



Dutch Physical Therapy  
June, 2008 VOL 4

**MONTHLY CALENDAR**

- College Baseball Super Regional's June 6-9
- College World Series June 13-23

**Congratulations:**  
Courtney Hutson,  
of Dutch PT,  
on the births of her twins  
Hannah Leigh and  
Ryleigh Lynn  
&  
Mirjam Maassen and her team  
4-5 Women's State  
Tennis Championship



"Excuse me, did anyone happen to hear me yelling, SHARK??

**SUMMER FUN  
WEB SITES**

[www.drbeach.com](http://www.drbeach.com)  
Find the top 10 healthiest beaches

[www.active.com](http://www.active.com)  
List of upcoming sports competitions and tips on healthy living and active lifestyles.

[www.gasbuddy.com](http://www.gasbuddy.com)  
Locate the cheapest gas stations in the area.

[www.yapta.com](http://www.yapta.com)  
Track airfare prices and share the information with others

[www.chow.com](http://www.chow.com)  
Recipes and party tips, cooking guides

# GOING DUTCH

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### Avoiding Dehydration

Dehydration is a condition that occurs when a person loses more fluids than he or she takes in; if you ignore your thirst, dehydration can slow you down.

Dehydration is usually not the first thing people think of when warming up to play their favorite summer sport but it is something that should be taken seriously. Mirjam Maassen of Dutch Physical Therapy found this out first hand while competing in a tennis tournament. Her teammate noticed that her opponent didn't look well and was worried that she might be dehydrated. Out of concern, she asked that the match be stopped and that they take a moment to rehydrate. The request was over looked, not long after the match ended, the opponent fainted on the court because of dehydration.

Our bodies are about two thirds water. When someone gets dehydrated, it means the amount of water in his or her body has dropped below the level needed for normal body function. Small decreases don't cause problems, and in most cases, they go completely unnoticed. But losing larger amounts of water can sometimes make a person feel quite sick.

#### Signs of Dehydration

To counter dehydration, you need to restore the proper balance of water in your body. First, though, you

have to recognize the problem.

Thirst is one indicator of dehydration, but it is not an early warning sign. By the time you feel thirsty, you might already be dehydrated. Other symptoms of dehydration include: feeling dizzy and lightheaded, having a dry or sticky mouth, producing less urine and darker urine.

As the condition progresses, a person will start to feel much sicker as more body systems (or organs) are affected by the dehydration.

#### Preventing Dehydration

The easiest way to avoid dehydration is to drink lots of fluids, especially on hot, dry, windy days. Water is usually the best choice. Drinking water does not add calories to your diet and can be great for your health.

The amount that people need to drink will depend on factors like how much water they're getting from foods and other liquids and how much they're sweating from physical exertion.

When you're going to be outside on a warm day, dress appropriately for your activity. Wear loose-fitting clothes and a hat if you can. That will keep you cooler and cut down on sweating. If you do find yourself feeling parched or dizzy, take a break for a few minutes. Sit in the shade or someplace cool and drink water.

If you're participating in sports or

strenuous activities; such as yard work, drink some fluids before the activity begins. You should also drink at regular intervals during the course of the activity and after the activity ends. The best time to train or play sports is in the early morning or late afternoon to avoid the hottest part of the day.

If you have a stomach bug and you're spending too much time getting acquainted with the toilet, you probably don't feel like eating or drinking anything. But you still need fluids. Take lots of tiny sips of fluids. For some people, ice pops may be easier to tolerate.

**"To counter dehydration, you need to restore the proper balance of water in your body."**

Caffeine is a diuretic, meaning it causes a person to urinate more. It's not clear whether this causes dehydration or not, but to be safe, it's probably a good idea to stay away from too much caffeine in hot weather, during long workouts, or in other situations where you might sweat a lot.

### Recipe of the Month

#### Asian Grilled Pork Tenderloins and Pineapple Chutney

##### For the pork:

- 2 pork tenderloins, about 12 ounces each
- 1/2 cup brown sugar
- 1/4 cup red wine vinegar
- 1 tablespoon freshly grated ginger root
- 1 tablespoon five-spice powder
- 2 tablespoons sesame oil
- 1/4 cup peanut oil
- salt
- freshly ground black pepper

##### For the chutney:

- 1 cup chopped, fresh pineapple
- 1 tablespoon minced jalapeño chili pepper, or to taste
- 1/4 cup diced red pepper

- 1 tablespoon minced shallot
- 1 tablespoon freshly grated ginger root
- 1 tablespoon fresh lime juice
- 1 tablespoon chopped parsley
- 1 teaspoon chopped cilantro

##### Cooking Instructions

1. Place the pork in a plastic bag or shallow bowl.
2. To make the marinade, whisk the brown sugar and vinegar together in a small bowl. Whisk in the ginger root, five-spice powder, sesame and peanut oils, salt and pepper. (This can be done in advance and stored in the refrigerator for 2 to 3 days.) Pour the marinade over the pork and marinate for at least 30 minutes or overnight in the refrigerator.

3. Mix all of the ingredients for the chutney together in a small bowl. Season to taste with salt and pepper. (This can be done a day in advance and stored in the refrigerator.)
4. Pre-heat the grill to medium-high. Remove the pork from the marinade and season it with salt and pepper. (Discard any leftover marinade.)
5. Sear the pork on all sides. Lower the heat to medium and cook for 8 to 12 minutes, until the pork is just cooked through. Transfer the pork to a platter and let the meat rest for 2 to 3 minutes before slicing.
6. Serve 3 or 4 slices of pork on each plate, garnished with pineapple chutney

If you would like to submit information for the newsletter such as jokes, recipe's, or story ideas, please send them to [amy\\_dutchpt@bellsouth.net](mailto:amy_dutchpt@bellsouth.net)