

Elderly health: Preventing dehydration in older adults



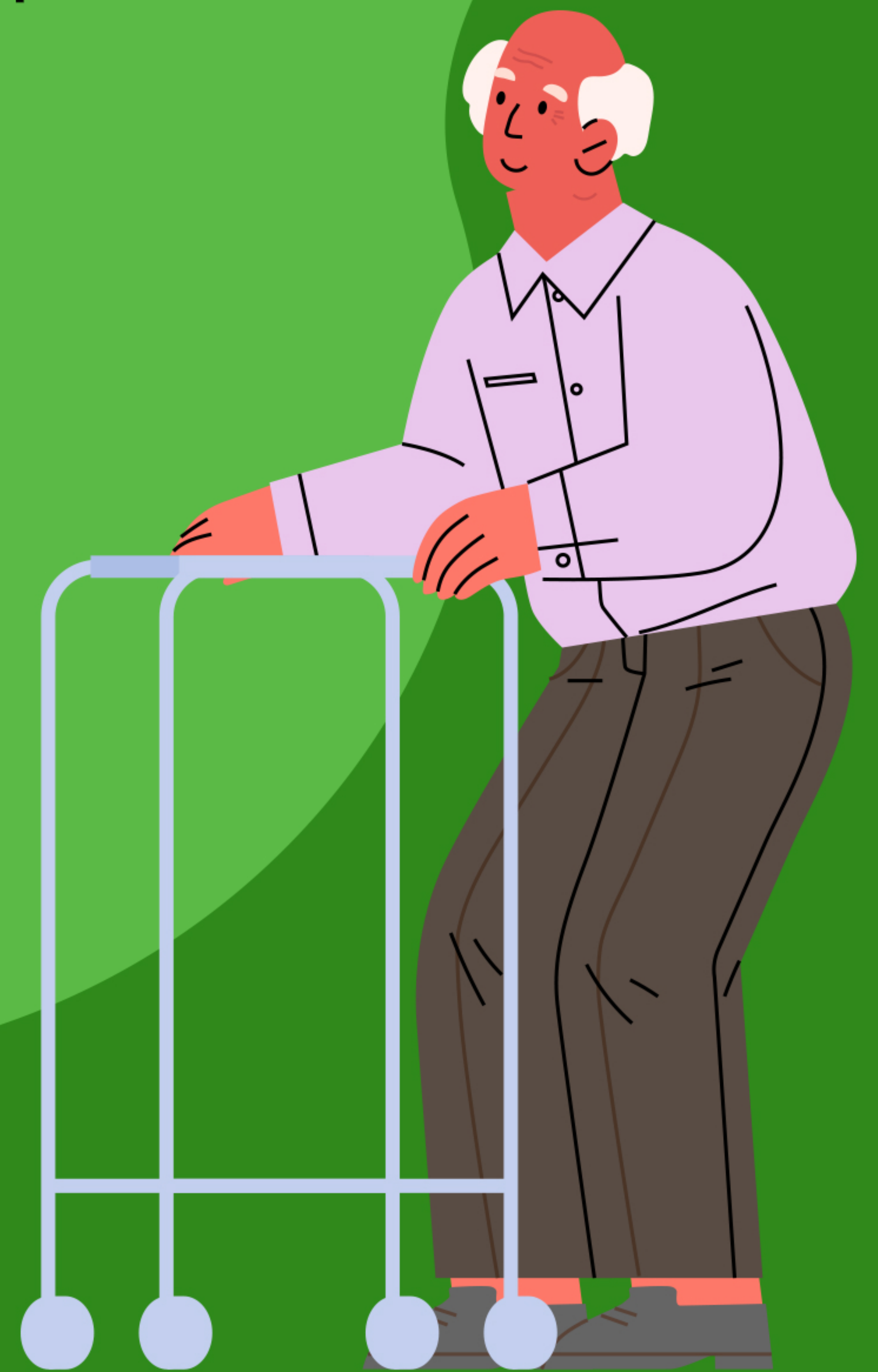
Pick fluids wisely

Limit caffeine and sugar as they make the heart and kidneys work harder to eliminate fluids, causing dehydration.



