



Staying Hydrated Over the Summer

In human, water makes up about 60% of our total body weight. The water in our body helps to regulate our body temperature, lubricate our joints, and flush out toxins that our body doesn't need. Adequate fluid intake helps us to maintain a healthy weight, and enables us to perform a lot of essential functions.

Dehydration occurs when our body is losing more fluid than we consume. This can happen when we are not drinking enough water, or when we are sick, having diarrhea, vomiting, or fever. Dehydration can lead to mild to severe complications, making it life-threatening in severe conditions. As people age, the amount of fluid reserve in our body and our ability to conserve water reduce. On the other hand, the ability for people to sense thirst become less accurate in older adults, this make the elderly at higher risk for dehydration. Over the summer while the weather gets warm, the older adults especially need to pay attention for dehydration as people tend to lose more fluid along with their sweats in the high temperatures.

Signs & Symptoms for Dehydration

- Thirst
- Less frequent urination
- Dark colored urine
- Fatigue
- Dizziness
- Confusion



Preventing Dehydration

To prevent dehydration, make sure to drink enough fluid throughout the day. Water is always the best and healthiest source of fluid to keep us hydrated. Many fruits and vegetables are also high in water, we can get a good amount of fluid from consuming them as well.

Fruit	Vegetables
Watermelon	Cucumber
Cantaloupe	Lettuce
Strawberry	Cabbage
Grapes	Celery
Orange	Pepper
Pineapple	Radish





在炎熱天氣保持充足

水份佔人體總體中大概百分之六十的重量。水份在我們除了幫助調節我們的體溫外，它亦為我們身體關節等部位提供滋潤，潤澤的作用，並幫助我們排除體內的毒素，廢物。攝取充足的水分有助我們維持健康的體重，以及對我們身體各機能的運作不可或缺。

脫水是指身體的水份流失多於攝取量，導致體內水分不足。造成脫水的原因包括攝取量不足，生病時的腹瀉，嘔吐及發燒都可能引致脫水的情況出現。脫水會對身體造成不同的影響，如情況嚴重，甚至有可能危及生命。當年紀增長，我們身體留取水分的能力以及攝取水分的能力皆會有所下降。另一方面，身體感知口渴的能力亦相對沒從前敏銳。因此，年長者有較高容易脫水的可能性。在夏日天氣嚴熱時，更需注意及避免因高溫影響而產生的脫水問題。

脫水的症狀

- 口渴
- 排尿次數減少
- 尿液顏色較深
- 疲勞
- 頭暈
- 頭腦混亂



如何防止脫水

為防止脫水，請確保全天喝足夠的水份。清水是保持我們身體水分的最佳和最健康的液體來源。許多水果和蔬菜的含水量亦很高，我們可以通過食用蔬菜水果來獲取所需的水分。

