**Hillside Bridge Medical Practice**

**July Newsletter**

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| [**www.hillsidebridgemmedicalpractice**](http://www.hillsidebridgemmedicalpractice)  **.nhs.uk**  Ask at reception for your password to enable you to book appointments and order prescriptions online. You will need ID to obtain your password  **[https://encrypted-tbn3.gstatic.com/images?q=tbn:ANd9GcR34nvu2i2x678cTosrvQad50-YJ9d25Xx1uZNbHOtKXNHtuFSLd1No5iA](http://www.google.co.uk/url?url=http://www.my-virbac.co.uk/business_services/nurse_clinic_support&rct=j&frm=1&q=&esrc=s&sa=U&ei=ntx2VemjFcejsgGRjL-ADA&ved=0CBgQ9QEwAQ&usg=AFQjCNG29cl0BMCx9HuaH_iqInTupTM5Rg)Nurse Clinics**  Our nurses run a wide range of disease management clinics:   * Diabetes * Asthma * Coronary Heart Disease (High Cholesterol) * Hypertension (High Blood Pressure ) * COPD   **Health Care Assistants**   * Blood pressure check/ blood tests. * Smoking Cessation/Stop Smoking advice * Weight Management   **ASK AT RECEPTION FOR FURTHER INFORNATION** |

**Dehydration**

**A Hidden Risk to the Elderly**

[](http://www.google.co.uk/url?url=http://pixshark.com/dehydration-cartoon.htm&rct=j&frm=1&q=&esrc=s&sa=U&ei=raSbVfbTIqrA7AbQ9InwAg&ved=0CDIQ9QEwDjgo&usg=AFQjCNGz1ZaKUJXPZbngs8Tu_-RDjKor8A)

**The Causes, The Health Risks**

Dehydration is often due partly to inadequate water intake, but can happen for many other reasons as well, including as a side effect of prescribed medication like diuretics, diarrhea, excessive sweating, loss of blood and diseases such as diabetes. Aging itself makes people less aware of thirst and also gradually lowers the body’s ability to regulate its fluid balance:

**Mild dehydration:**

* Dryness of mouth; dry tongue with thick saliva
* Unable to urinate or pass only small amounts of urine; dark or deep yellow urine
* Cramping in limbs
* Headaches
* Crying but with few or no tears
* Weakness, general feeling of being unwell
* Sleepiness or irritability

**More serious dehydration:**

* Low blood pressure
* Convulsions
* Severe cramping and muscle contractions in limbs, back and stomach
* Bloated stomach
* Rapid but weak pulse
* Dry and sunken eyes with few or no tears
* Wrinkled skin; no elasticity
* Breathing faster than normal