



SUMMER MEANS LONG, HOT DAYS. WHAT ARE YOU DOING TO BE SURE YOU DO NOT BECOME DEHYDRATED?????

Dehydration is a common and very serious condition for older adults. The best thing to do is try to prevent it from happening!

It's important to prevent dehydration because it's a common cause of hospitalization in people over 65! It can also cause other major health problems like kidney stones, blood clot complications, passing out, rapid but weak pulse, and lowered blood pressure. Being properly hydrated is also very important for certain medications to work.

TIPS YOU CAN USE TO HELP MEET HYDRATION GOALS:

Remember there are many sources of fluids

You don't have to drink only plain water to get hydrated. Fruit juice, sweetened beverages, fruits, and vegetables all contain water.

Keep water easily accessible

Sometimes, making it easy can encourage you to drink more water. Try putting a lightweight pitcher of water and a cup near your favorite seat.

Experiment with beverages at different temperatures

You may prefer hot drinks to cold, or the other way around. Experiment to find out which type you like better. Try warming up juices, making decaf iced coffee with cream, or adding soda water to make drinks bubbly (seltzer or club soda with juice is such a treat)!

Make popsicles

Homemade popsicles made from fruit juice or a mix of juice and water are a great summer treat. But they're also a great way to get fluids into your body.

You can always try something new and exciting like:

Agua fresca (Spanish "cool waters")

A combination of fruits, cereals, flowers, or seeds blended with sugar and water to make light non-alcoholic beverages. They are popular in Mexico, Central America, the Caribbean, and the United States.

Be careful of health issues and check with the doctor when you have questions. For example, don't drink high sodium drinks if you have high blood pressure, milkshakes if you have high cholesterol, or heavily sweetened drinks if you suffer from diabetes.

For more information on how you can improve your nutritional intake contact Washington County Aging and Disabilities Resource Center for information about nutritional counseling from a Registered Dietitian.