



ASSURE[®] BRILLIANCE

COMPREHENSIVE SERVICE & SUPPORT PROGRAM

Hydrate, Hydrate, Hydrate.

Hydration is important for everyone but is often overlooked. Hydration status can be influenced by a variety of factors including age, health, weather, and activity level.¹ Dehydration is common in the elderly population and is often linked to infection. This likely occurs as a result of decreased fat free mass, which usually occurs as people age. Age also reduces thirst sensation, which consequently reduces water intake.² Elderly individuals also are inclined to eat less as they age; they may even forget to eat or drink altogether.¹

In addition to reduced water and food intake, the presence of chronic conditions such as kidney disease, heart failure, and uncontrolled diabetes can increase the risk of dehydration.¹



Individuals over the age of 50 should consume the adequate intake of 2.7 liters/day (for women) and 3.7 liters/day (for men).

Fluid recommendations can vary based on the presence of chronic conditions, but generally healthy individuals over the age of 50 should consume the adequate intake of 2.7 liters/day (for women) and 3.7 liters/day (for men).

Sources that can be consumed to reach the adequate intake include all beverages and foods that are high in moisture such as watermelon, meats and soups.³

Regardless of age, it is especially important to hydrate during physical activity. Fluid loss increases with every hour of exercise and the loss can accumulate over a period of days.¹ For this reason, it is extremely important to know the risk factors for dehydration and monitor your elderly patients to ensure they are adequately hydrated based on their activity level.²

Fitness update

A study published in 2013 found that **duration and frequency** are two criteria that have a significant impact on prevention of falls. An exercise program is more effective if activities are performed **two to three times each week** and continue for longer than six months. The study's researchers also note that the prevention of falls is only seen when a "combination of different types of exercise (always including balance exercise) is used."⁴



Activity Tip

Any amount of activity is better than none!



Help your patients keep their upper body strong by encouraging them to lift weights. If there are no free weights available, use a couple of soup cans or water bottles from the kitchen and have your patients lift them while sitting on the edge of a chair, or while standing if they are able.⁵

Recommended ARKRAY Cleaning and Disinfecting Guidelines

There are many commercially available cleaning and disinfecting wipes. ARKRAY has made a good faith effort to test the durability and functionality of the Assure® Platinum meter with the most commonly used wipes. Separate virucidal effectiveness testing was not done, but only EPA registered wipes were used in the study. Our testing confirmed the following wipes will not damage the functionality or performance of the meter through 3,650 cleaning and disinfecting cycles:

| Manufacturer | Disinfectant Brand Name | EPA# |
|--|---|----------|
| Clorox | Dispatch® Hospital Cleaner Disinfectant with Bleach | 56392-8 |
| | Clorox Healthcare™ Bleach Germicidal Wipes | 67619-12 |
| | Clorox Healthcare™ Hydrogen Peroxide Cleaner Clinical Surface Wipes | 67619-25 |
| HealthLink | EZ-Kill® Disinfectant/ Deodorizing/Cleaning Wipes | 59894-10 |
| Medline | Micro-Kill Individual 3"x 3" Wipe | 69687-1 |
| Cambridge Sensors USA | Microdot® Bleach Wipe | 69687-1 |
| Metrex | CaviWipes™ | 46781-8 |
| Professional Disposables International, Inc. (PDI) | Super Sani-Cloth® Germicidal Disposable Wipes | 9480-4 |
| | Sani-Cloth® Bleach Germicidal Disposable Wipe | 9480-8 |
| | Sani Cloth® AF Germicidal Disposable Wipes | 9480-5 |
| Virox Technologies | Accel TB Hydrogen Peroxide Cleaner/Disinfectant | 74559-3 |

For wipes not listed, we recommend you create supporting documentation to justify your choice. Choosing a wipe not listed above could shorten use life or affect performance of the Assure Platinum meter.

If you experience any of these issues, please contact ARKRAY Technical Customer Service immediately to obtain a free replacement meter. ARKRAY recommends testing meters with control solution anytime you suspect the system is not functioning properly.

Please see the Assure Platinum QA/QC Manual or User Instruction Manual for step-by-step instructions on how to clean and disinfect the Assure Platinum Blood Glucose Meter.

Go to <http://www.assureusa.com/cleandisinfect> for the most up-to-date information on approved cleaning and disinfecting procedures and materials for ARKRAY blood glucose meters. If you have any questions, please contact our Technical Customer Service department at 800.818.8877, option 5.

References

1. Mayo Clinic Staff. Diseases and Conditions-Dehydration. Mayo Clinic website. <http://www.mayoclinic.org/diseases-conditions/dehydration/basics/definition/con-20030056?p=1>. February 12, 2014.
2. Ferry, M. Strategies for Ensuring Good Hydration in the Elderly. Nutrition Reviews. June 2005;63:6(S22-S29).
3. Dietary Reference Intakes: Electrolytes and Water. Institute of Medicine web site. http://www.iom.edu/Global/News%20Announcements/~/_media/442A08B899F44DF9AAD083D86164C75B.ashx. 2004.
4. Silva R, Eslick G, Duque G. Exercise for Falls and Fracture Prevention in Long Term Care Facilities: A Systematic Review and Meta-Analysis. JAMDA. September 2013;14:9(685-689).
5. Exercise and Fitness Over 50. Helpguide.org website. http://www.helpguide.org/life/senior_fitness_sports.htm. Updated May 2014. Accessed June 27, 2014.