

10 Lessons I Learned

-Taking care of people your age
5 yrs later

Sept 1, 2015

The List – first 5

- 1. Communication is Key
- 2. Take care of your kidneys
- 3. Attend to the little things
- 4. Mind your emotions
- 5. Fall avoidance



1. Communication is Key

- Keep a list of meds / conditions with you
- Results of Important Tests- avoid unnecessary repeats.
- Review side effects/drug interactions
- Risks and benefits
- allergies
- Use your pharmacist
- Are your Doctors Talking to each other?

Keep Track/ Write it Down and & The 'Don't wait' symptoms

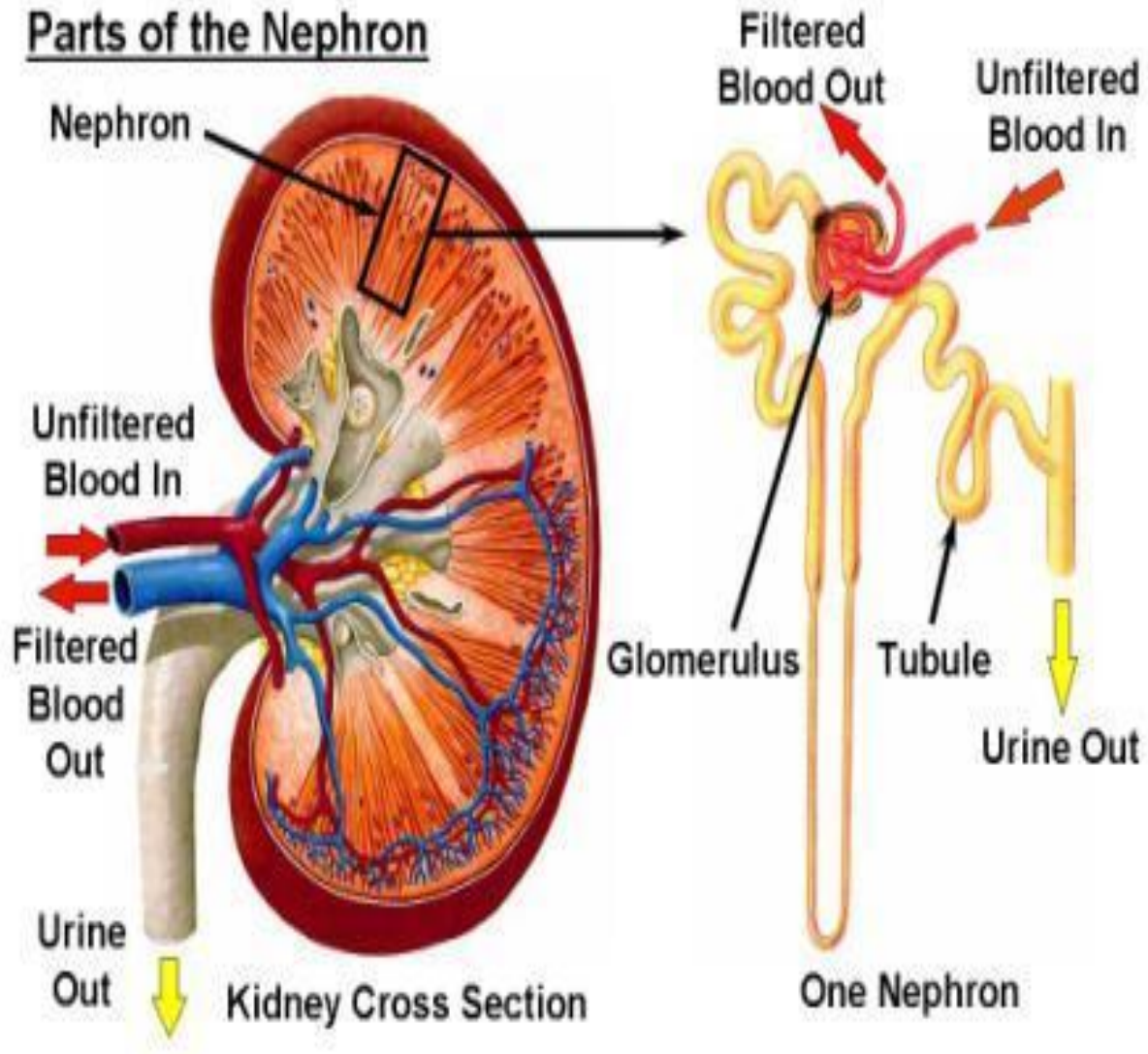
Fever/ chills / sweats

- Chest pain, short of breath, nausea, vomiting, neck/jaw/arm pain
- numbness, weakness, slurred speech, vision change- even if it gets better.
Change in speech or walking.
- Fainting spells
- Weight loss

2. Take care of your Kidneys

- Ask about your kidney function
- Expected decline with age
- Epidemic rise in kidney failure
- Know what meds to avoid
- Make sure all meds are adjusted
- Keep the bladder draining
- Too much/ not enough water
- Diuretics– Salt intake

Parts of the Nephron



Which medication can lead to urine retention in your bladder?

