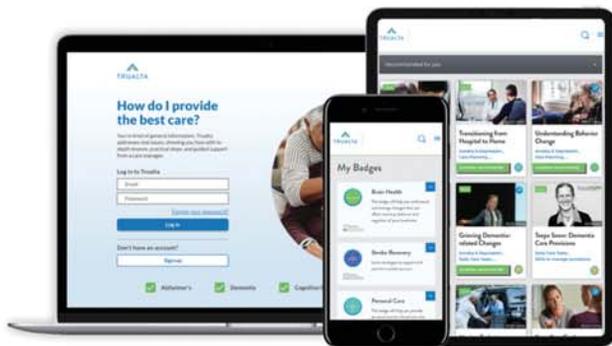




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As we age, the amount of fluid in our bodies begins to decrease. This means there are fewer water reserves available for your body to use as you get older. Answer True or False to the questions below.

- 1) *A person's fluid balance can be affected by medication, emotional stress, exercise, nourishment, general health, and weather. T F*
- 2) *Severe, acute diarrhea — that is, diarrhea that comes on suddenly and violently — can cause a tremendous loss of water and electrolytes in a short amount of time. T F*
- 3) *You can wait until the person asks for a drink of water before offering it. T F*
- 4) *You can usually reverse mild to moderate dehydration by drinking more fluids, but severe dehydration needs immediate medical treatment. T F*
- 5) *Always offer an ice-cold drink when a person is thirsty. T F*
- 6) *Many people, particularly older adults, don't feel thirsty until they're already dehydrated. T F*
- 7) *A severely dehydrated body no longer has enough fluid to get blood to vital organs. This can cause shock, a life-threatening condition. T F*
- 8) *Call the family doctor if the person in your care has had diarrhea for 24 hours or more. T F*
- 9) *If the glass is soon empty, it doesn't mean the person drank it—the water may have been spilled or poured out. T F*
- 10) *Dehydration can cause dizziness and a drop in blood pressure, which can increase the risk of falling over. T F*

KEY: 1. T 2. T 3. F 4. T 5. F 6. T 7. T 8. T 9. T 10. T