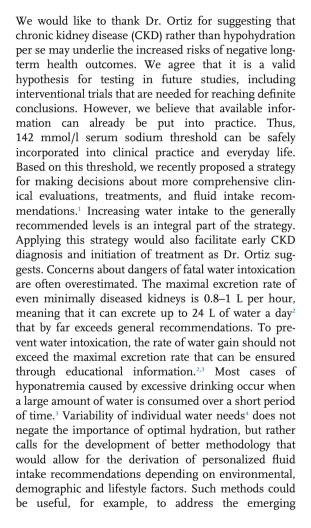
Delaying aging by improved hydration

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epidemic of CKD of unknown origin among young agricultural and construction workers in hot, humid parts of the world. Exposure to heat and persistent dehydration is suspected to be the main causing factor.⁵ To summarize, although additional evidence is needed, why not try to improve hydration for the potential risk-free chance of longer disease-free life?

Contributors

All authors contributed to conceptualization and writing, read and approved the final version of the response letter.

Declaration of interests

The authors declare that there is no conflict of interest.

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