- A. Aspirin
- B. Tylenol
- C. Digoxin
- D. antihistamines

Which Medication can cause Kidney Damage?

- A. Prilosec
- B. Motrin
- C. Tylenol
- D. Alleve
- E. B and D

3. Pay attention to the little things.

- Foot care
- Trimmed nails
- Spend your money on shoes/ insoles
- Good Feet/ Good Life
- Ear wax removal
- Hearing evaluation - aids
- Sight evaluation- stay up to date

ELIJAH
WOOD

ROBIN
WILLIAMS

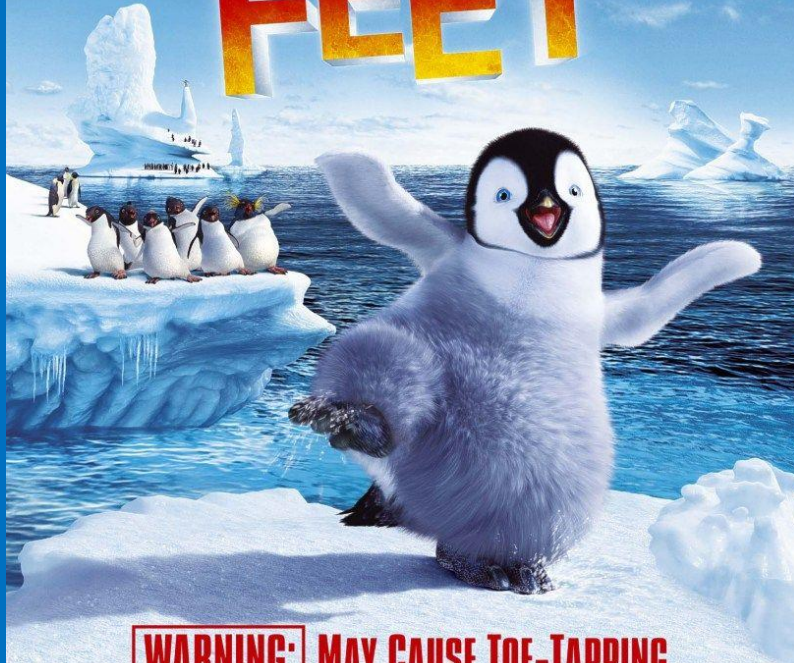
BRITTANY
MURPHY

HUGH
JACKMAN

NICOLE
KIDMAN

HUGO
WEAVING

HAPPY FEET



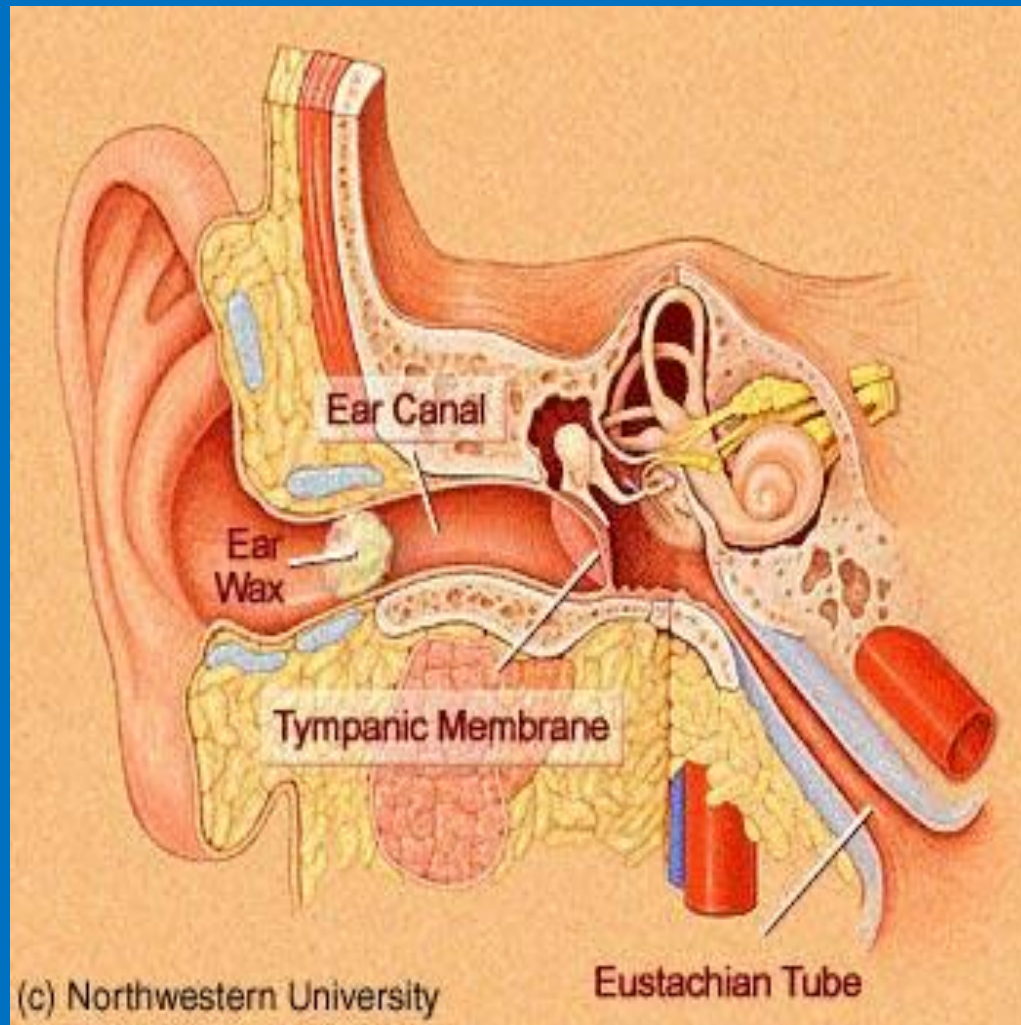
WARNING: MAY CAUSE TOE-TAPPING
NOVEMBURRR 17TH

