



People need to pay attention to the amount of fluid they consume on a daily basis – it may one day help save their heart health according to new research

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## New study reveals how drinking the right amount of water may help combat heart failure

Stockholm, Sweden – September 5, 2021: Drinking the right amount of water regularly as you age may help you maintain a healthy heart, says a new study.

Swedish water company [Bluewater](#), which innovates leading-edge water purification technology and eco-friendly bottles for homes, enterprises, and public dispensing, says the [study](#) by the National Heart, Lung, and Blood

Institute, part of the National Institutes of Health, Bethesda, US, is a wakeup call for everyone on the planet.

“While carrying around a fancy water bottle has become a lifestyle choice for a great many people, research indicates a sizeable number are simply not drinking enough water to keep properly hydrated,” says Bluewater spokesperson, Dave Noble, communications and events head (photo below).

Noble added substantial research indicates dehydration is a norm for people around the planet. A 2018 [study](#) in the US found more than three-quarters (77%) of those surveyed did not think they consumed enough water on a daily basis to meet their health needs, while in the UK, other [research](#) showed 62 percent of Britons are not drinking the recommended daily water intake of 2 to 2.5 litres.

Noble said the National Heart, Lung, and Blood Institute study noted that recommendations on daily fluid intake vary from 1.6 to 2.1 litres for women and 2 to 3 litres for men. However, worldwide surveys have shown that many people do not meet even the lower ends of these ranges.

Study author Dr. Natalia Dmitrieva, who presented her research at the 2021 [European Society of Cardiology Congress](#), said that after studying concentrations of serum sodium in over 15,000 adults, the results indicate hydrating properly throughout life may decrease the risk of developing left ventricular hypertrophy and heart failure. The study also found that serum sodium levels exceeding 142mmol/l increases the risk of adverse effects in the heart, which may help to identify people who could benefit from an evaluation of their hydration level.

“This research underlines the need for people to pay very close attention to the amount of fluid they consume on a daily basis as it may one day help save their heart health,” said Dave Noble.

For more information, please contact David Noble, Bluewater communications director at [david.noble@bluewatergroup.com](mailto:david.noble@bluewatergroup.com) or call on +44 7785 302694.

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Bluewater is a world leading, Swedish water purification company with regional sales offices in the USA, China, South Africa and Europe. Bluewater

innovates, manufactures and commercializes compact water purifiers for residential, business and public use that harness the company's patented reverse osmosis technology to remove virtually all pollutants from tap water, including lead, bacteria, pesticides, medical residues, chlorine, microplastics, and lime-scale. [www.bluewatergroup.com](http://www.bluewatergroup.com)

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