

✓ Vitality Wellness

June 2017

Don't let dehydration hold you back this summer



With the arrival of summer comes fun outdoor adventures, sunny days, and warm temperatures. Unfortunately, the summer heat makes us more susceptible to dehydration.

Dehydration occurs when you lose more fluids and water than your body requires to function normally. Because we lose large amounts of fluid through sweat, drinking water to compensate that loss is critical this season.

Equally important to note is that as you age, your ability to conserve water is reduced. According to the European Review of Aging and Physical Activity, people lose about

15% of their total body water content between the ages of 20 and 80 as a result of the normal aging process. This decrease in total body content means that it's easier to become dehydrated.

Follow these easy tips to help you make sure you are properly hydrated:

Drink more fluids.

The older we get, the more difficult it is for our bodies to conserve water. Dehydration can happen at any time of year, but it's especially important to pay attention to your water intake as the temperatures rise. Don't wait until you feel thirsty to drink; instead, try to drink liquids through-

out the day. To keep it healthy, stick to beverages that don't contain alcohol or large amounts of sugar.

Avoid caffeine.

Many caffeinated drinks like soda and coffee cause the body to release more fluids, leading to faster dehydration. However, this does not mean that you must stick only to water for the entire summer. Try drinking decaf versions of your favorite drinks so you can still enjoy the tastes you love.

Stock up on fruits and veggies.

Besides being delicious and healthy, fruits and vegetables have a high water content and can help keep you hydrated. However, make sure to consult your doctor if you are on a fluid-restricted diet

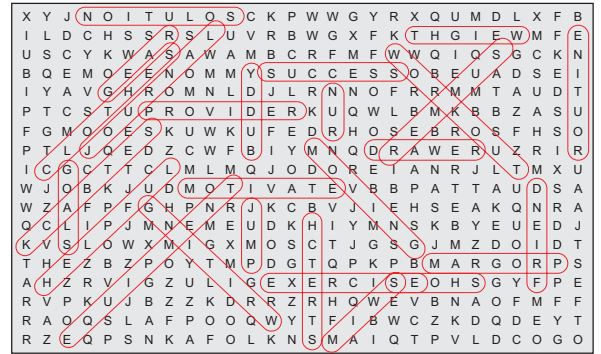
Monitor your urine color.

The color of your urine is a good indicator of your hydration efforts. If you are hydrated, your urine should be a pale yellow. Urine that is dark yellow, fragrant, or cloudy, may be a sign of dehydration.

These easy tips will help keep you healthy in the summer heat. If you need more advice about staying hydrated, contact your physician or healthcare provider.

June Word Search: Hydration tips

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|-----------|-----------|------------|
| ALCOHOL | FUNCTION | SEASON |
| BEVERAGES | HEALTH | SIGNS |
| BODY | HEAT | SUGAR |
| CAFFEINE | HYDRATION | SUMMER |
| CONSERVE | INTAKE | SUN |
| DECAF | LOSS | SWEAT |
| DRINK | MONITOR | THIRSTY |
| FLUIDS | OUTDOORS | VEGETABLES |
| FRUITS | PHYSICIAN | WATER |



May Word Search Key



Health spotlight

Watch your posture this National Scoliosis Month

In light of National Scoliosis Month, be on the lookout for signs of degenerative scoliosis. Also known as adult onset scoliosis, degenerative scoliosis is the curving of the spine due to wear-and-tear over time. According to the University of Maryland Medical Center, degenerative scoliosis begins after age 40 and is often related to osteoporosis. Monitoring the spine's curvature is crucial to proper treatment and prevention of further damage. If you experience back pain or notice irregularities in your waist, shoulders, back, or hips, ask your doctor for an evaluation.

