Muñoz Salvador, L.; Puñales Ariza, MA.; Pérez Muñoz, A.; Espinosa Guerrero, A.
Study on risk creatine and dehydration in athletes training in a gym
Nutrición Hospitalaria, vol. 32, núm. 2, diciembre, 2015, p. 40
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Madrid, España

Available in: http://www.redalyc.org/articulo.oa?id=309243334066
Objective: The main objective of this study is to know the relationship between water intake/hydration of a group of University students and their cognitive function.

Method: This information was collected from personal data (age, sex, and tobacco use), anthropometric measurements (weight, height, BMI -body mass index-), fluid intake, physical activity, and a measurement of intelligence test to fifty students (WAIS test with a total of thirty-six variables for each of the subjects).

Results: It was observed a statistically significant relationship between water consumption of youths and their visual acuity/memory, as well as better scores in the intellectual quotient.

Conclusions: A higher level of hydration can cause a beneficial effect on the information systems of memory and visual acuity, contributing to the improvement of the intellectual quotient.

Key words: hydration, cognition, memory, intellectual quotient.

DOI:10.3305/nh.2015.32.sup2.10319

Hydration habits in Spanish elite athletes

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Introduction: The concept of dehydration is defined as a risk to the health of athletes and their performance. Many athletes reach very high levels of dehydration due to water loss through sweat and low fluid intake.

Objective: This study aims to assess the state of hydration of athletes who come to the consultation by completing a questionnaire about their habits regarding fluid intake. The questionnaire consists of 28 questions on hydration. In addition, information on sports history and personal data of each athlete were required.

Method: A sample of 58 athletes participated in the study, 37.9% were men and 62.1% women, with a mean age of 29.1 years (SD = 5.5). They participated voluntarily and data collection was conducted from April to July 2015.

Results: The results showed that more experienced athletes presented higher intake of litres of liquid than the less experienced athletes, and this difference approached the statistical significance. This suggests an effect of experience on the hydration of the athletes. More research in this field is necessary.

Key words: dehydration, water, liquid, sport.

DOI:10.3305/nh.2015.32.sup2.10320

Study on risk creatine and dehydration in athletes training in a gym


Introduction: Creatine is a supplement widely used by force athletes or whose goal is to gain muscle mass storing water in the intracellular space. Creatine has the ability to remove plasma water from the bloodstream into skeletal muscle in a process called muscle myofibrillar hydration or hydration. Although this benefits the skeletal muscles, less water is available to other tissues since most cell physiological and chemical reactions in the body need water.

Objective: To present the use of creatine as an ergogenic supplement, and possible adverse effects related to hydration.

Method: Cross-sectional study in adult males between 18 and 35 years. You are advised to use 0.3 grams of creatine per kilogram for several weeks. The administration form is the most commonly used initial charge and maintenance; when supplementation before and after training; and consumption takes place largely with the addition of carbohydrates.

Results: 34.5% of people who use creatine have or have had side effects, mainly weight gain, but do not manifest signs of dehydration at the indicated dose.

Conclusions: Although at lower doses of 3 grams there is no scientific evidence that risk of dehydration occurs, the recommendation is to maintain a high fluid intake (200-250 ml of water per 2.5 grams of creatine) since this water needs to be stored and if the availability is low, it decreases absorption and retention within the cell. There is no evidence that taking creatine in normal doses increases heat stress or adversely affects the performance of the athlete in warm environments.

Key words: supplementation, creatine, dehydration.

DOI:10.3305/nh.2015.32.sup2.10321

Efficiency of the hydration and nutrition institutionalized elderly with pressure ulcers

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Introduction: It is estimated that the incidence of pressure ulcers in the general population is 3.3% between 70 and 75 years. It is estimated that 60% of pressure ulcers develop in the hospital and more than 70% occur in people over 70 years. The elderly are the most