

# Hydration in older adults



## As we age keeping hydrated is important because:

- We become less sensitive to thirst.
- Some chronic illnesses can increase the risk of dehydration such as diabetes and kidney problems.
- Dehydration increases your risk of falls.
- The common cold or sore throat can result in us drinking less fluids.
- Flu and fevers increase the risk of dehydration because we lose more fluid through sweat, vomiting and diarrhea.
- Certain medications cause dehydration as a side effect, talk to your physician or pharmacist about your medications.

## Common signs of dehydration:

- Headache or feeling light-headed
- Weakness
- Confusion
- Urinating less often or having dark yellow/ brown colored urine
- Fatigue

## Aim for six to eight cups of fluid per day.

On hot summer days and when you exercise be sure to drink extra fluid to stay well hydrated!

## Sources of fluid in our diet:

- Water
- Milk
- Tea
- Juice
- Decaffeinated coffee
- Soup
- Fruits and vegetables

## Ways to boost your fluid intake:

- Enjoy soup with your meals
- Add fresh fruit to your water bottle to add flavor
- Have jello and fresh fruit as dessert after supper
- Choose chocolate milk, white milk or water instead of soda at restaurants
- Cool off with popsicles in the summer
- Meet friends for lattes at your local coffee shop
- Chill black tea to create your own refreshing ice tea
- Try this tasty smoothie recipe: (Makes 2 servings)
  - 2 cups milk
  - 1 cup flavored Greek yogurt
  - 1 cup frozen fruit
  - ice

Add ingredients to a blender and blend for 1-2 minutes until a smooth consistency. Enjoy!

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