

HYDRMIA

Meaning: Hydrmia refers to a condition characterized by an inadequate level of hydration in the body, which can result in health complications.

1. Hydrmia can lead to serious health complications if not addressed promptly.
2. The athlete was advised to monitor her hydration levels to prevent hydrmia during the competition.
3. Symptoms of hydrmia may include dizziness, fatigue, and dry skin.
4. Understanding the causes of hydrmia is essential for maintaining optimal health.
5. After the hike, he realized he had experienced mild hydrmia due to inadequate water intake.

Source: sentences.whatistheurl.com

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