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For Immediate Release

Overhydration in pets could be early sign of heart, kidney disease

INDIANAPOLIS, Ind. -- For this year's National Pet Day, [Indiana American Water](#), the state's largest investor-owned water utility, is encouraging its customers and all pet owners to take extra caution in observing the hydration habits of their pets to better identify early signs of potentially deadly diseases. National Pet Day was launched in 2005 to raise awareness about animal welfare issues.

According to an article by Dr. Karen Becker, a graduate of Iowa State School of Veterinary Medicine, "A dog with developing [kidney disease](#) will feel the need to drink and urinate more in an effort to keep his body free of waste – a job his kidneys once did with a whole lot less effort.

At Indiana American Water, it is not only their goal to provide customers with the highest quality water, they want to ensure pets are healthy and cared for through proper, high quality hydration. Additionally, being aware of what may cause these diseases may help lead to an early diagnosis and possibly help save the lives of many pets.

"Here at Indiana American Water, many of our employees are also pet owners who have an appreciation for the value they bring to each of our lives," said Indiana American Water President Deborah Dewey. "We encourage all pet owners to keep a close eye on their pet's drinking habits to help detect potential diseases and to get the proper veterinary care as needed."

Many dogs and cats will likely deal with some form of kidney or heart disease at some point in their lives. Knowing the indicators, such as overhydration, may help owners provide a quicker response and treatment. If a cat or dog seems to persistently hydrate and urinate more than regular, owners should monitor and consider consulting a veterinarian if it continues.

When an animal has over hydrated, they can show signs of loss of coordination, lethargy, nausea, bloating, vomiting, glazed eyes or excessive salivation. Overhydration can happen with any size animal, but smaller pets can show signs much earlier.

Dr. Becker states in her article, “Your dog should have round-the-clock access to fresh, clean water. Withholding water, for example overnight, will not solve your pet’s need to urinate in the middle of the night and could cause a real health crisis.”

Additionally, when pets are swimming and playing in or near larger bodies of water or pools, there is a chance for overhydration, due to ingesting water while enjoying time in a pond, lake or even playing with a sprinkler or hose. Indiana American Water suggests pet owners monitor your pet’s time in and around water sources, to ensure they are not at risk of overhydration this spring and summer as the weather begins to warm and pets are getting more time outdoors.

For more information about Indiana American Water, visit www.indianaamwater.com or call 1-800-492-8373.

About Indiana American Water

Indiana American Water, a subsidiary of American Water (NYSE: AWK), is the largest investor-owned water utility in the state, providing high-quality and reliable water and/or wastewater services to more than 1.2 million people. Founded in 1886, American Water is the largest publicly traded U.S. water and wastewater utility company. Marking its 130th anniversary this year, the company employs more than 6,700 dedicated professionals who provide regulated and market-based drinking water, wastewater and other related services to an estimated 15 million people in 47 states and Ontario, Canada. More information can be found at www.amwater.com.