

Cheers to Better Hydration



Fact is:
you can become dehydrated without even knowing it.

Dehydration is a serious condition, especially for senior citizens. Left unchecked, it can limit your ability to fight infections, lead to confusion, falls, seizures, or even death.¹

A 360° Look at the Consequences of Dehydration

From head to toe, inside and out, dehydration can affect your body's systems.

Know the Signs

- Increased thirst
- Headache
- Dry mouth
- Fatigue or sleepiness
- Lower urine output with discoloration
- Dry skin
- Dizziness

Heart

Dehydration reduces the amount of blood in your body, raising heart rate and blood pressure.³

Body Temperature

Dehydration limits your body's ability to regulate temperature and can cause hyperthermia, heat exhaustion, and heat stroke.⁵

Feet

Salt and fluid retention often accompanies dehydration which can lead to swelling of the feet, legs, arms, and hands.⁶

Brain

Even 4 hours without water can lead to a drop in energy, mood, and cognitive function.²

Kidneys

Without enough water, wastes and acids build up in the body, leading to kidney stones and urinary tract infections. Mild but frequent dehydration can even cause permanent kidney damage.⁴

Your Hydration Checklist

Here are some simple tips for making good hydration an all day, every day priority.



Drink 8 oz. of water at least 5x a day.⁷



Milk, juice, decaffeinated coffee or tea, flavored water, even chicken, beef, or veggie broths hydrate you, too.^{9*}



Eat foods with a high water content, such as cucumber, tomato, watermelon, bell pepper, orange, and grapes.^{1*}



After an infection, illness, or exercise, replenish your hydration and essential minerals with no- or low-calorie electrolyte replacement drinks.⁸



Ice cold, room temperature, or steaming hot? Many seniors have strong preferences. Getting the temperature right can encourage better hydration.

Learn how Thick-It® brand products can support better hydration for you, your patients, and loved ones.

Visit thickit.com/hydrationcare360