



News Release: Drink Up!

August 7, 2018 (St. John's, NL) The Pharmacists' Association of Newfoundland and Labrador (PANL) would like to remind residents to drink up this month (water that is).

With the warm temperatures of summer upon us, it is important to ensure you are properly hydrated not only while exercising or spending your day working in the garden. It is important to make sure you are hydrated while you work. A study published in the journal *Clinical Nutrition* has shown that cognitive function of a "significant" number of workers may be affected by dehydration. The study authors noted that dehydration of as little 2% of total body weight may impair physical and cognitive performance.

"All year long, drinking enough water is important to good health," notes local pharmacist Keith Bailey, "but in summer, it's most noticeable as we are more active and lose more water during activity".

Health Canada recommends that you drink water regularly. Limit your intake of caffeine containing beverages, soft drinks, sports drinks, energy drinks, fruit drinks, punches, sweetened hot and cold beverages and alcohol. To make sure you are hydrated all day, carry a water bottle with you or keep one at your desk. Treat your taste buds by adding lemon, lime, cucumber or orange wedges to your water. Drink up!

PANL is the voice of pharmacists, with membership including over 700 pharmacists, 160 pharmacy students and 150 pharmacies. PANL advocates for pharmacists as health care team members integral to the effective and efficient delivery of health services in Newfoundland and Labrador.

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