



Drinking the right amount of water regularly may help you maintain a healthy heart later in life.

Sep 06, 2021 13:03 CEST

## 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 is part of the Blue portfolio, today said 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 appears to indicate a sizeable number still need to realise they are simply not drinking enough water to keep properly hydrated,” says Blue spokesperson, Dave Noble, communications and events head. Bluewater is a world leader in innovating leading-edge water purification technology and eco-friendly bottles for homes, enterprises, and public dispensing,

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 life,” said Dave Noble.

For more information, please contact David Noble, Blue communications director at [dn@blueab.se](mailto:dn@blueab.se) or call on +44 7785 302694.

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## About Blue

Headquartered in Stockholm, Sweden, Blue is an investment company that serves as a catalyst for innovations that can solve some of the major challenges facing our planet and all living on it. Blue's mission is to find, engage with, invest in and support entrepreneurs, innovators and businesses driven by the desire to deliver tangible, sustainable solutions that can benefit human wellbeing and planetary health. [www.blueab.se](http://www.blueab.se)

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