



RENAL HEALTH NETWORK
EDUCATE • EMPOWER • ELEVATE

BEAT THE HEAT, *Not Fluid!*

GOLDEN TIPS TO PREVENT FLUID OVERLOAD THIS SUMMER



EXTREME HEAT ALERT!

High temperatures make it harder for dialysis patients to stay within fluid limits. Stay safe. Stay cool. Stay in control.



HOT STATES TO WATCH

- ARIZONA
- TEXAS
- FLORIDA
- NEVADA
- LOUISIANA
- OKLAHOMA
- GEORGIA
- MISSISSIPPI
- ALABAMA
- SOUTH CAROLINA

STAY SMART. STAY HYDRATED. STAY IN CONTROL.



HEAT + FLUID = DANGER

Follow these golden tips to stay within your fluid limits and avoid complications.



NO ICE CUBES

Remove ice from your drinks at restaurants, at work, or on the go.



LIQUIDS ONLY

Keep drinks in the refrigerator. If freezing, only freeze the liquid amount—no extra water or ice.



WATCH YOUR SODIUM

Sodium causes your body to hold onto water. Choose low sodium foods & snacks.



MIND YOUR SUGAR

High sugar fruits, candy & soda increase thirst. Choose water & juice instead.



SEASON SMART

Use low sodium or no sodium seasonings like Mrs. Dash, herbs, garlic, lemon, etc.



STAY CONNECTED

Keep your dietitian & nephrologist informed of any changes. Communication is key!



DIZZY? SMELL AN ALCOHOL PAD

A quick & effective way to help relieve dizziness. It works!



AVOID ALCOHOL & SMOKING

Especially in extreme heat. Both cause dehydration and worsen fluid overload.



SHORT OF BREATH?

Sit down, raise your feet immediately and contact your charge nurse or nephrologist.



DRESS FOR SUCCESS

Wear lightweight clothing, sneakers, and protect your feet—especially if you have diabetes.



ALWAYS HAVE WATER WITH YOU

Carry a small water bottle in your bag or car for emergencies.



STAY COOL

Avoid peak heat hours, seek shade, and stay in cool environments when possible.

WHY IT MATTERS



Too much fluid can cause:

- ✓ High blood pressure
- ✓ Shortness of breath
- ✓ Swelling
- ✓ Heart strain
- ✓ Hospitalization

*Small choices today.
Stronger tomorrow.*



YOUR HEALTH. YOUR KIDNEYS. YOUR LIFE.

We're in this together! ♥

You have the power to protect your health.

Mercedes Mortimer, RN, BSN ♥

Dialysis Coach | Kidney Care Navigator

Over 10 years of experience in dialysis care.
Here to educate, empower, and elevate you!

SCAN ME!



FOR FREE
RESOURCES



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