



ADULT

HEALTH BULLETIN



JULY 2017

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

THIS MONTH'S TOPIC:

CHOOSE WATER TO DRINK THIS SUMMER



In the hot summer sun, it is important to have enough to drink. Whether you are being active or just soaking up the sun, drinking plenty of water is a smart thing to do.

Making sure that you drink enough water is very important. When the body is hydrated, blood flows through the body easier and the heart does not have to work as hard.

When your body does not have enough water, it lets you know. Here are some signs that you may be dehydrated and should drink some water:

- The feeling of thirst
- Dry mouth
- Headaches

Continued on the back



You should avoid drinks that have caffeine, as those can cause you to be more dehydrated.

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- Dizziness
- Dry skin
- Feeling tired or sleepy
- Less urine, more yellowish urine

If a person has some of the above symptoms and does not get hydrated, more severe consequences could occur. These include:

- Severe dizziness that affects ability to walk or stand
- Fever
- Rapid heart rate
- Low blood pressure when a person tries to stand
- Confusion

In extreme situations, a person could have a seizure or go into shock.

Drinking water is the best choice for staying hydrated. You can also get water from eating fruits and vegetables. You should avoid drinks that have caffeine, as those can cause you to be more dehydrated.

Staying hydrated is not just for those who are active outside. Even if you are just sitting outside, your body needs fluids. When you are active, you should drink water before, during and after your activity. If you are going to be active for more than 30 minutes, you may want to think about drinking a sports drink. For most people, water is enough to stay hydrated.

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SOURCE:

• American Heart Association.
Staying Hydrated-Staying Healthy
http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/FitnessBasics/Staying-Hydrated---Staying-Healthy_UCM_441180_Article.jsp#.WRoEZGcpC70

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