



Seniors Health Newsletter

June 2010



GETTING STARTED WITH EXERCISE

Written by: Health Canada

Seniors can greatly benefit from regular physical activity. It can prevent and treat many of the most common chronic medical conditions associated with old age. Walking groups and physical activity programs especially designed for older adults can help seniors stay active. And while strength training is recommended for all adults, it is vital to the health of seniors.

Walking is a great form of exercise that almost anyone can do. Researchers

found that if three key elements are met, your chances of successfully staying committed will increase:

- ☞ Prepare yourself for the task. Find your motivation to change.
- ☞ Tailor the program to your needs. Think about what makes activity more enjoyable for you. It could be listening to music or knowing you are not polluting the environment as you walk, in-

stead of drive, to work or shopping.

- ☞ Schedule walking to fit your day. Think of ways to incorporate walking into your daily life.

It's never too late to start an active lifestyle. Regular physical activity can make you healthier and improve your quality of life. Remember that physical activity actually makes more energy than it takes.

L'EXERCICE: COMMENT COMMENCER

Écrive Par: Sante Canada

Les personnes âgées peuvent profiter grandement l'activité physique. Celle-ci peut prévenir et traiter plusieurs des affections médicales chroniques liées au vieillissement. Les groupes de marche et les programmes d'activité physique spécialement conçus pour les adultes vieillissants peuvent aider les personnes âgées à rester actives. Et si l'entraînement musculaire est conseillé à tous les adultes, il est essentiel à la santé des aînés.

La marche est un bon type d'exercice accessible à tous. Les chercheurs ont

découvert que si trois éléments sont réunis, les chances que vous poursuiviez avec succès votre entraînement vont en augmentant :

Préparez-vous à la tâche. Identifiez ce qui vous motive à changer.

Adaptez le programme à vos besoins. Pensez à ce qui rend l'entraînement agréable pour vous. Il peut s'agir d'écouter de la musique ou de savoir que vous ne polluez pas l'environnement quand vous marcher, au lieu de prendre la voiture pour aller travailler ou magasiner.

Planifiez la marche dans votre journée. Pensez à des façons d'inclure la marche à votre vie quotidienne.

Il n'est jamais trop tard pour adopter un mode de vie actif. L'activité physique régulière peut vous aider à améliorer votre santé et votre niveau de vie. N'oubliez pas que l'activité physique procure en fait plus d'énergie qu'elle n'en demande.

The Timmins Family Health Team & East End Family Health Team hope you find this information useful!

For more information about our teams visit:

☞ www.timminsfht.ca

☞ www.eastendfht.ca



Timmins Family Health Team Presents:

THE LIVING WELL PROGRAM

Do you have ongoing conditions such as diabetes, heart or lung disease, high blood pressure, pain, irritable bowel, crohns, colitis, depression or other ongoing health conditions, if so, this program is for you. The program meets 2.5 hours per week for 6 weeks.



Subjects covered include:

- ☑ Problem solving and weekly action planning
- ☑ Techniques to deal with problems such as frustration, fatigue, pain and isolation
- ☑ Appropriate physical activity for maintaining and improving strength, flexibility and endurance
- ☑ Appropriate use of medications
- ☑ Communicating effectively with family, friends and health professionals
- ☑ Nutrition
- ☑ How to evaluate new treatments

Interested? Its simple, pick up a phone and call (705) 267-1993 for details and/or register.

THE FACTS ON FLUID

Written by: Hillary Deyne
Health Promoter/Nutrition Counselor
East End Family Health Team



You have probably heard before that 60%-70% of our body is made of water, but have you ever been told what our bodies need all this water for? The fact is that water is vital to just about every bodily function. Our bodies use fluid to; cool our bodies, digest our food, carry nutrients, remove waste, cushion organs and joints, maintain electrolyte balance, and even to keep your skin hydrated so you can stay looking young and vibrant.

Now here comes the important stuff! To keep our bodies functioning we need to make sure that we are replacing the fluids we loose. You'll be able to tell if you're getting dehydrated if you're very thirsty, if you feel tired, irritable, dizzy or light-headed or if you seldom need to go to the bathroom. The trick is to prevent dehydration before you see any of these signs. In adult women this means having about 11 cups (2.7L) of fluid a day and for adult men 15 cups (3.7L) of fluid a day.

Now I can bet that right now you are thinking... 'There is absolutely no way I can drink that much water in a day!!!' Well do I have good news for you; water is not the only fluid that counts towards your daily intake. Milk, real fruit or vegetable juices, soups, sport dinks, and even coffee and tea will replace your body's fluids... keeping everything in moderation of course. So make the commitment to get your recommended fluid intake daily and this will keep your body strong, young, and healthy!

