



Staying Hydrated is Critical for Heart Health

Hello, Summer! The summertime heat is on. Over the next few months, we will experience soaring hot temps that exceed 100°. In the extreme heat, it's critical to stay hydrated. Staying hydrated is important for optimal heart health. Keeping hydrated helps the heart easily pump blood through the blood vessels to the muscles. And, it helps the muscles work efficiently. Staying well hydrated means your heart doesn't work as hard.

Becoming dehydrated can lead to a serious condition, causing swollen feet or a headache to life threatening illness that can increase the risk of a heat stroke. People with certain health conditions, such as diabetes or heart disease, may need to drink more water. Talk to your doctor about how much water you should drink if prescribed a diuretic as diuretics

cause the body to lose more fluid.

To help you practice measures to staying hydrated, here are a few tips to stay healthy in the summertime.

How to Stay Hydrated

- Engage in physical activity in the early morning or late evening. Temperatures are coolest in the morning. Do your best to avoid midday exercise outdoors because it's the hottest part of the day.
- Drink plenty of water. Start drinking water before you get thirsty. If you wait until you get thirsty, you are already dehydrated. Try to consume two or four glasses of water each hour and limit sugary sweetened beverages, such as soda. If dehydrated, soda can be hard on the stomach and caffeinated drinks can cause you to lose more fluids. Some



foods such as fruits and vegetables can also provide hydration as they contain a high percentage of water.

- Before leaving the house always fill up a jug with water or grab your water bottle.

Take extra precautions to keep hydrated by keeping tabs on how much water you are drinking. Whether you engage in physical activity or a fun day in the sun, staying hydrated is key. Being prepared will help reduce strain on your heart from dehydration. Visit the [American Heart Association](#) for more health and safety tips on staying hydrated.

COMMUNITY RESOURCES

Missed the Shop Talk event at Masterpiece Barber School on June 7?

Check out the recording, which features a special message from **Congressman Steven Horsford** and panelists from **Blade Masters Barbershop**, **Southwest Medical**, **Nevada Health Centers**, a **BSHOP Volunteer**, and **Victor Cohen's** foundation to combat childhood obesity and diabetes with proper nutrition and physical activity.

▶ Watch now at www.fb.watch/61VEBSFfa3

COVID-19 Testing and Vaccinations

Everyone 16 and older is currently eligible to receive the two-dose Moderna vaccine or the single-dose Janssen vaccine. Everyone 12 and older may receive the two-dose Pfizer vaccine. Find COVID-19 vaccination clinics and testing centers by visiting the links below. You may also call the toll-free number 7 days a week for assistance.

www.snhd.info/covid-vaccine

www.snhd.info/covid-testing

1-800-401-0946

To learn more about the Southern Nevada Health District's **BarberShop Health Outreach Project** and **Beauty Shop Health Outreach Project**, contact **Amineh Harvey** at harveya@snhd.org.