**Hyponatremia CLASS SET! Do not write on me!**

Symptoms of hyponatremia (water intoxication) include excessive sweating and urination, feeling bloated and nauseous, vomiting, and in extreme cases death!

* On January 12, 2007, Jennifer Strange, a 28-year-old woman and a mother of three, from [Rancho Cordova](http://en.wikipedia.org/wiki/Rancho_Cordova%2C_California), California, was found dead in her home by her mother, hours after trying to win one of [Nintendo](http://en.wikipedia.org/wiki/Nintendo)'s [Wii](http://en.wikipedia.org/wiki/Wii) game consoles. [KDND 107.9](http://en.wikipedia.org/wiki/KDND) "The End" [radio station](http://en.wikipedia.org/wiki/Radio_station)'s "[Hold Your Wee for a Wii](http://en.wikipedia.org/wiki/KDND#Hold_Your_Wee_for_a_Wii_controversy)" contest, involved drinking large quantities of water without [urinating](http://en.wikipedia.org/wiki/Urination). A nurse called the radio station to warn them about the danger in which they were putting people, but the disc jockeys rejected the warnings. Lucy Davidson, the winner of the contest, was severely sickened while picking up her prize. Civil charges against the radio station were filed by Jennifer's family,[[20]](http://en.wikipedia.org/wiki/Water_intoxication#cite_note-20) and the family was eventually awarded $16.5 million in the ensuing wrongful death lawsuit.[[21]](http://en.wikipedia.org/wiki/Water_intoxication#cite_note-21) The [FCC](http://en.wikipedia.org/wiki/Federal_Communications_Commission) launched its own investigation to determine if the station violated the terms of its operating license.
* June 9, 2002: 4-year-old Cassandra Killpack of [Springville](http://en.wikipedia.org/wiki/Springville%2C_Utah), [Utah](http://en.wikipedia.org/wiki/Utah) died as a result of water intoxication when her parents forcefully fed her as much as one US gallon (3.8 L) of water in a short period while she was being disciplined. Her mother, Jennette Killpack, was convicted in 2005 of child abuse homicide.[[14]](http://en.wikipedia.org/wiki/Water_intoxication#cite_note-14)
* November 16, 1995: [Leah Betts](http://en.wikipedia.org/wiki/Leah_Betts) died as the result of drinking too much water, though in the media, her death was initially attributed to taking an [ecstasy](http://en.wikipedia.org/wiki/MDMA) tablet at her 18th birthday party.[[12]](http://en.wikipedia.org/wiki/Water_intoxication#cite_note-12)
* September 12, 1999: [US Air Force](http://en.wikipedia.org/wiki/United_States_Air_Force) [basic trainee](http://en.wikipedia.org/wiki/Recruit_training) Micah J. Schindler died of [heat stroke](http://en.wikipedia.org/wiki/Hyperthermia), severely complicated by water intoxication, two days after becoming seriously ill during a 5.8 miles (9.3 km) march. The Air Force changed its recruit training procedures as a result.[[13]](http://en.wikipedia.org/wiki/Water_intoxication#cite_note-13)
* October 12, 2002: 3-year-old Rosita Gonzalez of [Hollywood, Florida](http://en.wikipedia.org/wiki/Hollywood%2C_Florida) died of water intoxication when her [babysitter](http://en.wikipedia.org/wiki/Babysitter) Nancy Gayoso punished her by forcing her to drink three US quarts (2.8 L) of water in a four-hour period.[[15]](http://en.wikipedia.org/wiki/Water_intoxication#cite_note-15)[[16]](http://en.wikipedia.org/wiki/Water_intoxication#cite_note-16) Gayoso was arrested and charged with [murder in the first degree](http://en.wikipedia.org/wiki/First_degree_murder) on March 10, 2003. After being declared incompetent to stand trial in 2004 and 2005,[[17]](http://en.wikipedia.org/wiki/Water_intoxication#cite_note-17) Gayoso was found competent on March 26, 2007.
* 2003: Walter Dean Jennings, a freshman history major at [SUNY Plattsburgh](http://en.wikipedia.org/wiki/SUNY_Plattsburgh), was pledging the [Psi Epsilon Chi](http://en.wikipedia.org/w/index.php?title=Psi_Epsilon_Chi&action=edit&redlink=1) "when he was forced to drink urine, stay awake for days and consume vast amounts of [alcohol](http://en.wikipedia.org/wiki/Alcoholic_beverage) during a 10-day initiation and [hazing](http://en.wikipedia.org/wiki/Hazing) process." According to PressRepublican.com, "On his last night of pledging the unrecognized fraternity, the 18-year-old was forced to drink gallons of water through a funnel, which caused his brain to swell from water intoxication and ultimately resulted in his death." Eleven members of the fraternity were charged with criminally negligent homicide.[[18]](http://en.wikipedia.org/wiki/Water_intoxication#cite_note-18)