WHAT IS POLYPHARMACY?

Written by: Tom Dolanjski, Pharmacist
East End Family Health Team & Timmins Family Health Team



Polypharmacy is the practice of using multiple medications to treat one or more medical conditions. By itself, Polypharmacy is not a problem. But the use of multiple medications can put someone at risk for serious health problems.

When is Polypharmacy an issue?

If a medication is not suitable for a particular individual, for a given medical condition or for combination with another medication, then an adverse drug event can occur. This event can be a mild side effect or a more serious problem such as a fall, bleeding, low blood pressure, incontinence or a mental dysfunction. The risk of an adverse drug event when taking 2 medications is estimated at 13%. This rises to 38% when taking 4 medications and skyrockets to 84% when taking 7 or

more.

Why do we care? Seniors take more medications. Compared to younger people seniors on average take 3 times as many medications. Seniors also purchase 70% of all Over The Counter medications sold. When we consider that seniors also have more chronic illnesses and take higher risk medications, this group is more vulnerable to adverse drug events.

Is Polypharmacy OK? The use of multiple medications is often appropriate or necessary. Careful prescribing and ongoing monitoring will avoid adverse drug events. The unjustified avoidance of Polypharmacy can result in unmet medical needs.

Is Polypharmacy Bad? When medications cause or increase the risk of ad-

verse effects, Polypharmacy is not a good thing. Medications can interact with each other or interact with a disease state to increase symptoms or create a new health problem.

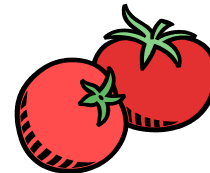
What can I do? Taking medications as prescribed and using a single Pharmacy to obtain all prescription and Over The Counter medications are two strategies that lower the risk of adverse drug events.

Tips for Patients and Families :

- Keep an up to date medication list**
- Learn about medications (uses, side effects, dosing)**
- Discuss concerns with health care team**

COMMUNITY GARDEN GETS “GREEN” LIGHT.

Written by: Elisha Laughren
Health Promoter
Timmins Family Health Team



The Timmins Community Garden project has been given the green light to develop a community garden in River-view Park (Bannerman Park). Community gardens are parcels of land divided into small plots to provide local residents with access to fresh produce, support nutritional health, strengthen neighbourhood connections, promote sustainability, and increase physical activity. Most of the vegetables grown at these gardens will be for personal use; however there will be 3 garden plots dedicated to offer local food banks, the Lord’s Kitchen and the Good Samaritan Inn with fresh organic veggies. “Experienced to aspiring gardeners are encouraged to

exercise their green thumbs” said Cathy Ellis, Director of Community Economic Development. Individuals and families are encouraged to register now by calling the Timmins Economic Development Center at 705-360-2656. Individual plots are available at an annual rate of \$20. This covers maintenance costs and some shared gardening tools. 30 Plots including 6 raised plots that are wheelchair accessible will be available – measuring 6 feet by 12 feet.

For more information about the Timmins Community Garden, please contact Timmins Economic Development Corporation, 705-360-2656.

RECOMMENDATIONS TO SLEEP SOUNDLY

Written By: Canadian Sleep Society

1. Don't panic. Age-related sleep changes are normal unless you feel a negative impact on your life.
2. Discuss sleep difficulties with your doctor. Let him/her know if you suspect being afflicted by a primary sleep disorder or if your medical/mental condition interferes with your sleep.
3. Discuss possible side effects of medication with your pharmacist or doctor.
4. If your night sweats or hot flashes interfere with your sleep, discuss it with your doctor.
5. Adopt a regular sleep-wake cycle and sleep a sufficient number of hours every night. Older subjects may have more difficulties to recover following sleep deprivation.
6. Reduce drugs and stimulants intake (caffeine, nicotine, alcohol) as much as possible.
7. Create an optimum environment for sleep: quiet and dark room, comfortable ambient temperature.
8. Try to stay away from night-work.
9. If you experience jet lag, allow yourself time to adjust to the new time zone.
10. Diminish stressful experiences and worries at bedtime as much as possible.
11. Be active, eat well and exercise: good health is strongly associated with good sleep.
12. Don't eat too much or exercise near bedtime.