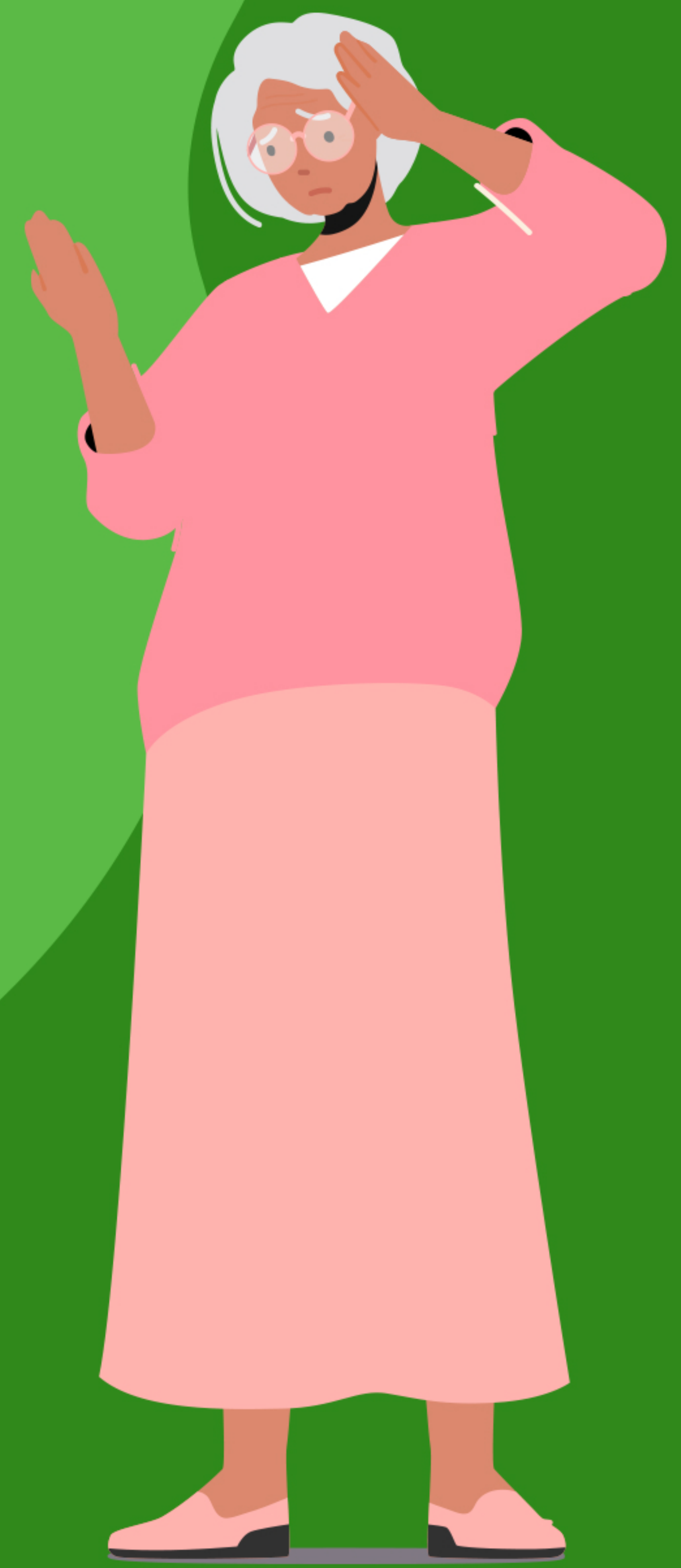
Choose sun time wisely

Avoid staying out in the sun when the temperature is high. Spend time outdoors before 10:00am and well after 4:00pm to prevent excessive sweating.



Moisturize regularly

Water evaporates through the skin all day long. Applying water-based creams will help maintain as much moisture as possible and help with skin dryness.



Watch what you eat

Choose foods that have higher water content like fruits, vegetables, certain lean fish, and meats. Avoid consuming high-fat or starchy foods.



Try alternatives

Choose drinks like coconut water or juices like tomato, apple, grape or orange as these have high amounts of potassium and electrolytes which help replenish nutrients quickly.



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