acts as a temperature regulator through sweating;
- It is an internal organ protector preventing the transmission of shock from the outside;
- It makes the bloodstream liquid enough to flow through blood vessels;
- Water moistens mucous membranes and hydrates the skin;
- It maintains a healthy weight;
- Water decreases the hyaluronic acid molecules;
- The considered compound reduces the risk of diseases (e.g.cystitis by clearing up the bladder of bacteria).

Water is lost by the body during everyday functioning such as perspiration, urination, breathing. It means that water loss must to be replaced. Scientists recommend to drink about 3 liters a day for men and 2.2 liters for women. But this amount may vary from person to person. It depends on different factors including the man's activity, sweating, health problems, individual properties, age and the climate.

There are some risks of inadequate water intake. They are urinary tract infections, kidney stones, dehydration, blood pressure, digestive problems and constipation, lowering physical and mental performance, fluid retention.

We have carried out the study among the students of our group to measure the intake of drinking water and have analyzed the results. Many of them don't drink enough water. So we have developed some practical recommendations. They can help a person to be healthier:

- Start the morning with a glass of warm water.
- Drink 1-2 glasses of water 30 minutes before meals.
- Add a slice of lemon or lime juice to a glass of water.
- Don't consume lemon with very hot water.
- Drink water before going to bed. It will make you sleep well.
- Eat foods having higher water content (cucumbers, tomatoes, watermelons, oranges).
- Keep a water bottle handy.
- Choose low-sodium mineral water.
- Remember that your drinking water should always be free of contaminants.

Thus, the human body depends on water for its functioning. So you should remember that proper hydration is a key to good health and wellness.

Литература

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