



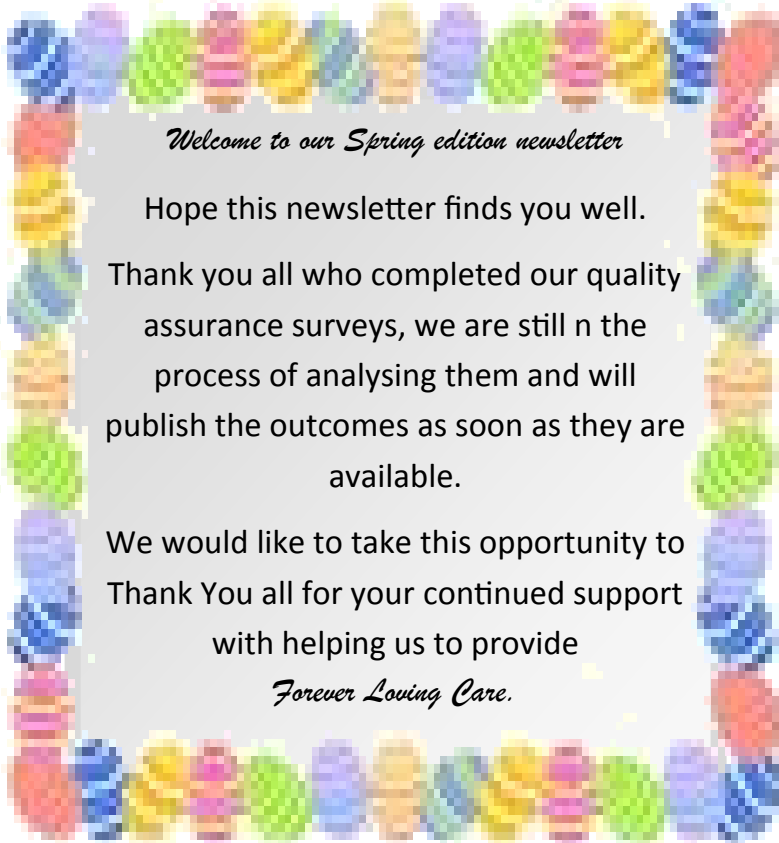
# Newsletter



01588 673 733

enquires@foreverlovingcare.co.uk www.ForeverLovingCare.co.uk

Spring 2019



*Welcome to our Spring edition newsletter*

Hope this newsletter finds you well.

Thank you all who completed our quality assurance surveys, we are still in the process of analysing them and will publish the outcomes as soon as they are available.

We would like to take this opportunity to Thank You all for your continued support with helping us to provide *Forever Loving Care.*



Don't forget...

Clocks go forward 31st March



**Dehydration** can reduce the flow of blood to the kidneys causing acute kidney injury and infection. In the UK, up to 100,000 deaths a year are associated with acute kidney injury, of which up to a third of those deaths could be avoided (\*NHSE 2017)



Happy Easter!

Easter, also called Pascha or Resurrection Sunday, is a festival and holiday celebrating the resurrection of Jesus from the dead, described in the New Testament as having occurred on the third day of his burial after his crucifixion by the Romans at Calvary c. 30 AD

Don't forget...We have moved to: 4 Dale View , Market Street, Craven Arms, Shropshire, SY7 9NN

## Test your knowledge

- How many glasses of water should you drink each day for good health? 1-2 3-4 6-8
- How much of your body is water? 70% 80% 20%
- You can live without food for about a month but how long can you live without water? About 3 weeks about 1 week about 3 days
- For 1p how many glasses of fresh drinking water can you get directly from the tap? 1 glass 10 glasses 50 glasses
- How should you drink your daily water? All at once little sips regularly Big mouthfuls
- How much water does breathing in and out use in a day? 1 pint 1 egg cup full A bath full
- Which of the following are signs of dehydration? Headache Irritability Tiredness
- We get some water from our food and drink, but which one of the following should we not get our water intake from? Decaffeinated tea Fruit juice Alcohol Weak squash
- What is the ideal colour for urine to be if you are well hydrated? Light brown Dark yellow Pale yellow & clear
- True or false? Drinking plenty of fluids can help prevent constipation? True False

# Nutrition & Hydration

## What is Dehydration and What Causes it?

Water makes up over two thirds of the healthy human body. It is essential for lubricating the joints and eyes, aiding digestion, flushing out waste and toxins and keeping skin healthy. Dehydration occurs when the normal fluid content of your body is reduced and is generally caused by not drinking enough fluid or by losing fluid and not replacing it. You can lose fluid through vomiting, diarrhoea, sweating, and frequent urination due to an underlying medical condition and some medication.

## Drink Plenty of Fluids

Adults should drink a minimum of 1.2 to 2.0 litres (six to eight glasses) of fluid every day. Higher intakes of total fluid will be required for those who are physically active or who are exposed to hot environments. Obese adults may also require higher intake of total fluid. Individuals with certain conditions e.g. heart failure and kidney failure can retain fluid, and may need fluid to be limited, your GP or consultant will advise on optimal levels in these instances.

## Good Hydration Can Help With the Treatment and Prevention of:

- Sepsis - a rare but serious complication of an infection. Without quick treatment, sepsis can lead to multiple organ failure and death. Common signs and symptoms include fever, increased heart rate, increased breathing rate, and confusion. For more information please visit <https://www.nhs.uk/conditions/sepsis/>.
- Pressure ulcers
- Constipation
- Confusion
- Kidney and gallstones
- Urinary Tract Infection (UTI)
- Circulatory problems
- Diabetes control
- Incontinence
- Low blood pressure
- Heart disease

Some individuals with a UTI may experience mild urinary incontinence and it may be tempting to reduce your fluid intake. However, this may exacerbate your symptoms and you should continue to maintain your fluid intake. Some individuals with a UTI may experience mild urinary incontinence and it may be tempting to reduce your fluid intake.

Water is a basic nutrient of the human body and is critical for human life



## Symptoms of Dehydration Include:

- Dry mouth or lips
- Dry skin
- Thirst
- Dizziness
- Tiredness
- Headache
- Dark coloured, strong smelling urine
- Light-headedness

Reduced alertness reduced ability to concentrate Increase your intake of fluid (e.g. decaffeinated tea/coffee, herbal/fruit tea, squash, milk, juice) if you experience any signs of dehydration, or if you experience bladder or bowel

## Practical Tips

- Have water at meal times and at least hourly
- Try hot water with a piece of fruit in e.g. lemon or orange for a change
- Fruit or herbal teas make a change for those who like hot drinks
- Try warm squash e.g. blackcurrant or orange
- Try 'traditional' flavours of drinks e.g. dandelion and burdock, cream soda, ginger ale
- Eat hydrating foods such as custard, soup, juice of tinned fruit, ice cream, jelly, ice lollies and smoothies.
- Also eat fruit and vegetables that have a high fluid content e.g. pears, melon, orange, peach, tomatoes, cucumber, pineapple

A simple method to track your body's hydration levels is by monitoring your urine; the colour of your urine can reflect how much water your body needs.

## What color is your urine?

