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# **Hydration 101**

Healthy Aging

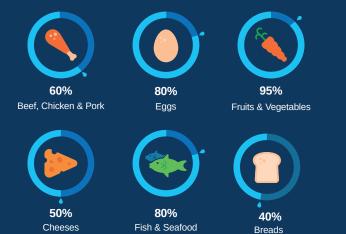
### You Are What You Drink



# Eat H<sub>2</sub>0 Rich Foods

The food we eat is also part of the hydration equation and normally adds 20% - 30% to our total fluid intake.<sup>1,2</sup>

Water content of food varies\* and can be as high as the following<sup>3</sup>:



## Older Adults are More at Risk<sup>4</sup>

Sedentary adults can lose approximately 2-3L of water per day through sweating, urination and breathing. Altitude, air temperature, and humidity also play a role<sup>5</sup>.

The effects of dehydration can start at 1-2% body weight loss<sup>1</sup>.



lips, and eyes



**Dizziness &** 

lightheadedness



Increased body temperature



Fatigue

Headache

Loss of appetite

\*Depending on how these foods are eaten and any potential cooking method, these values may change.



## **Health & Nutrition Sciences**

Helping to Develop Daily Hydration Habits

Establishing prompts for regular drinking is key for

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### Hydration and Healthy Aging

Older adults are more susceptible to dehydration because of the following risk factors<sup>6</sup>:

#### **Reduced thirst sensation**

This leads to a decrease in fluid consumption.6,7

#### Decreased body water stores

As you age, the loss of muscle mass lowers body water content, making it even more important to be vigilant about maintaining hydration<sup>8</sup>

#### Kidneys are less able to concentrate urine

Aging kidneys struggle to retain water9

#### Disease and medicinal related factors

Diabetes, fever, cognitive status and use of certain medications (such as diuretics and corticosteroids), can compromise hydration levels  $^{6,8}$ 



Ensure preferred drinks are available all day, within reach of the bedside or chairside

maintaining adequate hydration



Encourage plenty of fluids with medications



Think about adaptations that might be needed to make drinking accessible (i.e., small bottles of water, straws, fluid thickeners)



Set a timer to encourage drinking regularly



# **Balancing Hydration**

### Not too much nor too little

Hyponatremia (low sodium levels in the blood) is especially common in older adults.<sup>10</sup> This increased predisposition to hyponatremia is due to the disruption of sodium and water balance caused by normal aging.<sup>11</sup>



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