

## Healthy Living: Are You at Risk for Dehydration?<sup>1</sup>

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Older adults often are at increased risk for dehydration.

There are many reasons why you may be at risk. Some of these can be controlled, and some cannot. Find out if you are at risk for dehydration, and if so, how you can decrease your risk!

|   | YES | NO |
|---|-----|----|
| I am older than 85 years.                                 |     |    |
| I am female.  |     |    |
| I have diabetes, urinary incontinence, or kidney disease. |     |    |
| I have frequent fevers, vomiting, or diarrhea.            |     |    |
| I take laxatives, diuretics, or sedatives.                |     |    |
| I drink less than six cups of fluids each day.            |     |    |
| I often have dark yellow urine.                           |     |    |
| I have problems swallowing.                               |     |    |

If you answered "YES" to any of the statements above, you're likely at higher risk for becoming dehydrated. It's important to prevent dehydration, because it can lead to health problems. In severe cases, hospital treatment may be needed. Drink small amounts of fluids throughout the day, even if you aren't thirsty. Try plain or flavored water, fruit juices, low-sodium soups and vegetable juices, diluted sports drinks, and low-fat or fat free (skim) milk. Tea and coffee also can help you stay hydrated.



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