* 2005: In a much-publicized case of [fraternity](http://en.wikipedia.org/wiki/Fraternities_and_sororities) [hazing](http://en.wikipedia.org/wiki/Hazing), four members of the [Chi Tau](http://en.wikipedia.org/wiki/Chi_Tau) House at [California State University, Chico](http://en.wikipedia.org/wiki/California_State_University%2C_Chico) pleaded guilty to forcing 21-year-old student [Matthew Carrington](http://en.wikipedia.org/wiki/Matt%27s_Law) to drink excessive amounts of water while performing [calisthenics](http://en.wikipedia.org/wiki/Calisthenics) in a frigid basement as part of initiation rites on February 2, 2005.[[19]](http://en.wikipedia.org/wiki/Water_intoxication#cite_note-19)He collapsed and died of [heart failure](http://en.wikipedia.org/wiki/Heart_failure) due to water intoxication.
* 2008: Jacqueline Henson, a 40-year-old British woman, died after drinking four liters of water in under two hours as part of her LighterLife diet plan.[[22]](http://en.wikipedia.org/wiki/Water_intoxication#cite_note-22)
* Other notable fatalities due to water intoxication include Australian schoolgirl [Anna Wood](http://en.wikipedia.org/wiki/Anna_Wood_%28schoolgirl%29) (although similar to Leah Betts, her death was incorrectly attributed to [ecstasy](http://en.wikipedia.org/wiki/MDMA) use),[[23]](http://en.wikipedia.org/wiki/Water_intoxication#cite_note-23) 2002 [Boston Marathon](http://en.wikipedia.org/wiki/Boston_Marathon) competitor Cynthia Lucero,[[24]](http://en.wikipedia.org/wiki/Water_intoxication#cite_note-24) and [Washington, D.C.](http://en.wikipedia.org/wiki/Washington%2C_D.C.) police officer James McBride.[[25]](http://en.wikipedia.org/wiki/Water_intoxication#cite_note-25)
* British actor [Anthony Andrews](http://en.wikipedia.org/wiki/Anthony_Andrews) survived a case of water intoxication in 2003. He was performing as Henry Higgins in a revival of the musical [*My Fair Lady*](http://en.wikipedia.org/wiki/My_Fair_Lady) at the time, and consumed up to eight liters of water a day. He was unconscious and in intensive care for three days.[[26]](http://en.wikipedia.org/wiki/Water_intoxication#cite_note-26)[[27]](http://en.wikipedia.org/wiki/Water_intoxication#cite_note-27)
* 2011: Jonathan Paul Dent, 29, became lost during a four-hour walk through [Tasmania](http://en.wikipedia.org/wiki/Tasmania)'s [Dial Range](http://en.wikipedia.org/wiki/Dial_Range) on April 19, 2011. He called his wife a number of times to say he was lost. Rescue crews found his body in bushland two days later. The coroner found that Mr. Dent most likely died from exercise-associated hyponatremia (EAH), a condition caused by drinking too much fluid during prolonged exercise.[[28]](http://en.wikipedia.org/wiki/Water_intoxication#cite_note-28)
* 2013: Luana Priscyla Fernandes Soares, a 21-year-old Brazilian woman, died during a radio contest in [Brazil](http://en.wikipedia.org/wiki/Brazil), where her group drank 54 liters (14 gallons) of water mixed with a diuretic [Paraguayan](http://en.wikipedia.org/wiki/Yerba_mate) tea leaf, an average of 5.4 liters/1.4 gallons per person. She collapsed one hour after the contest began. She suffered a [stroke](http://en.wikipedia.org/wiki/Stroke) during the event and died two days later in the hospital.[[29]](http://en.wikipedia.org/wiki/Water_intoxication#cite_note-29)

**Conversions**

1 Gallon = 4 Quarts = 16 Cups

1 Gallon = 3.8 Liters

**Evidence-Based Writing: How much is “too much” water?**

**Claim**: Answer this: How much water would you have to drink in a “short period of time” for it to be deadly?

**Evidence (x3)**: Describe at least 3 examples from the stories.

**Reasoning (x3):** In each story, different people at different ages drank different amounts of water over different lengths of time. Explain how the example supports your claim.

**Conclusion**: Give the reader advice on how much they can **safely** drink based on your claim.