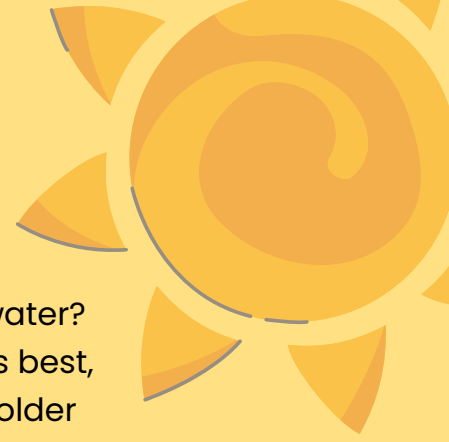
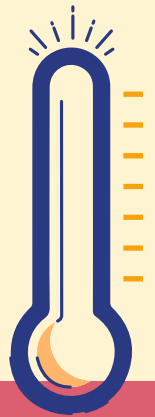


WHAT YOU SHOULD DO TO KEEP HYDRATED DURING HEATWAVES

Did you know that, on average, over half your body weight is water? Water has an important role in helping your body to work at its best, but not drinking enough water is a very common problem for older adults. Remember, with increasing age, older people may not be able to sense thirst as well as younger folks, and the kidneys can become less efficient at conserving water.



Remember thirst is often a weak, slow signal to get more fluids. Your body may also become dehydrated before you know it in hot or cold weather. That's why we should try to drink plenty of fluids throughout the day. Keep in mind, however, that the need for water can vary widely among individuals, depending on how active people are and the climate that they live in. If you do engage in any type of physical activity, or if you are outside in the heat or cold for a long time during the day, your body needs more fluids.



WHAT ARE WAYS THAT YOU CAN KNOW YOU'RE GETTING ENOUGH WATER?



One way is by checking the color of your urine. Dark urine that's a deep yellow or the color of apple juice may mean that you are not getting enough water. Be aware, however, that some vitamin supplements or medications can color your urine even if you're hydrated. Another way to tell whether you are getting enough water is by paying attention to how often you need to go to the bathroom or how much urine you make. If you only pass small amounts of dark urine, this could be a signal to get more fluids. Try to make it a habit to drink at least eight glasses (six to eight oz. each) of fluid a day, and more if the situation calls for it.

KEEP AWAY FROM SOFT DRINKS AND ALCOHOL

These types of drinks worsen dehydration in your body. Soft drinks can exacerbate dehydration and increase the potential of getting kidney injury. Alcoholic drinks should also be avoided since they can increase urine output, boosting the risk of dehydration.

