

Water . . . How much Should I be drinking?

A Q & A with Primary Care Physician

[Dr. Marny Eulberg, MD](#)

Question: My husband is 73 with post polio. We have a constant disagreement over his refusal to drink at least 6 glasses of water/fluids a day. He gets maybe 3 on a good day. Would you please be so kind to address this. Part of the reason not to drink is getting up and going to the bathroom. I know adequate hydration may have some possible positive effect on physical stamina.

Answer: "It is certainly understandable that a person who has difficulty physically getting into and out of the bathroom might want to try to limit trips to the bathroom. However chronic dehydration can have serious consequences - decreased blood pressure to the point of causing imbalance, falling, and passing out; worsening kidney function, increased risk of kidney stones, and lack of energy/sleepiness. The thirst mechanism is reduced in people as they age, so for most of us by the time we are thirsty we are already moderately dehydrated. Of course, we need more liquids in hot weather to make up for loss of water through sweating.

One calculator for how much water a person should drink multiplies the person's weight by 2/3 to determine how many ounces of water that person should drink each day or see this Chart. A typical glass equals 1 cup or 8 ounces.

This article was written as a guideline for polio survivors who do NOT have heart failure, moderate to severe kidney disease or conditions that cause excessive water loss such as a chronic significant diarrhea. If a person has one of these conditions then, of course, the advice of the specialist(s) caring for you and who knows you best is the advice you should follow!

Do you have a question for Dr. Eulberg?

Email us at: info@papolionetwork.org

Additional articles and videos with Dr. Eulberg are on the "[Living with Post-Polio Syndrome](#)" page of our website.

Weight	Ounces of Water Daily
100 pounds	67 ounces
110 pounds	74 ounces
120 pounds	80 ounces
130 pounds	87 ounces
140 pounds	94 ounces
150 pounds	100 ounces
160 pounds	107 ounces
170 pounds	114 ounces
180 pounds	121 ounces
190 pounds	127 ounces
200 pounds	134 ounces
210 pounds	141 ounces
220 pounds	148 ounces
230 pounds	154 ounces
240 pounds	161 ounces
250 pounds	168 ounces