

# Health Tips for seniors

## Are you getting enough fluids?

### Facts

- Your body is approximately 50% water.
- Thirst is **not** a good measure of dehydration in seniors.
- Caffeine containing products like coffee, tea, or sodas & alcoholic beverages can dehydrate you.

### Signs & symptoms of dehydration

- Loss of appetite
- Increased effort for physical work and/or a lack of energy
- Headache, nausea, and/or dizziness
- Difficulty in concentrating and/or increased confusion
- Hot skin
- Tingling of arms, hands, and/or feet
- Speech difficulty and/or dry tongue
- Dry mucous membranes in nose & mouth
- Upper body muscle weakness and/or muscle spasms
- Sunken appearance of the eyes in their sockets

### Recommendations

- At least 6.5 cups of fluid every day (1,500 ml / day)

**Note** If you have congestive heart failure (CHF) or kidney disease, please consult your physician for your needs.



For more information visit [www.eatright.org](http://www.eatright.org)

Erie County Department of Senior Services

(716) 858-8526 [www.erie.gov/depts/seniorservices/](http://www.erie.gov/depts/seniorservices/)

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