WILSON PUBLISHING PICTURES

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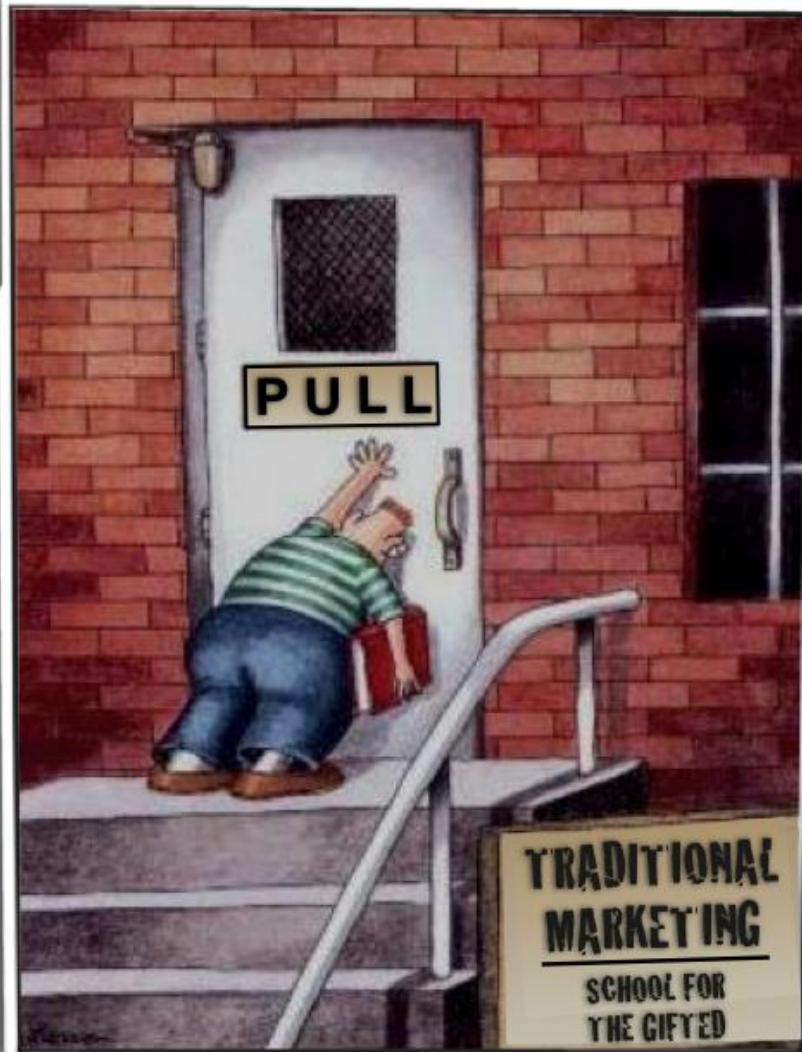
"If I don't think it's going to work, will it still work?"

