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Tips on Staying Hydrated During Hot Summer Months

Here in South Carolina, the summer months can become overwhelmingly hot, where it is difficult to find ways to stay hydrated. For patients with kidney disease and undergoing dialysis treatment, hydration is crucial for health and well-being, but can be challenging at times especially when you are limiting your intake of water. Below are a few helpful tips that can be used to help quench your thirst, and ultimately, feel your best!

Limit your sodium intake

When you have kidney disease, salt is not your friend. In fact, for people with chronic kidney disease, the recommended sodium intake is about 1,500 mg a day. Since most salt is sodium, your kidneys cannot keep your sodium and water intake balanced causing you to feel thirsty, gain fluid weight, and have high blood pressure (HBP). To prevent yourself from getting too thirsty from salty foods, review food labels for sodium levels. This is because some foods may not taste or appear salty but contain a high level of salt. It is also beneficial to cook with herbs and spices to enhance food flavor, as a replacement of salt. As always, be sure to discuss your sodium intake with your physician to ensure you are consuming a safe amount.

Cool down with flavored water instead of plain water

Make the types of beverages you consume fun by drinking flavored water instead of plain water. Be sure to talk with your doctor or dietitian to ensure

they feel comfortable with you adding this to your diet. If they agree, there are a variety of flavored water options that you can try such as raspberry-lime flavored water, watermelon-rosemary flavored water, or cucumber-lemon flavored water. Additionally, you can use flavored water to make ice cubes once the flavors have soaked for 24 hours. While these beverages are one way to help quench your thirst, they are also a fun way to grow your palette.

Divide your fluid allowance into manageable parts

When you feel the thirst bug hit, try to divide your fluid allowance into manageable parts. For instance, if you are only allowed to drink 32 ounces per day, you could have 8 ounces at 4 different times of the day, at 10 a.m., 2 p.m., 6 p.m., and 10 p.m. It is also important to prevent yourself from drinking too much liquid. When you measure and use smaller cups, it will seem like you are drinking more than it will in a large one. Some patients may decide to use a visual such as a marked container to help manage fluid intake or keep a journal of liquid consumption throughout those hot summer days. Another beneficial tip is to take sips rather than gulps. Aim to savor the liquid you are drinking and make it an experience, not just a refreshment.

Stay refreshed without drinking liquids

Finding ways to stay cool during hot summer days and nights can help control thirst and make it easier to limit your fluids throughout the day. While it may be tempting to reach for an icy cold beverage, there are a variety of options that you can implement into your daily routine to feel hydrated. Use a refrigerated spray bottle filled with water for a quick and easy spray to your face or other areas of your skin. On summer days or nights when you will be outside in direct sunlight, remember to take the bottle with you. It may also be helpful to wear a cold water-soaked bandana around your head as a way to cool down instantly.

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STAFF SPOTLIGHT

Welcome Dr. Carlos F. Zayas

Meet our staff spotlight and new physician, Dr. Carlos F. Zayas! Carlos attended the University of Puerto Rico School of Medicine and completed his Internal Medicine Residency, Nephrology Fellowship and Transplant Nephrology Fellowship at Emory University School of Medicine in Atlanta, Georgia. After his fellowship, he joined Dallas Nephrology Associates and Baylor Transplant Institute in Dallas Texas for almost three years before he moved permanently to Georgia, where he served as Medical Director of the three Georgia Renal Adult Programs at Emory University, Piedmont Healthcare and Augusta University-Medical College of Georgia. Most recently Carlos was the Director of Transplant Outreach at Medical University of South Carolina.

He is excited to join Carolina Nephrology and thrilled to be part of a large and comprehensive group of nephrology providers – a beacon of the regional renal care for so many South Carolinians. The practice of nephrology is his calling and, to him, nothing is better than helping patients regain their health and normality after their struggles with renal disease.

Outside of work, Carlos enjoys traveling with Rita, his wife, and their children Carlos, Lizie and Marisol. He also loves cooking with Rita, going to the gym, reading and playing the piano.

POTATOES, ASPARAGUS, PEAS + FETA

Oven Frittata

Ingredients:

- 10 green asparagus
- 1 cup green peas, fresh or frozen
- 8 large eggs
- 1/2 cup feta cheese, crumbled
- 3 tablespoons chives, chopped
- 3 tablespoons parsley, chopped
- Salt and pepper to taste
- 4 tablespoons olive oil
- 1 garlic clove, mashed
- 1 medium onion, sliced into rings
- 2 medium potatoes, peeled and sliced thin
- Greens to serve

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Directions:

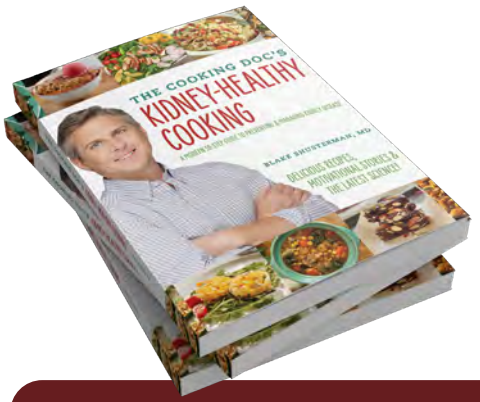
1. Preheat the oven to 400°F.
2. Trim off the ends of the asparagus. Place them in boiling water and cook for 10 minutes. If you are using frozen peas, add them to the boiling water at 5 minutes. Drain.
3. Beat the 8 eggs in a large bowl with the crumbled feta, the chopped herbs, salt and pepper.
4. Heat a large oven-proof skillet with olive oil over medium heat, add garlic and onion. Sauté for 3 minutes.
5. Add the potato slices to the pan and cover for 10-15 minutes until the potatoes are soft, stirring occasionally. Remove the ingredients from the skillet and keep it handy.
6. Add 1 tablespoon of the olive oil to the same skillet then start layering the frittata. Add some potatoes slices with onion and garlic (about a third of what you have), then add some greens peas. Cover with a third of the mixture of egg, feta, and herbs. Repeat two more times adding potatoes with onion and garlic, peas, and eggs. Finally, add the asparagus on top.
7. Bake at 400°F for 20-30 minutes or until the eggs are well cooked.
8. Serve in wedges with a salad.

Nutrition Profile:

Recipe Yields 6 Servings

Serving Size: 1 Serving

Calories (kcal)	298
Protein (g)	13
Carbohydrates (g)	19
Total Sugars (g)	4
Fat (g)	19
Fiber (g)	3
Saturated Fat (g)	5
Cholesterol (mg)	260
Calcium (mg)	120
Magnesium (mg)	33
Phosphorus (mg)	220
Potassium (mg)	398
Sodium (mg)	225



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