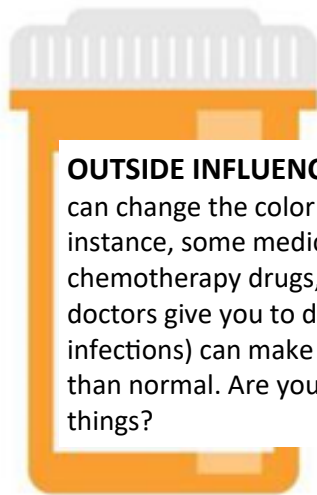




HYDRATION STATUS is something that can easily be overlooked, but it's very important. Over half of your body is made up of water, and it's essential that you stay hydrated for your body to function best. Dehydration occurs when at least 3% of your bodyweight is lost due to a lack of fluid, although effects on mood and performance are seen with a loss as little as 1-2%. With age, a person's sense of thirst diminishes, so get into the habit of including fluid as a part of your daily routine—drink an entire glass of water with vitamins or medications, at meals, or after brushing your teeth. Carry a water bottle with you and keep one in your car. If someone offers you a glass or bottle of water—say YES! Since the recommended range of water intake can widely vary due to body size and activity level, aim to drink at least 32+ ounces and assess your hydration status throughout the day by checking the color of your urine.

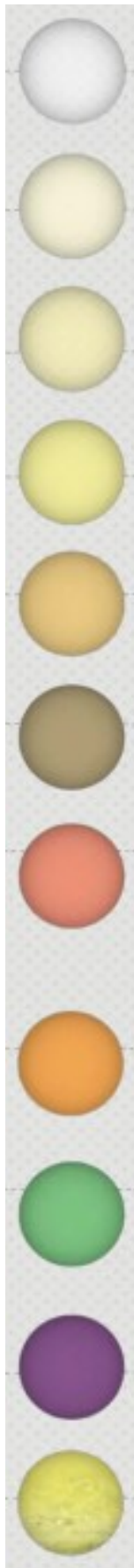


OUTSIDE INFLUENCES: Stuff you take can change the color of your urine. For instance, some medications, laxatives, chemotherapy drugs, or dyes (that doctors give you to diagnose urinary tract infections) can make your urine darker than normal. Are you taking any of these things?

FINAL WORD:

THE INVISIBLE WORLD OF URINE

You can tell a lot from looking at your urine. But you can tell a lot more from the kind of sophisticated urinalysis you should be getting along with a regular physical examination from your doctor. Blood in the urine, a serious sign, is often invisible to the naked eye. The level of sugars in your urine may also indicate a risk for diabetes. When you're at the doctor's office, don't be afraid to pee in the cup. It's one of the best things you can do for your health.



NO COLOR. TRANSPARENT.

You're drinking a lot of water. Don't over do it. You may want to cut back.

PALE STRAW COLOR.

Normal, healthy and well-hydrated.

TRANSPARENT YELLOW.

Normal, healthy, and hydrated.

DARK YELLOW.

Normal. But drink some water soon.

AMBER OR HONEY.

Your body isn't getting enough water. Drink some now.

SYRUP OR BROWN ALE.

Severe dehydration or a poorly functioning liver. Drink water and see your doctor if it persists.

PINK TO REDDISH.

Have you eaten beets, blueberries, or rhubarb recently? If not, you may have blood in your urine. It could be nothing, but it's best to contact your doctor as it could be a sign of poor kidney health, urinary tract infections, prostate problems, tumors, or lead/mercury poisoning.

ORANGE.

You may not be drinking enough water. Or it could be due to a food dye—did you eat something unique lately? Contact your doctor if it persists as it could be related to a liver or bile duct condition.

BLUE OR GREEN.

There is a rare genetic disease that can turn your urine blue or green. Also, certain bacteria can infect the urinary tract. It could be a food dye in something you ate or from a medication. If it persists, contact your doctor.

PURPLE.

Purple urine bag syndrome is rare. It only occurs when a urinary catheter is in place for long periods of time and it's accompanied by constipation and a urinary tract infection. In this case, a doctor will already be monitoring you.

FOAMING OR FIZZING.








A harmless hydraulic effect, especially for men. If foaming or fizzing happens often, it could indicate excess protein in your diet or a sign of poor kidney health. Ask your doctor.

Malnutrition is a serious health concern—especially for older adults. It can increase the risk of falls and infections, contribute to slow healing, result in longer hospital stays, and even increase the risk of death. This Malnutrition Awareness Week— September 16-20, 2024—the Area Agency on Aging of Dane County asks you to look carefully at your life (or those close to you) for the warning signs that indicate malnutrition. Want to learn more? Register for the Stepping Up Your Nutrition Virtual 2-Hour Workshop below.

ASPEN: American Society for Parenteral and Enteral Nutrition




KNOW THE WARNING SIGNS

Malnutrition is not always easy to see, so it is important to keep an eye out for possible signs that you may be malnourished. The major signs of malnutrition include:

 <p>Sudden unexpected weight loss</p>	 <p>Loss of appetite</p>	 <p>Muscle weakness</p>	<p>You may be at a greater risk for malnutrition if you suffer from a chronic health condition, such as diabetes, cancer, heart disease, or dementia.</p>
 <p>Slow-healing wounds</p>	 <p>Feeling tired or fatigued</p>	 <p>Swelling in your ankles, legs, or belly</p>	
			 <p>Getting sick often</p>

WHY IT MATTERS

Malnutrition is a serious issue that can have dangerous consequences on your well-being. The effects of malnutrition in older adults include:

 <p>Higher risk of falls and broken bones</p>	 <p>Less independence</p>
 <p>Higher stress levels</p>	 <p>Higher risk of infections</p>
 <p>Longer and more frequent hospital stays</p>	 <p>Higher death risk</p>



Stepping Up Your Nutrition Virtual 2-Hour Workshop

This workshop will give out specific protein & hydration tips for YOU!

September 17, 2024 2-4 pm
Zoom/Virtual
Register by Sept. 6

Call or email Shannon to reserve your spot: 608-261-5678 or Gabriel.Shannon@danecounty.gov

Cost: Free w/ the option to donate \$5 to cover material costs

Hosted by: Shannon Gabriel, Registered Dietitian & Gerontological Nutrition Specialist

Nutrition News—July, August, September 2024

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