

FOR IMMEDIATE RELEASE

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Healthy Aging Starts with Hydration

As we age, staying hydrated becomes more important and more challenging for many, especially during the summer months. After age 60, the body's natural thirst signals become less reliable, making it more likely to drink too little without realizing it. Certain medications, especially diuretics, can also increase fluid loss and raise the risk of dehydration. If you take these medications that affect fluid balance, talk with your healthcare provider about how much water you should be drinking.

Fortunately, maintaining good hydration doesn't have to be difficult. Eating water-rich foods such as watermelon, cucumbers, strawberries, and tomatoes can help increase your daily fluid intake. Keeping a water bottle within easy reach, adding lemon or berry slices to flavor your water, and drinking fluids throughout the day rather than waiting until you're thirsty are simple habits that can make a big difference.

It's also important to recognize the signs of dehydration. Dark urine, a dry mouth, bad breath, fatigue, brain fog, headaches, dizziness, and infrequent urination may all indicate that your body needs more fluids.

Overall, staying hydrated after 60 is about awareness and routine. By making small adjustments and paying attention to the body's signals, older adults can maintain better hydration and support their overall health.

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