What Causes Increased Water Loss from the Body?

Healthy fluid loss from the body occurs via the following mechanisms:

Insensible water loss through skin and lungs	600 milliliters
Urine output	800-1,500 milliliters
Stool	250-300 milliliters
Total fluid output or water loss	**2,000-2,500 milliliters**

Water loss through the skin under comfortable environmental temperatures as well as from breathing is not perceived, and that is why it is called insensible loss. To keep the healthy water balance in the body, one must replace the total average daily water loss of 2 to 2.5 liters. The water intake has to be more if there is excessive water loss because of the following factors:

- ***High ecological temperature.*** In the hot, dry climate, loss of water through the skin (sweating), and breathing becomes high. Naturally, thirst is more and urine production less in the dry and warm climate. In humid environments, water loss through sweat and respiration is less.
- ***Outdoor physical work in hot weather and intense exercise.*** Both of these cause significant water loss very rapidly through skin and breathing.
- ***Fever.*** For each one-degree rise in body temperature, there is an increase in insensible water loss through skin and lungs by 2-3milliliter/kg/day. Since children have a larger skin circumference area, they lose more water through the skin and breathing with fever.
- ***Higher urine output.*** Water loss through kidneys goes up when the consumption of salt, sugar, alcohol, and chemical preservative in the food and drinks is high.