

July 13, 2018

The warm weather means it is time to talk about staying hydrated and how this becomes even more important as we age. Drink plenty of water this week to avoid dehydration disaster. Here are some questions and answers about dehydration in seniors that you might find interesting.

What causes dehydration?



Dehydration in **seniors** is often due partly to inadequate water intake, but can happen for many other reasons as well including diarrhea, excessive sweating, loss of blood, diseases such as diabetes, as well as a side effect of prescribed medication like diuretics.

How much water should you drink each day?

The general rule of thumb is that you should drink **eight 8** ounce glasses of water per day (at least). Drink water, milk or juice with every meal, and keep favorite beverages nearby.

What are early signs of dehydration?

Early warning signs of dehydration include fatigue, **dizziness**, thirst, dark urine, headaches, **dry** mouth/nose, **dry** skin and cramping.

Why are elderly so susceptible to dehydration?

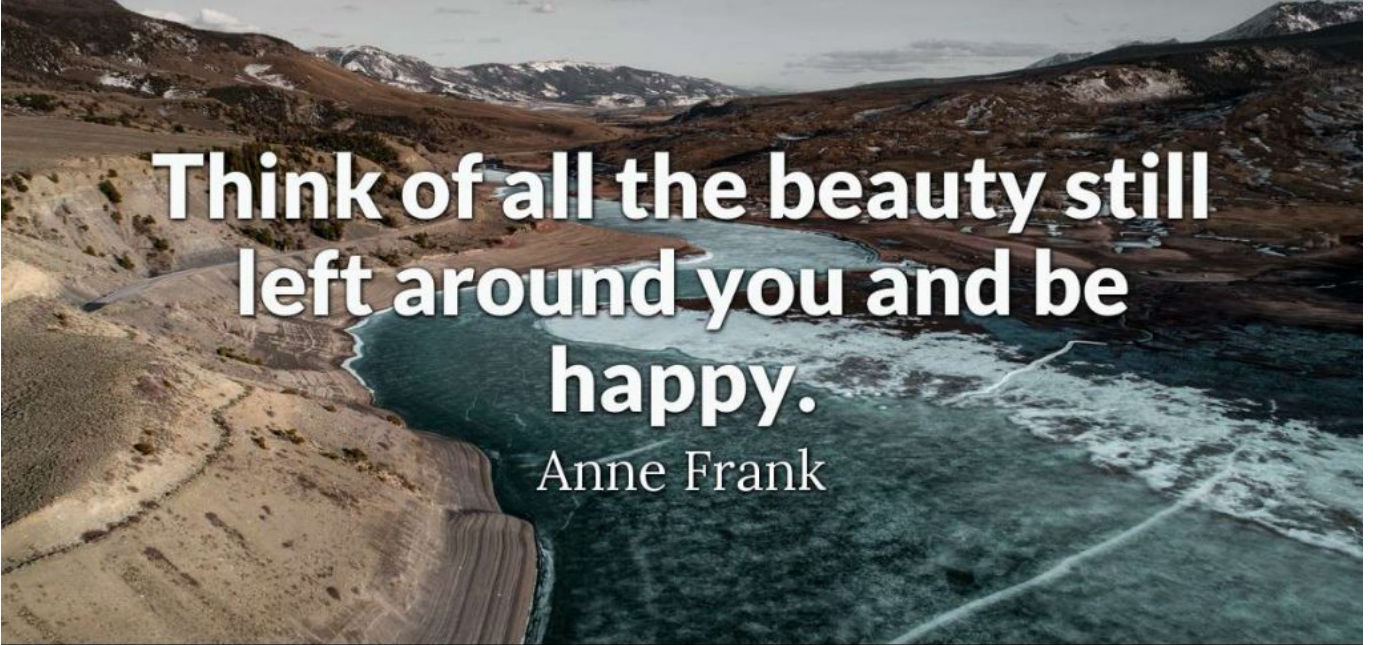
As we age we often experience diminished thirst sensation which leads to a reduced fluid consumption. We can also be at risk with certain diseases or taking certain medications.

How you can check for dehydration?

You can quickly **check** for **dehydration** at home. **Pinch the skin** over **the** back **of the** hand, on **the** abdomen, or over **the** front **of the** chest under **the** collarbone. Mild **dehydration** will cause **the skin** to be slightly slow in its return to normal.

The weekend will be hot but do enjoy this summer respite from our rainy normal!

QUOTE OF THE WEEK:



**Think of all the beauty still
left around you and be
happy.**

Anne Frank