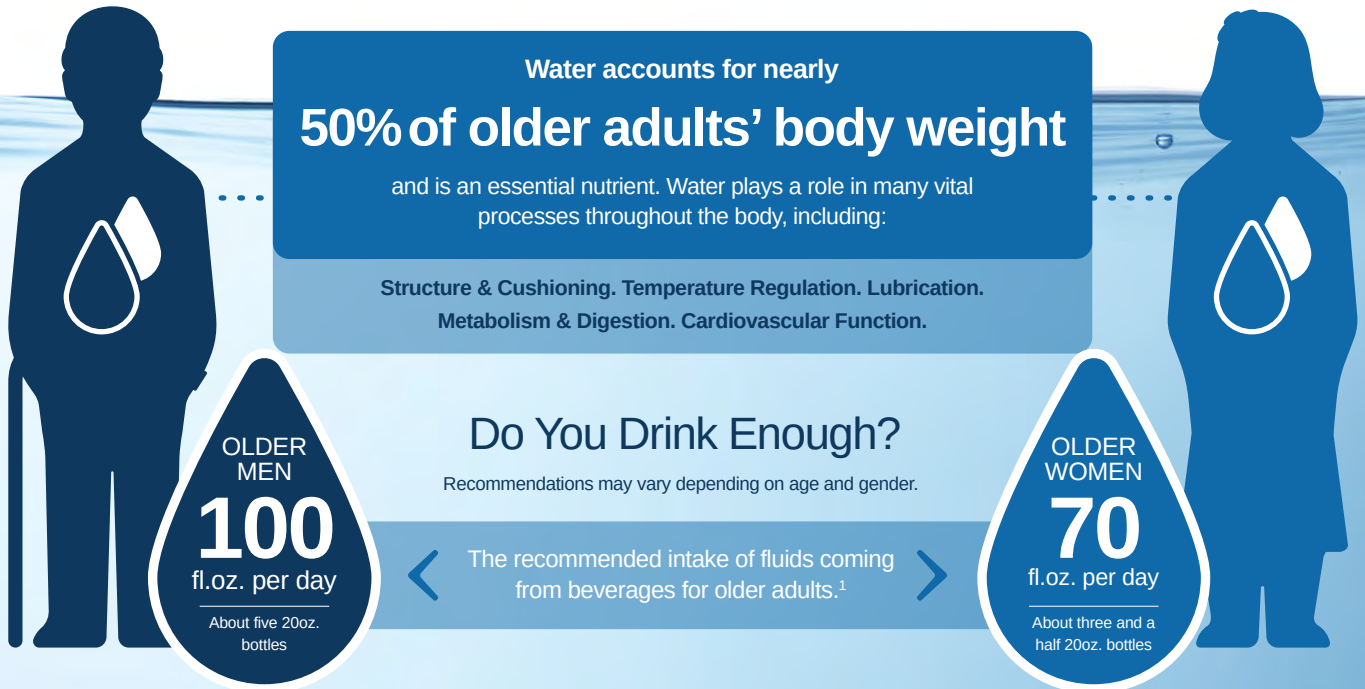


Health & Nutrition Sciences

Hydration 101

Healthy Aging

You Are What You Drink



Water accounts for nearly **50% of older adults' body weight** and is an essential nutrient. Water plays a role in many vital processes throughout the body, including:

Structure & Cushioning. Temperature Regulation. Lubrication. Metabolism & Digestion. Cardiovascular Function.

Do You Drink Enough?
Recommendations may vary depending on age and gender.

OLDER MEN
100 fl.oz. per day
About five 20oz. bottles

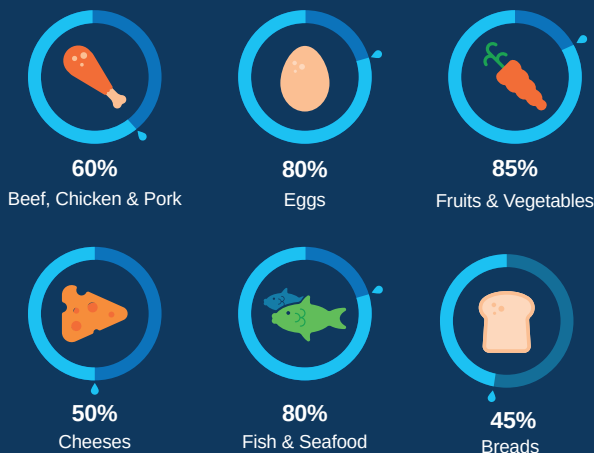
OLDER WOMEN
70 fl.oz. per day
About three and a half 20oz. bottles

The recommended intake of fluids coming from beverages for older adults.¹

Eat H₂O Rich Foods

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

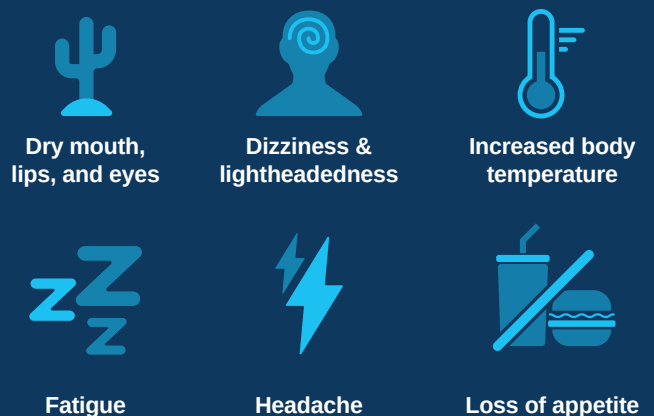
Water content of food varies and can be as high as the following:



Older Adults are More at Risk³

Sedentary adults lose 67 to 100 fl. oz. of water per day through skin, lungs, and urine. Altitude, air temperature, and humidity also play a role.⁴

The effects of dehydration can start at 1-2% body weight loss.^{1,2}



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Hydration and Healthy Aging

Older adults are more susceptible to dehydration because of the following risk factors:⁵

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 your body water content so even a small amount of additional water loss can lead to dehydration.^{8,9}

Kidneys are less able to concentrate urine

Aging kidneys struggle to retain water during periods of fluid deprivation.¹⁰

Disease and medicinal related factors

Diabetes, fever, incontinence and/or medications (laxatives and diuretics) and medical procedures (fasting) have an impact on hydration levels.^{11,12,13}

Develop Daily Hydration Habits



Have fluids readily available all day (bedside or chairside)



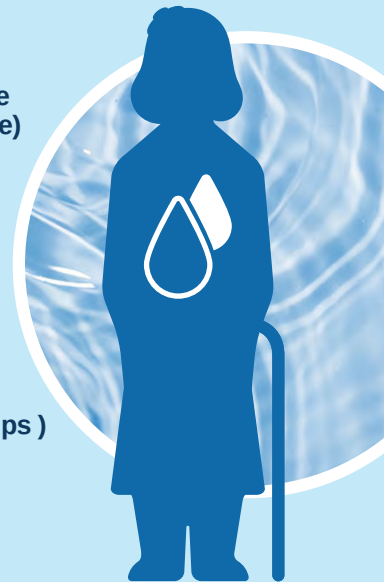
Drink fluids with your medications



Keep aids for drinks (small bottles of water or sippy cups)



Set a timer to encourage drinking regularly



Balance Your Hydration

Not too much nor too little

Hyponatremia (low sodium levels in the blood) is especially common in older adults.¹⁴ This increased predisposition to hyponatremia is due to the disruption of sodium and water balance caused by normal aging.¹⁵



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