

Excessive thirst and diabetes insipidus

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Do you feel thirsty? Very very thirsty?

Is that a problem?

Actually this could be a normal thing.

However, if you drink too much and not just drink, but have persistent urge to drinking, it might be a medical or psychic disorder.

The very first (and dangerous one) thing that comes to mind is hyperglycemia - high blood sugar. And high blood sugar is commonly a sign of diabetes mellitus. Diabetes is infamous for excessive thirst and urination.

Other reasons for extreme thirst include such common things as sweating during exercise (or crossing a remote desert by walk, just to mention), salty or spicy foods, not drinking enough water.

Medical things would include:

Diabetes mellitus type 1 and 2

Diabetes insipidus

Conditions after significant blood loss (due to trauma let's say)

Infectious and other diseases that cause:

Fever with profuse sweating

Diarrhea

Vomiting

Advanced problems with liver, kidney or heart. The disorders of these organs may shift fluid from your bloodstream into other tissues, causing edema and blood volume depletion. Since the mechanism of thirst reacts to the lack of fluids in the bloodstream first of all, the thirst comes.

The same is true for sepsis, severe infections, significant traumas and burns.

Psychogenic polydipsia, is sometime a result of a mental disorder. The patient drinks excessive water just because.

Do not forget that some medications may cause thirst.

Check if you use:

Anticholinergics (Think about Benztropine - Cogentin, Belladonna alkaloids, Scopolamine , Atropine , Dicyclomine, Flavoxate , Ipratropium and so on. Though they usually cause urinary retention, but also fever and dry mouth. This were the thirst probably comes from)

Diuretics (water pills)

Phenothiazines (Chlorpromazine, Thorazine, Largactil, Promazine, etc.) -antipsychotic drugs.

Demeclocycline (tetracycline antibiotics)

Steroids

Lithium

Ecstasy - this illicit drug causes thirst.

And many other drugs that might cause dehydration – the list is too long.

Other reasons for feeling thirsty include: hot flashes

sunburns, extreme dieting, Anorexia nervosa, brain disorders affecting hypothalamic area, stroke, brain tumor, overactive

thyroid glands (hyperthyroiditis), Conn's syndrome, Bartter's syndrome, Acromegaly, Cushing syndrome

I have asked Louis to talk about one of the reasons of the thirst:

Also check the quizzes about diabetes insipidus:

Diabetes insipidus quiz

Diabetes insipidus quiz - for wireless device.

"Diabetes Insipidus

What is diabetes insipidus?

I know right away you're thinking either Type 1 or 2 diabetes, diseases we hear about every day.

Since you say that you've been getting up two or three times a night to urinate and frequent urination is the main indication of diabetes insipidus, I'd say there's a good chance you should look into this illness.

Some other complications associated with diabetes insipidus are:

- * Dehydration: dry skin, dry mucous membranes, sunken appearance to your eyes, rapid heart rate, and unintentional weight loss
- * Electrolyte imbalance: fatigue, headaches, and irritability.

There are two main causes of diabetes insipidus. The first cause is that the part of the brain called the hypothalamus has a problem producing enough antidiuretic hormone (ADH). ADH is the hormone responsible for balancing the amounts of water in your blood and urine. When your ADH isn't high enough, your kidneys aren't getting the proper signals and may be releasing too much water from your system.

Some other causes of diabetes insipidus are head injuries or brain surgery. Medications like lithium are another cause. While some reports show that diabetes insipidus might run in families, many doctors - including myself - still can't find any direct link that tells them what the exact cause is.

Testing is simple. Your doctor tests your urine and blood to check the amount of water in each. You might have to take a "water deprivation test". For this test, your doctor will instruct you not to drink anything for a period of time. Of course, the test will take place in a hospital, because you will have to have your urine checked and your blood drawn every hour or so. If your doctor determines that you have diabetes insipidus, you may have to have a brain scan.

There are four types of diabetes insipidus:

- * Nephrogenic: This type of diabetes can indicate that your kidneys aren't working well and aren't responding to the ADH your body is sending.
- * Neurogenic: This type is caused by the deficiency of the hormone "vasopressin".
- * Dipsogenic: This type has an unusual thirst and a greater than normal intake of water or liquids.

* Gestagenic: This type of diabetes insipidus involves a deficiency of the vasopressin hormone but only occurs in pregnancy.

Diabetes insipidus isn't life threatening, and there usually isn't any kind of treatment for it. If you think you have diabetes insipidus, visit your doctor for further evaluation and suggestions for options that might be best for you. If you're not bothered by the symptoms, there is nothing you need to do. However, diabetes insipidus might be an indication of another problem within the brain and your doctor will want you to come in for regular follow-ups. "

Just wanted to add to that, that actually if you loose a lot of fluid, it could be life-threatening, because of electrolyte misbalance. Especially if you just undergone a surgery or have some other stress.

Diabetes insipidus quiz

Diabetes insipidus quiz - for wireless device.

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Tags:

Diabetes insipidus quiz thirst excessive urination electrolytes diabetes ((dry mouth)) ((thirsty))