

Hyponatremia- Sodium < 135 mEq/L

1) Losing more sodium than water

2) Gaining more water than sodium

- **3 categories of hyponatremia**

- **hypervolemic hyponatremia**

- Large increase in total body water
 - Congestive Heart Failure
 - Liver cirrhosis
 - Nephrotic syndrome
- increased fluid in interstitial space (edema)
 - stimulates the release of ADH & aldosterone

- **hypovolemic hyponatremia**

- Losing more sodium than water
 - Diarrhea/vomiting
 - Medications (diuretics)

- **Euvolemic hyponatremia (no interstitial edema)**

- increase in intravascular water
 - Drinking too much water
 - adrenal insufficiency
 - syndrome of inappropriate ADH (SIADH)

- **Treatments**

- depends on the cause
- SIADH - fluid restriction + demeclocycline
- Severe hyponatremia -- hypertonic solution