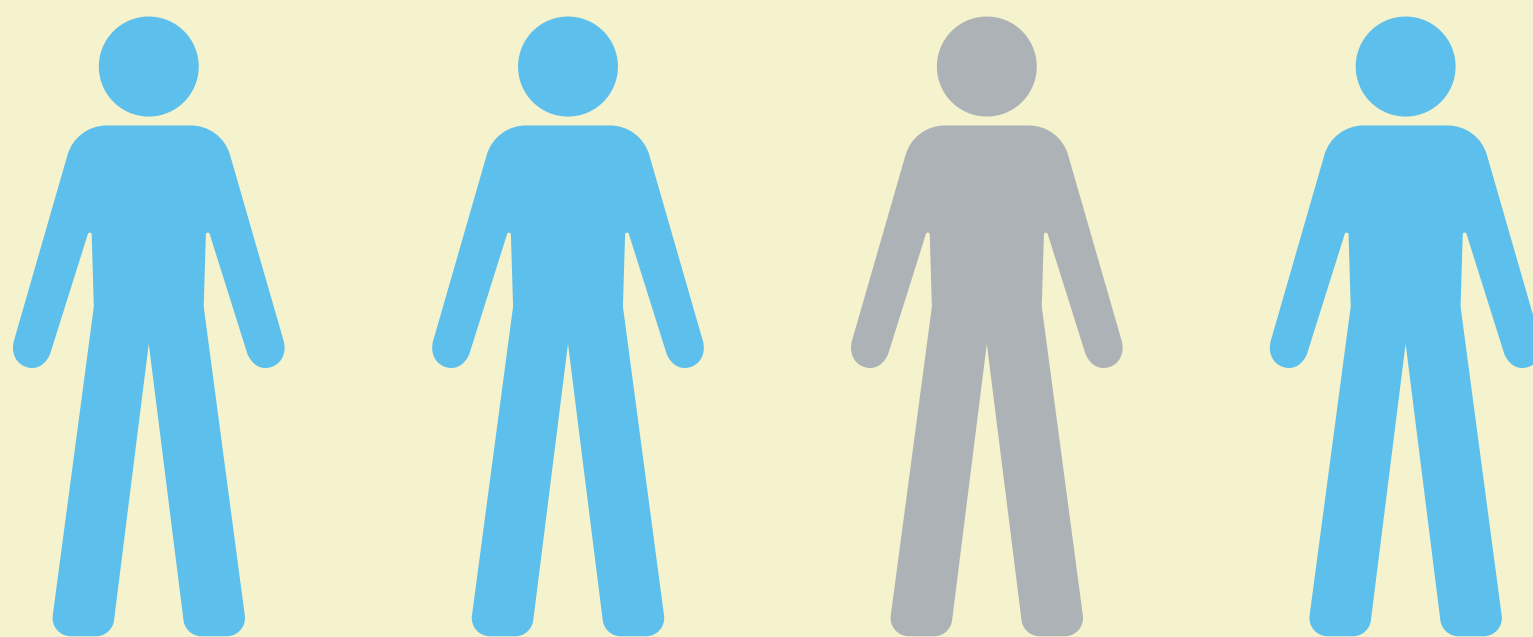


Did you know that 1 in 4 older people are dehydrated?



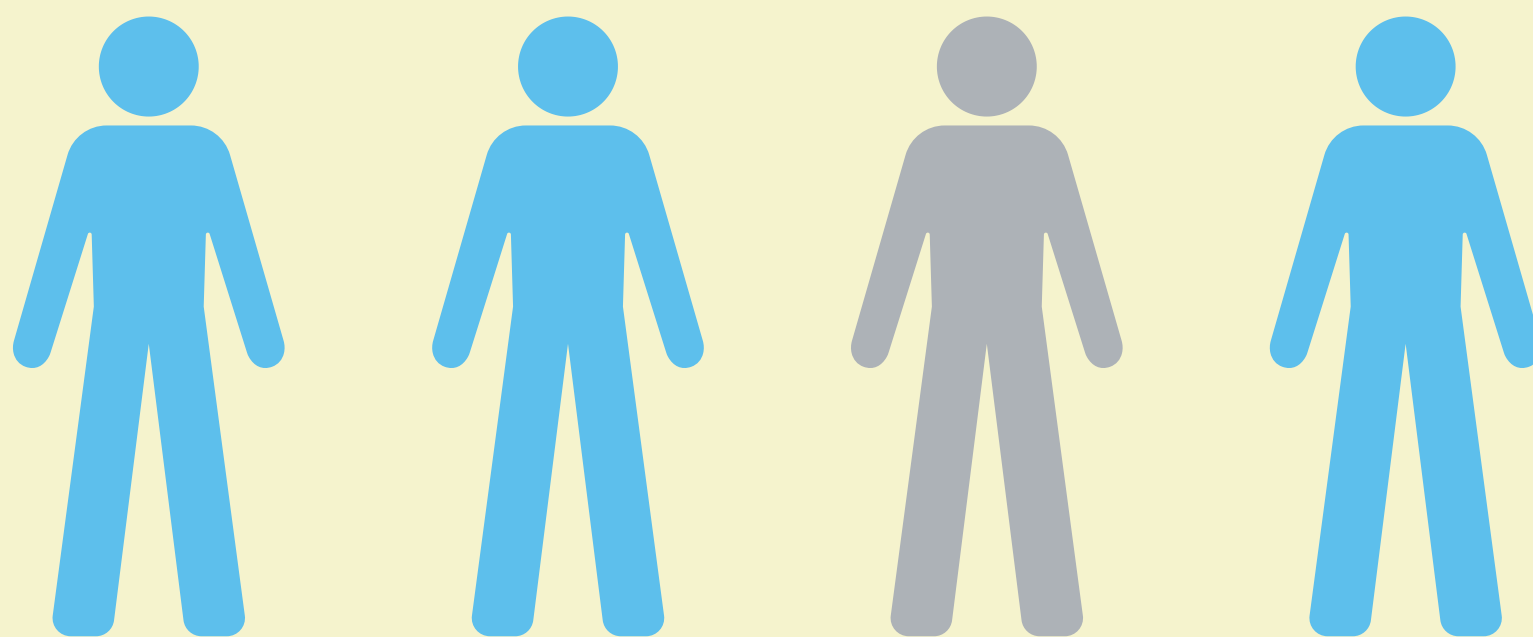
Our research found that 1 in 4 non-hospitalised people aged 65 years and older, are dehydrated from not drinking enough¹.

To prevent dehydration, you should **drink at least 2L or 3.5 pints** of non-alcoholic drinks a day:

Dehydration is linked with kidney problems, diabetes, memory problems, UTI's, infections, pressure sores, dizziness, falls, confusion and headaches.



Did you know that 1 in 4 older people are dehydrated?



Our systematic review and meta-analysis found that 1 in 4 non-hospitalised people aged 65 years and older, are dehydrated from not drinking enough¹.

Older people are more at risk of dehydration, due to physiological changes associated with ageing, and feeling less thirsty.

To prevent dehydration, adults should **drink at least 2L or 3.5 pints** of non-alcoholic drinks a day:

Research has shown that dehydration cannot accurately be assessed in older people using common signs and symptoms, such as urine colour, skin turgor, sunken eyes etc.

Instead, we must encourage drinking!

Dehydration is linked with kidney problems, diabetes, memory problems, UTI's, infections, pressure sores, dizziness, falls, confusion and headaches.

