

***Dehydration Dangers:***

Dehydration can cause major health problems in seniors - conditions such as kidney stones, blood clot complications, passing out, rapid but weak pulse, lowered blood pressure.

***Dehydration Data:***

- ◆ Dehydration is a common and very serious condition in older adults – it can even result in death
- ◆ In one study, 31% of residents in a long-term care facility were tested and found to be dehydrated
- ◆ In another study, 48% of older adults admitted to the hospital had signs of dehydration in their lab tests

***Dehydration Reasons:***

- ◆ Being less sensitive to the feeling of being thirsty
- ◆ Decreased ability to keep fluid levels in balance
- ◆ Less efficient kidneys, which causes urine to contain more water
- ◆ Common medications (like those for blood pressure) flushing water from the body
- ◆ Medications causing side effects like diarrhea or excessive sweating

***Water Needs as a General Rule:***

Take one third of a person's body weight in pounds and drink that number of ounces of water. As an example: A 150 pound person would need 50 ounces of water daily (about six 8 ounce glasses of water). If the weather is very hot, compensate by drinking more water. Medications can impact water needs, so it is best to discuss water needs with your doctor.

***Benefits of Drinking Enough Water:***

- ◆ Less constipation/ less need for laxatives
- ◆ Fewer falls
- ◆ Reduced risk of urinary tract infection
- ◆ Men may have reduced risk of bladder cancer
- ◆ Reduced risk of colorectal cancer



### ***Functions of water in the body:***

**Moistens tissues such as those in the mouth, eyes and nose—Regulates body temperature—Protects body organs and tissues—Lubricates joints—Helps prevent constipation—Lessens the burden on the kidneys and liver by flushing out waste—Helps dissolve minerals and other nutrients to make them accessible to the body—Carries nutrients and oxygen to our body cells—Helps our skin**

### ***Helpful hints for staying hydrated:***

**Many headaches and hospital visits, our arch nemesis, are often caused by dehydration! Water should be your main therapy, so make sure most of your fluids come from water-not coffee, not tea/iced tea, not fruit juices.**

### ***Eating water-rich foods can rehydrate your whole body:***

**Trial Studies list the best drinks that can be effective at countering dehydration in addition to Water include:**

**Milk: skim or whole. Can help to retain a third of the fluid consumed and remain hydrated for over 4 hours.**

**Electrolyte replacement drinks: Pedialyte for adults or Gatorade.**

**Juice: Fruit and Vegetable Juice has water content of 85-100%. To combat some of the sugar in fruit juice, dilute it with a bit of water. Orange juice contains a high amount of electrolytes. Lemon juice also, beet and tart cherry juice also have additional antioxidant benefits.**

***Happy Good Health and Hydration!***

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