



Felician Village

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Preventing Dehydration

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With warm weather comes the increased risk for dehydration. Dehydration occurs when a person loses more water than they take in. As we become older, the body does not conserve water as well as it once did and the thirst sense is decreased. Some diseases may also play a role in decreased fluid intake, such as dementia. Also, decreased mobility in some people makes it difficult to get a glass of water.

Adequate fluids allow the body to regulate body temperature through sweating, maintain blood pressure, and eliminate bodily waste. Some symptoms of dehydration include dizziness, less frequent and dark colored urine, fatigue, and confusion.

You may have heard the saying “Drink 8 glasses of water each day”. This recommendation does not apply to everyone. Many factors affect the amount of fluid a person needs including body size, activity level, diseases, medications, and overall diet. Fluids not only come from liquids, but also from foods, especially fruits and vegetables. To ensure you are keeping your body hydrated, it is important to eat a well-balanced diet that includes fruits and vegetables and drink several glasses of fluids daily. If it is hot outside or you are very active, it is important to consume more fluids than usual.

See your doctor immediately if you or someone you know is dehydrated and experiencing vomiting, fever, diarrhea, weight loss, decreased urine production, weakness, seizures, difficulty breathing, confusion, or fainting.