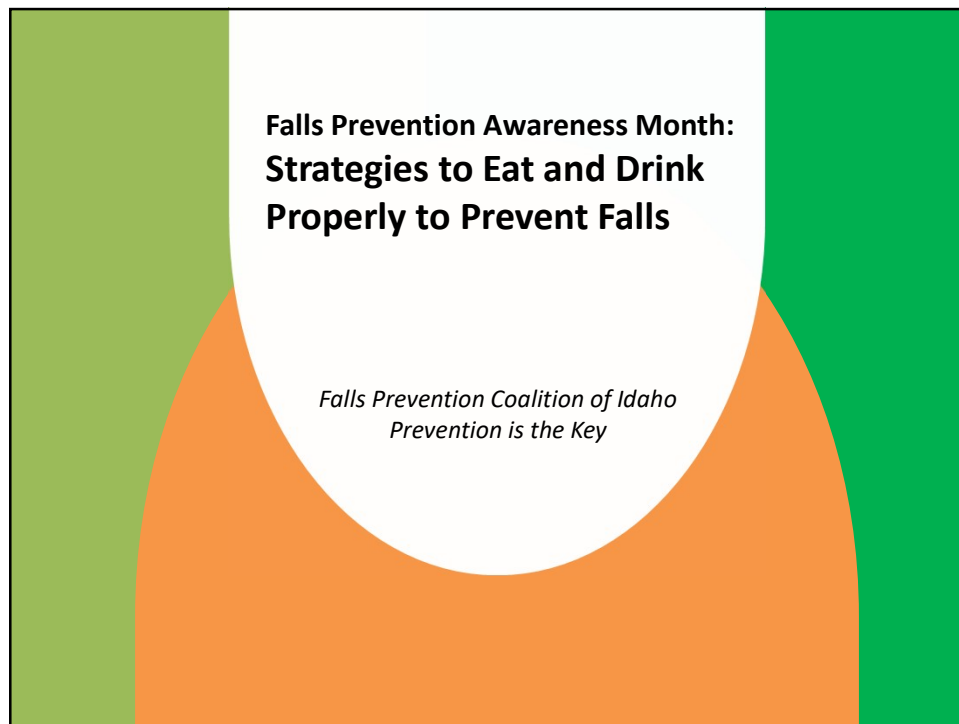
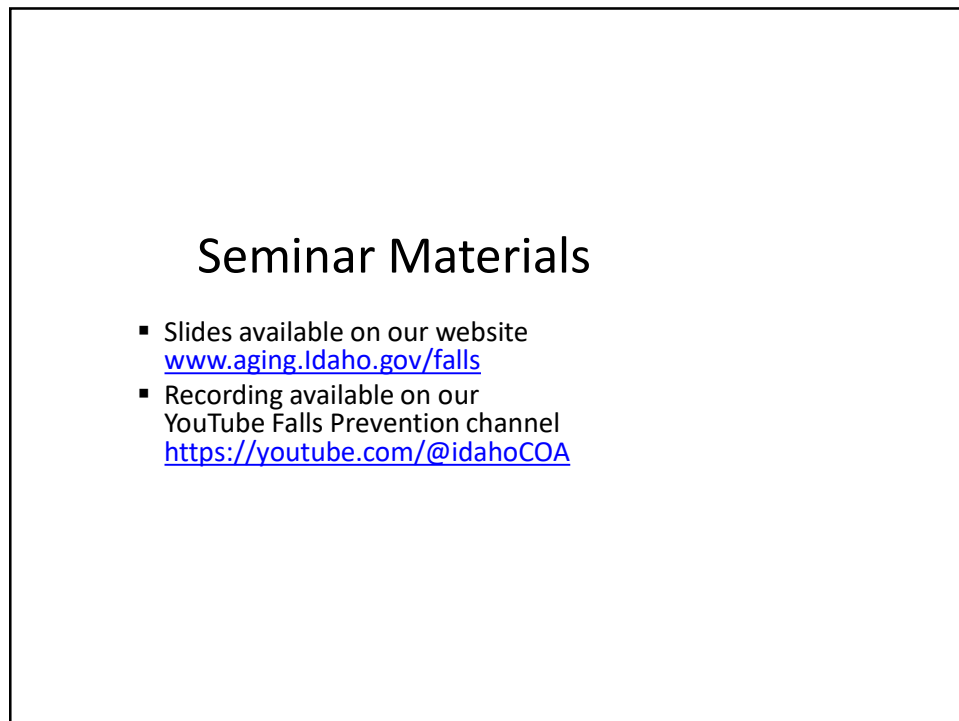
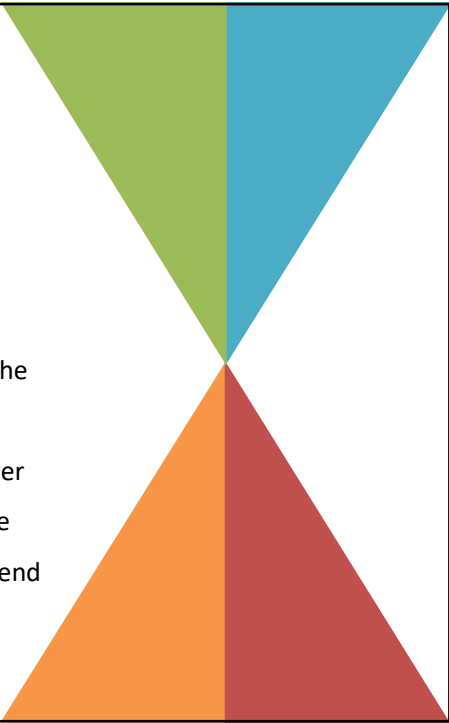