CONSEILS POUR UNE BONNE NUIT DE SOMMEIL

Écrivez Par: la Société canadienne du sommeil

1. Allez au lit seulement lorsque vous vous endormez
2. Adoptez une routine relaxante avant de vous coucher (e. g. prendre un bain).
3. Établissez un bon environnement de sommeil avec des distractions limitées (bruit, lumière, température).
4. Évitez les aliments, boissons et médicaments qui peuvent contenir des stimulants.
5. Évitez l'alcool et la nicotine avant de vous coucher.
6. Consommez moins ou pas du tout de caféine.
7. Faites de l'exercice régulièrement, mais faites-le matin ou en après-midi. Le surentraînement n'est pas recommandé.
8. Essayez des techniques de relaxation pour vous aider à vous détendre physiquement et mentalement.
9. Évitez les siestes en fin d'après-midi ou en soirée.
10. Évitez les repas lourds avant de vous coucher.
11. Évitez de boire avant de vous coucher.
12. Utilisez le lit seulement pour le sommeil ou pour l'intimité (ne mangez pas, ne lisez pas et n'écoutez pas la télévision au lit!).
13. Établissez un horaire régulier de lever.



AGING MYTHS AND FACTS QUIZ (ANSWERS ON PAGE 5)

True or False?

1. The older you get, the less sleep you need.
2. People take more medications as they age.
3. As your body changes with age, so does your personality.
4. Intelligence declines with age.
5. Most older people live alone.
6. Most people get dementia if they live long enough.
7. Senior women have the lowest income of all adult groups.
8. Most older adults have no interest in, or capacity for, sexual relations.
9. Many older people are preoccupied with death.
10. Most seniors who are new to Ontario speak neither English nor French.

AGING MYTHS AND FACTS ANSWERS

Adapted from **Ontario Seniors' Secretariat: Aging Quiz.**

1. **False.** In later life, the quality of sleep may decline, but not the total sleep time.
2. **True.** Most older Canadians take at least one kind of prescription or over-the-counter medication. Older people are also more likely than younger adults to take more than one medication.
3. **False.** A person's personality stays the same throughout life, except when changes result from Alzheimer disease or other forms of dementia, stroke or other serious illness.
4. **False.** Most people's intellect stays the same or improves with age.
5. **False.** Most Canadian seniors live with their spouse, common law partner, extended family or others.
6. **False.** Dementia is not a normal part of aging.
7. **True.** In 2001, 46 per cent of widowed, single or divorced women aged 65 and older lived below the poverty line. This is the highest poverty rate of any family type in Canada.
8. **False.** Aging does not necessarily change a person's interest in or capacity for sexual relations. However, ways of expressing sexual feelings may change, and opportunities for sexual relations may decline due to the loss of a partner, or changes in health.
9. **False.** Attitudes toward death vary, but often older adults are less anxious and more matter-of-fact about death.
10. **True.** Of the more than 6,000 senior immigrants to Ontario from 1996 to 1999, 64 per cent of women and 56 per cent of men spoke neither English nor French.

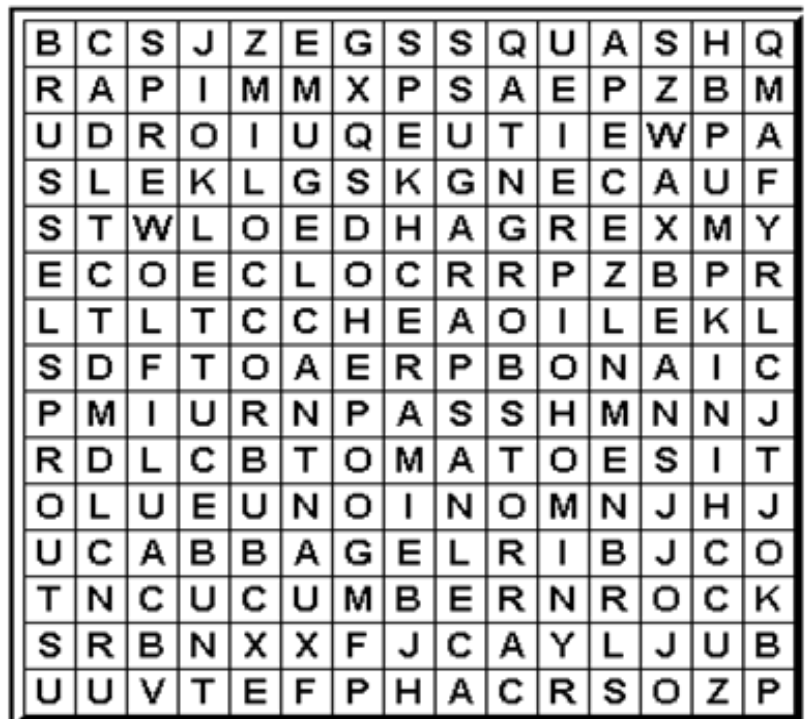
Easy Games to Keep Your Mind Young and Your Body Fit

1. **Crossword puzzles** a mental exercise that digs deep into knowledge and memories. Crossword puzzles you can find in your daily paper, compiled in books, or even downloaded off of the internet.
2. **Board games**, Chess, checkers, and dominoes are good games that challenge you to problem solve and use creative thinking.
3. **Active Play**, the games could consist of simple actions such as ring throwing and baseball catching. Though they are simple, these games would do wonders to keep the body active. Active play helps get the blood pumping the heart rate up and relieves stiff joints.

