



# Resident Wellness Newsletter

## HEALTHY & HYDRATED

### WHY ARE SENIORS MORE PRONE TO DEHYDRATION?



#### HOW MUCH IS ENOUGH?

Seniors require between 7-8 cups of water per day.

Because the thirst sensation in adults older than 65 are commonly far lower than indicative of the body's actual fluid needs, the short answer is simply 'because they are less thirsty'. In addition, the kidneys naturally lose some of their ability to conserve water and concentrate urine, leading to greater fluid loss through urination. A decline of muscle mass can also reduce how much water the body can store. Muscles serve as a holding area for water molecules. Age-related health conditions also play a role. For instance:

- Undiagnosed or uncontrolled Type II diabetes can increase urination.
- Urinary incontinence (and resulting anxiety surrounding accidents) can cause seniors to deliberately reduce their fluid consumption.
- Reduced mobility can cut down on how often people are willing to make trips to get water or use the restroom.
- People with Alzheimer's or dementia are also at an increased risk of not drinking enough water.

Over-the-counter and prescription medications may contribute to fluid losses. Blood pressure medications such as diuretics are commonly associated with dehydration, as are antihistamines and laxatives.

### HEED THESE WARNING SIGNS OF DEHYDRATION:

- Thirst
- Headache
- Weight loss
- Darker colored urine
- Increased heart rate
- Lowered blood pressure
- Sunken eyeballs
- Less frequent urination
- Dry mouth & eyes
- Constipation

<https://health.usnews.com/health-care/patient-advice/articles/what-older-adults-need-to-know-about-hydration>

To locate **FREE** local senior fitness classes in your area, please visit:

<https://franchise.live2bhealthy.com/class-schedule/>

Enter your zip code to find locations near you.

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