

# Hydrating to Prevent Falls

## Did you know dehydration increases your risk of falling?

GOOD NEWS: Staying hydrated can help prevent both dehydration and falls. Drinking enough fluids each day is a simple but powerful way to reduce fall risk, improve health, and maintain independence.

### Signs of Dehydration

- Dry mouth, lips, or eyes
- Thirst
- Dizziness or lightheadedness
- Headaches
- Fatigue or unusual tiredness
- Difficulty concentrating
- Pain when urinating or urinary tract infections (UTIs)

**Severe dehydration** is a medical emergency. Signs of severe dehydration include:

- Extreme tiredness or weakness
- Confusion
- Difficulty with balance or standing up safely

### Common Causes

- Medications (such as diuretics or laxatives)
- Not consuming enough liquids
- Chronic health conditions like diabetes or kidney disease

#### Older adults are particularly at risk because:

- The sense of thirst diminishes with age.
- Medications may increase fluid loss.
- As we age, the body's ability to conserve water decreases, and the natural thirst mechanism weakens.

## Why Hydration Matters for Fall Prevention

- Dehydration can cause low blood pressure, especially when standing, leading to dizziness and falls.
- It can impair brain function, causing confusion, slower reaction times, and poor balance.

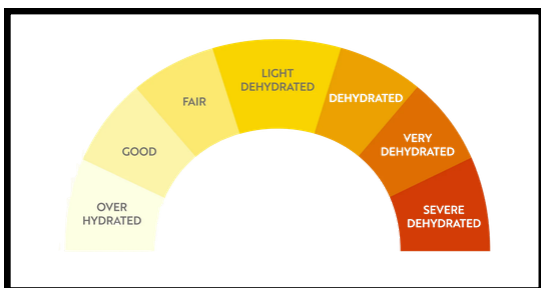
## Hydration Tips for Staying Safe

- Aim for **6–8 cups** of fluids daily; individual needs may vary based on health, medications, and activity level.
- **A helpful guide:** drink half your body weight in ounces (e.g., 160 lbs = 80 oz).
- Choose water, herbal teas, or broth-based soups for regular hydration.
- **Limit beverages** like coffee and alcohol, which can increase fluid loss.
- Moderate coffee intake can count toward hydration but should not replace water entirely.

### Urine Test

The color of your urine indicates hydration levels.

**Light-colored** urine indicates good hydration, while **medium-dark yellow** urine usually means that you are dehydrated and should drink 2-3 glasses as soon as possible. If urine is a **dark brown or red**, seek medical attention immediately.



### Water Alternatives

**Hydrate deliciously:** Snack on water-rich foods such as strawberries, watermelon, cucumbers, and tomatoes, or refresh with fruit-infused water.

**Fruit-infused water** is a healthy alternative to juices or soda, packed with vitamins and minerals without added sugar.

#### Combination Ideas

- Raspberry or strawberry & lemon
- Kiwi & strawberry
- Blueberry, lemon, and mint
- Lemon, orange, and lime



#### Directions:

- Wash and slice, chunk, or halve fruit as needed. (Optional) Add fresh herbs.
- Fill with water and refrigerate for 30 minutes to 4 hours to infuse.
- For best taste, remove fruit within 24 hours and enjoy within 3 days.