Jeux facile pour garder la mémoire jeune et votre corps en santé

1. **Mots croisés** est un exercice mental qui creuse profondément dans la connaissance et la mémoire. Les mots croisés, vous pouvez trouver dans votre journal, rassemblés dans des livres, ou même téléchargées à l'internet.
2. **Jeux de société**, échecs, dames et les dominos sont de bons jeux qui vous mettent au défi de résoudre des problèmes et d'utiliser la pensée créatrice.
3. **Jeux actifs**, les jeux pourraient consister en des actions simples telles que lancer de l'anneau et le baseball de la capture. Même si elles sont simples, ces jeux feraient des merveilles pour maintenir le corps actif. Les jeux actifs contribuent à obtenir le sang de pompage du rythme cardiaque et soulagent les articulations raides.

HEALTHY VEGETABLE WORD SEARCH



- | | | | |
|------------------|---------------|---------------|-------------|
| Word List | ☞ Cabbage | ☞ Green Beans | ☞ Spinach |
| ☞ Asparagus | ☞ Carrots | ☞ Lettuce | ☞ Squash |
| ☞ Beets | ☞ Cauliflower | ☞ Mushrooms | ☞ Tomatoes |
| ☞ Broccoli | ☞ Corn | ☞ Onion | ☞ Wax Beans |
| ☞ Brussels | ☞ Cucumber | ☞ Peas | ☞ Zucchini |
| ☞ Sprouts | ☞ Egg Plant | ☞ Pumpkin | |

SCREENING CHECKLIST FOR SENIORS

Written By: Patrick Nowak

Nursing Student

East End Family Health Team

Screening tests and exams are important in maintaining your health. These tests are designed to detect a wide number of conditions. When detected early, many of these conditions can be better treated, resulting in a much better health outcome. The following list of tests are encouraged to be done on a regular basis to ensure your health.

- Cholesterol Test:** High LDL cholesterol has been linked to a number of heart related conditions such as heart disease, heart attacks, and strokes. This blood test determines cholesterol levels.
- Fasting Glucose Test:** This test is used to detect diabetes, a condition in which the body is unable to regulate its own blood sugar levels. This test is important to get on an annual basis.
- Breast Exam/Mammograms:** Self-breast exams could be done while in the shower or when you are getting ready for the day. Mammograms are recommended yearly for women over the age of 50. These tests can help detect breast cancer. The chances of being successfully treated are higher when breast cancer is caught early. Incidence of breast cancer is much higher in women than men.
- Fecal Occult Blood Test:** This test is conducted every one or two years. This test detects hidden blood in the stool. Blood in the stool is highly predictive of colon cancer and other bowel related conditions.
- Papanicolaou (PAP) tests:** Yearly pap tests are recommended for women. This test is able to detect abnormal cells in the cervix. Sometimes, these abnormal cells can develop into cervical cancer.
- Bone Mineral Density Test:** This test looks at the minerals that help keep bones strong. Those with low bone mineral density are prone to things such as osteoporosis and increased risk for fractures.
- Prostate Specific Antigen (PSA Test):** A PSA test is used to help screen for prostate cancer in men. This test should be done yearly in order to detect early stages of prostate cancer.
- Fall Risk Assessment:** Falls are a leading cause of injury for all ages. Seniors are most affected by falls as long-term disability can occur due to a fall. Fall risk assessments range from physical exams to in home assessments to determine one's risk for a fall.

Useful Web Site Links:

Canadian Cancer Society

<http://www.cancer.ca>

Health Canada

<http://www.hc-sc.gc.ca/index-eng.php>

Seniors' Information Website – Government of Ontario

<http://www.seniorsinfo.ca>

AVERTISSEMENT

L'information fournie dans ce communiqué ne sert qu'à des fins d'éducation seulement et ne remplace aucunement l'avis médicale, communiquez avec un professionnel de la santé qualifié qui considérera les caractéristiques de chaque patient.

HEALTH DISCLAIMER

The health information contained herein is provided for educational purposes only and is not intended to replace discussions with a healthcare provider. All decisions regarding patient care must be made with a healthcare provider, considering the unique characteristics of the patient.