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## Got Questions?

- Feel free to ask questions via the Q&A as you think of them
- Our presenter will either answer them at a good time during the seminar or during Q&A at the end

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## Technical Emergency Plan

- If you have audio or video problems, please log out and back in
- If we lose our presenter, the technical team will take over until she can log back in



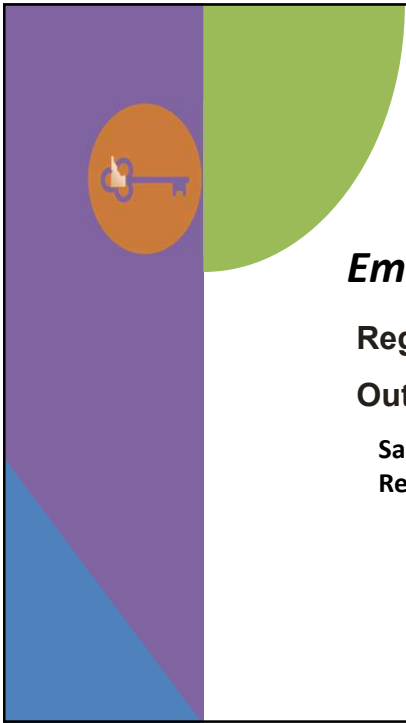
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# What We'll Discuss Today

- Aging well
- Nutrition/hydration factors
- Signs and symptoms
- Setting goals
- Q&A



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***Emily Clay, RD/LD***

**Registered dietician**

**Outpatient nutrition**

**Saint Alphonsus  
Regional Medical Center**

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## Aging Well

- **Losing lean muscle** is part of aging process- can lead to weakness, muscle wasting, frailty, and FALL RELATED INJURIES.
- **Exercise/movement** builds and maintains muscle mass, improves balance and mobility
- Adequate **protein** and **energy** REPAIR muscle tissue: eggs, lean meat, nuts, beans, dairy
- Goal: combine **lean protein** at all meals and snacks with **whole grains, healthy fats** and adequate **fiber** sources



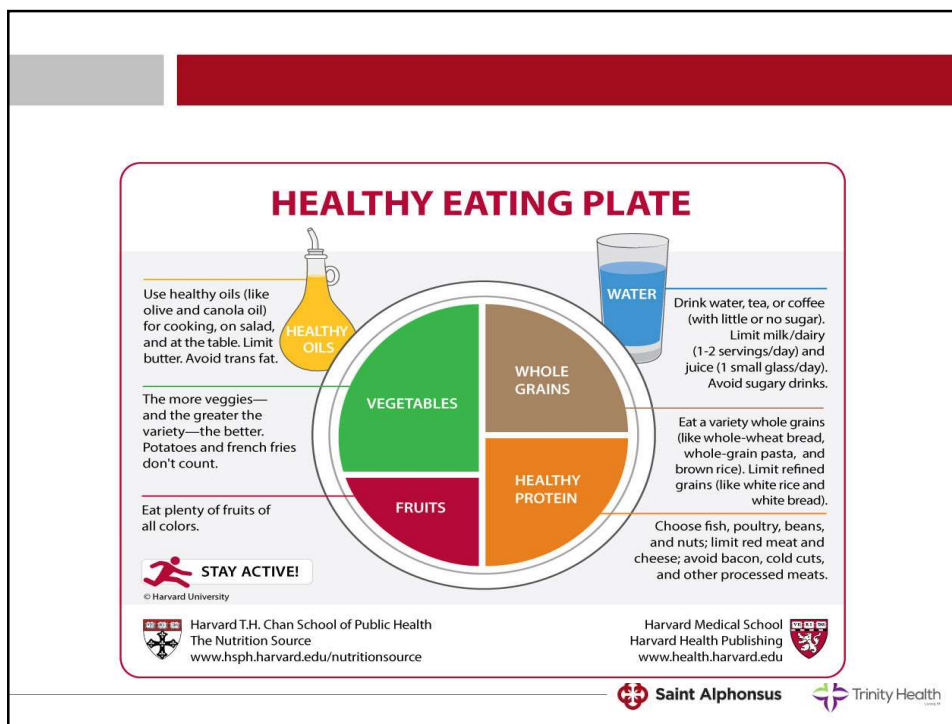
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## Aging Well Continued:

