

Lemonade & Learning Seniors & Hydration



Seniors & Hydration....




What You Need to Know to Stay Hydrated this Summer!

With summer upon us, the heat and humidity remind us to stay indoors and to stay hydrated. For seniors, thirst receptors begin to diminish and being mindful of hydration levels becomes a challenge.






There are many health conditions affecting seniors that can ultimately lead to unwanted hospital visits. Do you know what brings seniors into the hospital most often? Is it falls at home, heart disease, UTI's, or complications from cancer? If you guessed UTI's, then you are correct! Hydration for seniors is imperative to overall health and can prevent the recurrence of UTI's.

Here are some common signs of mild to moderate dehydration: thirst, dry mouth, fatigue, headache, infrequent urination, dry skin, constipation, dizziness or lightheadedness, muscle cramps, bad breath, cravings for sweets, altered mood, crankiness, fuzzy thinking. Signs of severe dehydration are: rapid breathing, rapid heartbeat, severe dizziness or lightheadedness, unconsciousness or delirium, not urinating or having dark-colored urine, extremely dry skin, sunken eyes, extreme thirst, low blood pressure, not sweating when you should be.

Here are some common misconceptions about hydration.

-  1. Drinking any type of liquid will help improve hydration status.
FALSE-Drinks containing caffeine (tea, coffee, soda, energy drinks) act as diuretics that cause your body to lose fluid, worsening hydration status. Stick with caffeine free drinks such as juice, lemonade, water, and smoothies.
-  2. You should stop drinking beverages immediately after dinner to prevent having to get up and use the rest room in the middle of the night.
FALSE-You only need to stop drinking 2 hours prior to going to sleep to prevent middle of the night bathroom breaks.
-  3. Foods provide your body with hydration as well as beverages.
TRUE-All food contains some amount of water. You can improve your hydration status by snacking on water dense foods such as citrus fruits, berries, melons, apples, pears, and dark leafy greens.

Here are a few tips for incorporating hydration into your daily routines.

-  1. Set a timer to remind yourself to drink a glass of water every 2 hours.
-  2. Take a bottle of water with you when you are traveling to the grocery store, doctor's appointment, church, etc.
-  3. Where do you spend the most time when you're relaxing at home? Keep a bottle of water next to these favorite spots, such as on your night stand, by the chair where you watch tv, on your bathroom counter where you get ready in the morning, etc.
-  4. Bored with water? Flavor water with tasty combos of fresh fruit. Try strawberry/kiwi, lemon/lime, orange/mango, apple/grape.
-  5. Make juices more refreshing by serving them over ice. Sip on warm hot cocoa instead of coffee in the morning or after dinner.