

Staying Well-Hydrated Reduces Risk of Heart Failure

VOCABULARY WORDS

1. hydrated har'dreɪ.tɪd/ having absorbed enough water or other liquid:
Example: Be sure to stay hydrated during the race by drinking plenty of fluids.
2. chronic /'krɒ:.nɪk/ (especially of a disease or something bad) continuing for a long time:
Example: There is chronic shortage of teachers.
3. pump /pʌmp/ to force liquid or gas to move somewhere:
Example: Our latest machine can pump a hundred gallons a minute.
4. regenerative /rɪ'dʒen.ə.rə.tɪv/ relating to something growing or being grown again:
Example: Scientists hope to transform the cells into replacement parts for damaged organs, heralding a new age of regenerative medicine.
5. retrospective /,ret.rə'spek.tɪv/ looking back over the past
Example: He was the subject of a retrospective exhibit.



Staying well-**hydrated** may be associated with a lessened risk for developing heart failure, according to researchers at the National Institutes of Health. Their findings suggest that consuming enough amounts of fluids throughout life not only supports important body functioning but may also decrease the risk of severe heart problems in the future.

Heart failure, a **chronic** condition that develops when the heart does not **pump** enough blood for the body's needs, affects more than 6.2 million Americans, a little more than 2% of the population. It is also more common among adults ages 65 and older.

"Similar to lessening salt consumption, drinking enough water and staying hydrated are ways to support our hearts and may help minimize long-term risks for heart disease," said Natalia Dmitrieva, Ph.D., the lead study author and a researcher in the Laboratory of Cardiovascular **Regenerative** Medicine at the National Heart, Lung, and Blood Institute (NHLBI), part of NIH.

After conducting preclinical research that suggested connections between dehydration and cardiac fibrosis, a hardening of the heart muscles, Dmitrieva and researchers looked for

similar associations in large population studies. To start, they analyzed data from more than 15,000 adults, ages 45-66, who enrolled in the Atherosclerosis Risk in Communities (ARIC) study between 1987-1989 and shared information from medical visits over a 25-year period.

In selecting participants for their **retrospective** review, the scientists focused on those whose hydration levels were within a normal range and who did not have diabetes, obesity, or heart failure at the start of the study. Approximately 11,814 adults were included in the final analysis, and, of those, the researchers found 1,366 (11.56%) later developed heart failure. (Good News Network)

DISCUSSION

1. How much do you drink everyday?
2. How long can a person live without water?
3. How can you keep your heart healthy?
4. What damages the heart?
5. What are heart-healthy foods?
6. How can emotions affect your heart health?