- Set up a meal schedule 3 meals/1-2 snacks per day to
  - avoid overeating, mindless eating, keep blood sugars stable to improve energy, mood, cognition
- Eat plenty of fiber: plants/whole grains for healthy brain/heart/gut/immune system
- Eat Heart Healthy fats: avocado, olive oil, avocado oil, nuts/seeds, salmon, nut butters
- Reduce alcohol and simple sugar intake like candy, soda, pastries, beer/wine
- Stay hydrated!!! Drink water with meals, medications and do not forget in between meals ☑



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### Things that can Impact our Nutrition and Hydration

- Loss of appetite/more sedentary
- Decline of mobility and independence
- Loss of taste
- Loss of smell
- Poorer absorption of nutrients
- Schedule change
- Loneliness, depression
- Medications
- Swallowing difficulties
- Dental issues
- Inability to communicate as effectively
- Reduced balance and strength
- Malnutrition
- Living Alone

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### Avoiding Dehydration- WHY????

- Increased rate of hospitalization and mortality.
- Increased risk of falls
- Low blood pressure
- Even mild dehydration is significantly related to memory impairment, lack of attention and concentration, and reduced reaction time.
- People with dehydration are also prone to develop pressure sores
- Suffer more kidney infections and kidney injuries.



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### More on Hydration...

- One of the major barriers for inadequate fluid intake is physical limitations, which makes it difficult for a person to reach a source of drinking water.
- A fear of frequent urination or a fear of urinating before reaching the toilet is another possible reason for reduced fluid intake.
- Alzheimer's/dementia/alcoholism can impact hydration significantly
- Pts who have had a stroke or have swallowing difficulties



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Signs You May Not Be Getting Enough: Do Not Ignore

Nutrition

- Low Energy
- Fatigue
- Dizziness upon standing
- Unintentional weight loss
- Difficulty sleeping
- Constipation
- Uncontrolled blood sugars

Hydration

- Thirst is often the first sign of dehydration.
- Dizziness or light-headedness: you don't have enough fluid in your blood vessels, so not as much blood can get to your brain. You may experience when you sit up from lying down or standing from sitting.
- Dark colored and potent smelling urine.
- Frequency of urination is reduced and there may be no urination for prolonged durations.
- Fatigue, headache or confusion
- Dryness of mouth, lips and a lack of tears, poor skin turgor, dry skin
- Constipation

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GOALS:

- Eat on a schedule 3-4x day
- Eat a balance of protein, healthy fats, fiber and carbohydrates
- keep water within reach as well as help in reaching the toilet well in time. Another method could be to routinely offer water all meals and with medications and before daily physical activities



- Move your body daily
- Consider weight training/strength and conditioning exercises
- Manage chronic diseases

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References

- [Association Between Dehydration and Falls – PMC](#)
- [www.Healthinaging.org](http://www.Healthinaging.org)
- <https://my.clevelandclinic.org>
- [Hydration Status in Older Adults: Current Knowledge and Future Challenges – PMC](#)
- [How Dehydration Affects Blood Pressure](#)

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## What Questions Do You Have?

- Enter questions into the Q&A

We will pose questions to Emily and answer as many as time allows

Emily's contact info:

[Emily.Clay@saintalphonsus.org](mailto:Emily.Clay@saintalphonsus.org)

900 N Liberty St ste 204 Boise 83714

Appointments: 208-367-7380



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## Thank you for Your support

### Participants

- We hope you understand why eating well is important & strategies to do so

### Presenter

- Our expert's insights, knowledge & experience are irreplaceable!

### Techie

- We can't do any of it without our behind-the-scenes ZOOMbie!

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We hope you continue to be  
falls-free in ID!

Next seminar: September 15<sup>th</sup>  
Are your Med's Contributing to your  
Falls risk? (1 PM MDT/noon PDT)  
Register now [www.aging.idaho.gov/falls](http://www.aging.idaho.gov/falls)

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