

Every year, 1 in 3 older Albertans will fall but there are things you can do to prevent falling.

Dehydration is when your body does not have enough water.

Dehydration may lead to confusion, dizziness, and muscle weakness. Drinking enough fluid is one way to reduce your risk of falling.

You are more likely to become dehydrated if you:

- are taking medications that make you go to the bathroom more often.
- have a health condition that makes you less thirsty.
- are sweating a lot.

Signs of dehydration:

- Dark-coloured urine
- Constipation
- Dry mouth
- Feeling light-headed or dizzy
- Headaches



TAKE ACTION TO STAY HYDRATED

- Drink at least 6 - 8 cups of fluids every day. Examples include water, milk, tea, coffee, vegetable or fruit juice, and broth.



- Drink a cup of water when you first wake up.
- Take medications with a full glass of water.
- Fill a water bottle and carry it with you. You can drink from it throughout the day.
- Flavour water by adding mint or cucumber slices.



Don't wait to feel thirsty.
Sip water throughout
the day.

Questions about hydration? Speak to your healthcare provider or call Health Link at 811.

Email: info@findingbalancealberta.ca
Phone: 780.492.6019
Website: www.findingbalancealberta.ca



LOCAL CONTACT INFORMATION: