



SUMMER AT THE Ü CLINIC: LOOKING BACK AT NATIONAL WELLNESS MONTH

Why Hydration Matters More Than You Think

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August was recognised as National Wellness Month, providing the perfect opportunity to focus on the everyday habits that have the greatest impact on our health and wellbeing. While wellness can mean different things to different people, it often comes down to a few key foundations that we can try to establish throughout the year: good nutrition, regular movement, quality sleep, stress management, and staying properly hydrated.



With the warmer weather we've experienced this summer, hydration deserves special attention. Water is essential for almost every function in the body. It helps regulate temperature, supports digestion and blood pressure, lubricates joints, and plays a vital role in maintaining concentration, energy levels, healthy organ functions (especially the heart and kidneys) and overall physical performance.

Many people are surprised to learn that even mild dehydration can affect how they feel. Symptoms can include headaches, fatigue, dizziness, poor concentration, dry mouth, and irritability. In hot weather, the risk increases as we lose more fluid through sweat, particularly during exercise or long periods outdoors.

How much water should I be drinking?

A common question is: "How much water should I drink?" While individual needs vary depending on age, activity levels, health conditions, and the weather, a useful guide is to drink regularly throughout the day rather than waiting until you feel thirsty. Thirst can often be a sign that dehydration has already begun. Checking the colour of your urine can also be a simple indicator, with pale straw-coloured urine generally suggesting good hydration.

For some people, staying hydrated can be more challenging. Older adults may not experience thirst as strongly, while busy professionals often become distracted and forget to drink regularly. Simple strategies can help, such as carrying a reusable water bottle, setting reminders, drinking a glass of water with each meal, and increasing fluid intake during periods of hot weather or exercise. Foods with a high water content, such as cucumbers, tomatoes, watermelon, berries, and oranges, can also contribute to daily hydration.

Wellness at The Ü Clinic

At The Ü Clinic, we believe that wellness is about more than treating illness; it is about helping people optimise their health and feel their best. This is why our health optimisation approach places lifestyle and wellbeing at the heart of every consultation. Our GPs and nutritionists work with patients to understand the factors that influence their overall health, including nutrition, hydration, sleep, stress, and physical activity.



National Wellness Month serves as a valuable reminder that small, consistent habits can make a significant difference. Whether it is taking a daily walk, improving sleep routines, making healthier food choices, or simply drinking more water, investing in your wellbeing today can help support better health for the months and years ahead. **Why not start with the simplest wellness habit of all: reaching for a glass of water?**

[FIND OUT MORE ABOUT OUR
HEALTH SERVICES](#)

Ü VISION

Summer can be a challenging season for eye comfort, particularly for those affected by dry eye disease. Hot weather, wind, air conditioning, increased screen use, and seasonal allergies can all contribute to tear film instability and increased tear evaporation.

At The Ü Clinic, our dry eye assessments are designed to evaluate each patient's individual tear film and eyelid health, allowing treatment plans to be tailored to their specific needs. This may include advice on environmental modifications, eyelid care, prescription treatments, or advanced therapies such as Intense Pulsed Light (IPL) treatment for suitable patients.

[BOOK A DRY EYE ASSESSMENT](#)

Ü HEALTH

COMING SOON - After months in the making, The Ü Health Team is delighted to announce a new workshop series launching this Autumn, aimed at parents of teens. The adolescent years can be one of the most challenging in life, and a phase in which many parents feel quite alone, not knowing how to best support their child.

Drawing on first-hand experience of parenting teens, this course will be led by **Dr Shiv**, GP & Lifestyle Medicine Specialist and **Carleen Kirk**, Child & Adolescent Therapist, to provide parents with both clinical-based education on the changing teenage mind and body as well as creating a community to help parents feel heard, strengthened and empowered to best support their teens. Find out more in our next newsletter and on our social media accounts!

Ü SKIN & AESTHETICS

Are you considering a facelift, blepharoplasty, rhinoplasty, or a non-surgical refresh like CO2 fractionated laser or IPL ahead of the Festive Season? Booking an initial consultation now will allow us to create a treatment plan around your goals, diary and recovery needs. Surgical procedures can require one to six weeks of downtime, while skin treatments also need time to settle. Get in touch today to arrange your consultation at The Ü Clinic in Sevenoaks or Oxted, and let's plan your journey to feeling confident this Christmas.

[BOOK A CONSULTATION](#)