



# Putting the CARE back in Healthcare...

By Nikki Troisi, AristaCare at Whiting

**Rose F writes in: *With the warm weather coming, how can I prevent becoming dehydrated and still maintain an active lifestyle?***

Dehydration is one of the major causes of hospitalizations amongst the elderly population. Any age population is susceptible to dehydration; however, the elderly population is more prone to dehydration due to the fact that their bodies have 10 percent less fluid content in the body than that of an average adult also, due to thinning skin with age, one is more vulnerable to losing water through the skin. The elderly also often suffer from loss of appetite and a reduced sense of thirst and may not drink as much water as they should throughout the day.

Dehydration can often be the cause of a side effect from medication as well as other medical conditions such as diarrhea, high blood pressure, vomiting, heat exhaustion, and at times exercise can cause dehydration. The signs and symptoms of dehydration can be mild so it is important to recognize the symptoms of dehydration and know when it is time for medical intervention.

Major Symptoms of dehydration include: *Dizziness, Confusion, Sunken eyes, Muscle weakness, Constipation, Irritability, Fever, Pneumonia, Disorientation, Urinary tract infections, Tachycardia, Weight loss, Dry and poor elasticity of skin, Less urine output, Increased heart rate, Low blood pressure (hypotension), and Increased infections.*

If you are elderly and experience any of these symptoms it is important to call your doctor. Dehydration can be mild but there are at times severe cases that must be taken seriously. One of the best ways to monitor if you are dehydrated is through monitoring your body weight. A mild case of dehydration can result in a 2 percent weight loss where as a more severe case can result in a weight loss of up to 5 percent.

There are many ways to avoid dehydration, number one being to increase the amount of healthy fluids. This can include water, milk, juice, soups (clear broths), ice pops, ice – cream, jello as well as nutritional supplements such as ensure. As much as we all love our coffee and tea in the morning it is important to try and avoid these beverages as they are not thirst quenching and can be dehydrating. Alcohol should also be limited as the body takes more water to absorb it and it also acts a diuretic. Here at AristaCare we make sure that our residents are dressed appropriately for the weather as well as provide them with fluids throughout the day to ensure they are receiving the proper hydration. We also have a nutritionist on staff to make sure that all of our residents have a balanced diet including those hydrating foods such as vegetables and fruits.

It is important to stay as active as possible, however, while taking that morning walk make sure you wear weather appropriate clothing as to not sweat too much and REMEMBER to drink throughout the day... your body needs water much earlier than you will feel thirsty!

IF YOU HAVE A HEALTHCARE RELATED QUESTION,  
WE'D LOVE TO HEAR FROM YOU. PLEASE WRITE TO:

**ARISTACARE AT WHITING**  
ATTN: NIKKI TROISI (RE: CRESTWOOD SUN)  
23 SCHOOLHOUSE ROAD, WHITING, NJ 08759

*AristaCare*<sup>SM</sup>

## **Read about what's happening at AristaCare this month!**

As the leading sub-acute rehab facility in Whiting, AristaCare is dedicated to continuing our commitment to the Whiting community, which is why we are proud to announce that we are now offering Free Health Screenings every first Tuesday of the month. Our next health screening will take place on Tuesday June 1<sup>st</sup> and the one following on July 6<sup>th</sup> between 11am – 2pm. Meet with our cardiac nurse and have your Blood Pressure, glucose levels, weight and height monitored monthly. We will also have Altok Patel, the pharmacist from The Medicine Shoppe in Whiting available to consult with you on any medication questions you may have.

AristaCare also invites you to join us every other Thursday to “Get Moving” with our Arthritis Foundation exercise class. The upcoming classes will take place on Thursday June 10<sup>th</sup> and Thursday June 24<sup>th</sup> from 10am-11am.

All programs will take place at AristaCare (address below). If you should have any questions regarding any events hosted by AristaCare please feel free to contact Nikki Troisi at (732) 983-8760.

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