

DON'T WAIT... HYDRATE!

The heat during a Texas summer is no joke. So, here's one for you -

What did one water bottle ask the other water bottle? *(continue reading to find the answer below)*

THE IMPORTANCE OF STAYING HYDRATED

Did you know that the average person can survive weeks without food, but only days without water?

Water is an essential nutrient that makes up 50-75% of the human body and plays a vital role in nearly all bodily functions. Some of these functions include lubricating joints, protecting organs, regulating body temperature, aiding in digestion, and removing waste. However, our body loses water each day just by breathing, sweating, and using the restroom. Stay hydrated by drinking plenty of water and choosing foods with a high-water content to replenish your daily fluid losses and keep your body in tip-top shape! In fact, roughly 80% of our daily water intake comes from drinking water or other beverages while the other 20% comes from the water contained within the foods we eat.

While plenty of resources and websites provide general recommendations for daily water intake, there are many health conditions that may impact one's ability to properly remove excess fluids, causing a build-up within the body called fluid overload. Because of this, recommendations for fluid intake should be individualized and tailored to specific conditions and needs. Additionally, there are many signs and symptoms that one may experience if not properly hydrated...

THINK YOU MIGHT BE DEHYDRATED?

Dehydration in the older adult population often goes unrecognized, with signs and symptoms often being mistaken for medical conditions, side effects of medications, or simply the process of aging. Signs and symptoms of dehydration vary and may include...

- ◆ Dark Colored Urine
- ◆ Sticky Saliva
- ◆ Dry Eyes & Skin
- ◆ Headaches
- ◆ Increased Thirst
- ◆ General Fatigue
- ◆ Constipation
- ◆ Frequent UTIs

Don't hesitate to seek help! Dehydration can become dangerous and life-threatening if left untreated.

TIPS FOR STAYING HYDRATED

- ◆ Choose foods with a high-water content (ex. watermelon, strawberries, cucumber, or tomatoes).
- ◆ Limit or avoid caffeine. These can have a diuretic-like effect, causing you to lose more fluid.
- ◆ Add fruits such as a wedge of lemon or lime to your water for a natural flavor enhancer.
- ◆ Forgetful? Try setting alarms throughout the day as a reminder to drink more water.
- ◆ Carry a reusable water bottle around with you and refill it throughout the day.
- ◆ Keep a cold pitcher of water in the front of your fridge, within view.

MANAGING THIRST ON A FLUID RESTRICTION

Remember! A fluid is anything that is liquid (ex. beverages, sauces, soups) or any food that melts at room temperature (ex. popsicles, ice cream, ice cubes). Be sure to include all fluids and foods with a high-water content in your daily fluid intake. Keep a record to ensure you are meeting your goals!

- ◆ Don't consume your fluids all at once. Space them out throughout the day.
- ◆ Chew gum or suck on hard candy. These can help with a dry mouth.
- ◆ Gargle with mouthwash. But remember not to swallow!
- ◆ Use small drinking glasses and sip slowly.

