

# Warm Weather .. Time for a Drink

It is forecast to be warmer over the next few days so ...

## Remember to keep drinking fluids

Drinking helps maintain your body temperature, as well as helping with the following-

- Helps your mental performance, keeps you alert
- Prevents Falls through fainting
- Prevention of Pressure Sores
- Preventing Constipation
- Preventing Urinary Tract Infections
- Prevents Kidney & Gall stones
- Reduces the risk of Heart Disease
- Helps prevent Low Blood Pressure
- Drinking more water will improve your oral health
- If you have Diabetes, helps you manage your illness

Turn over to find some more tips about increasing your fluid intake.



Drinking plenty of fluid keeps you healthier even if it's not too hot.  
Drinking will in most cases help to reduce the amount of toilet visits you need.

Tips for increasing your fluid intake –

With any medication have a full glass of water.

Have a drink between meal times.

Always have a drink with you meal, not just a cuppa after.

Ask your carer to leave you a drink, so you can keep drinking throughout the day .... If you have a hot drink in a flask during the winter, the flask can be used to keep juice or squash cold on a hot day.

Some Facts on Fluids –

Dehydration is particularly dangerous to elderly people. Symptoms arise suddenly and the consequences can be very serious.

3 in 10 people admitted to hospital are dehydrated, and it is a higher risk for older people.

Extra drinks at no extra cost, drink tap water. The UK mains drinking water supply is safe to drink and of extremely high quality. Through strict regulation, the UK has one of the highest quality tap waters in the world.

How much do you need –

Up to 1.6 litres of fluid per day. That's over 2 and a half pints, you will get some from your food but you could do with having a bit more to drink.

If you are perspiring / sweating then you are losing fluids, so you need to drink more to counter act this.