4. Mind your Emotions

- Stress
- Strong link of emotional with physical
 - Heart, bowels
- Anxiety and Depression are treatable
- Make peace
- Forgive
- Laugh
- Relationships/ Community
- Worry and Rumination

Emotional and the Physical

- The 'Broken Heart' syndrome
- Depression post Cardiac Surgery
- Link of depression and survival
- Anxiety and ER visits
- Coping mechanisms/ Teachable
- Powerful link of Mind Body



5. Call, Don't Fall

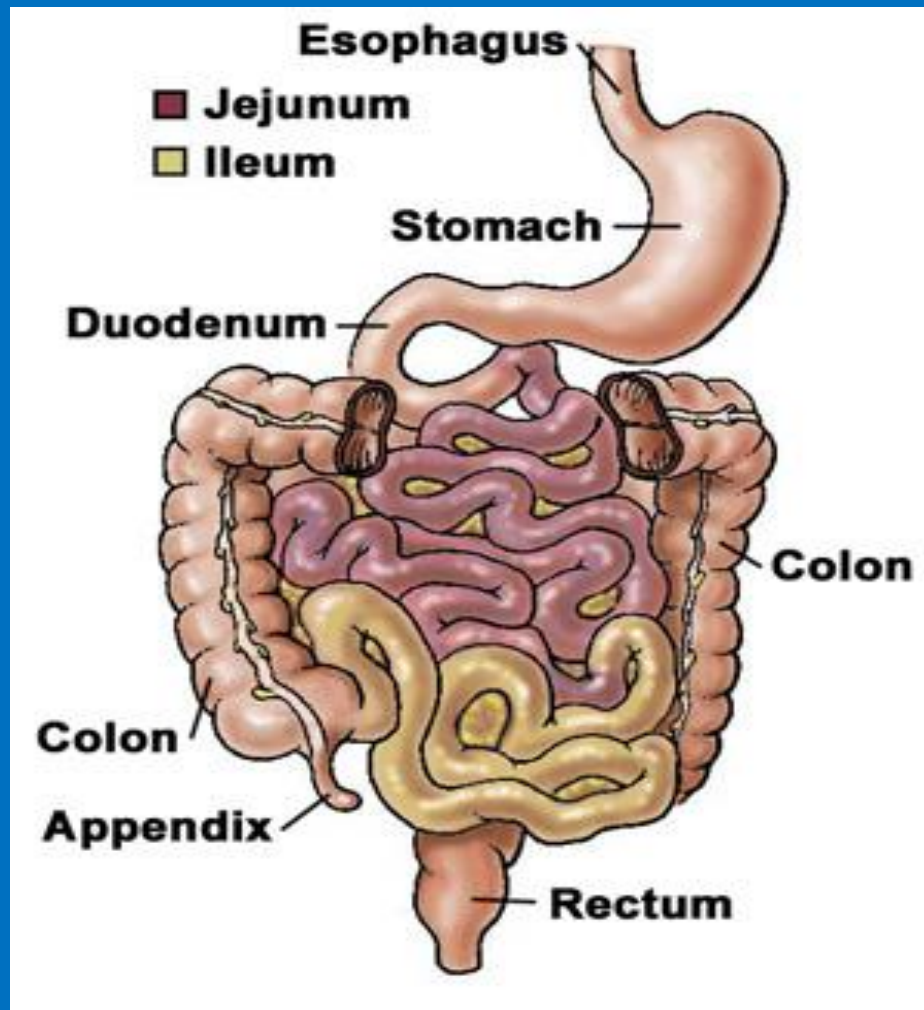
- Hip fractures with high consequences
- Bone Strength
- No rush- what's the hurry?
- Go through your living space and look for risky areas
- What's the #1 place to fall?
- Walkers and canes available as insurance

What's the mortality after hip fx?

- A. 5% in the first year
- B. 10% in the first year
- C. 25% in the first year
- D. 50% in the first year.

The Last 5

- 6. Keep your bowels in motion
- 7. Annual Skin Checks
- 8. Vaccines
- 9. Lessons in Longevity
- 10. Know what you want



6. Keep bowels in motion

- Understand your bowel motility
- Factors which slow bowels
- Alarming symptoms
- Keep a regular schedule
- Adjust diet accordingly
- Post OP – decreased mobility
- Dehydration

About how long is the journey?

- A. 5 feet
- B. 10 feet
- C. 30 feet
- D. 100 feet

Which pill might lead to constipation?

- A. Benadryl
- B. Calcium
- C. Iron
- D. Vicodin
- E . All of the above

Which medical condition can be associated with constipation?

- A. Heart Disease
- B. Lung Disease
- C. Parkinson's disease
- D. Hepatitis

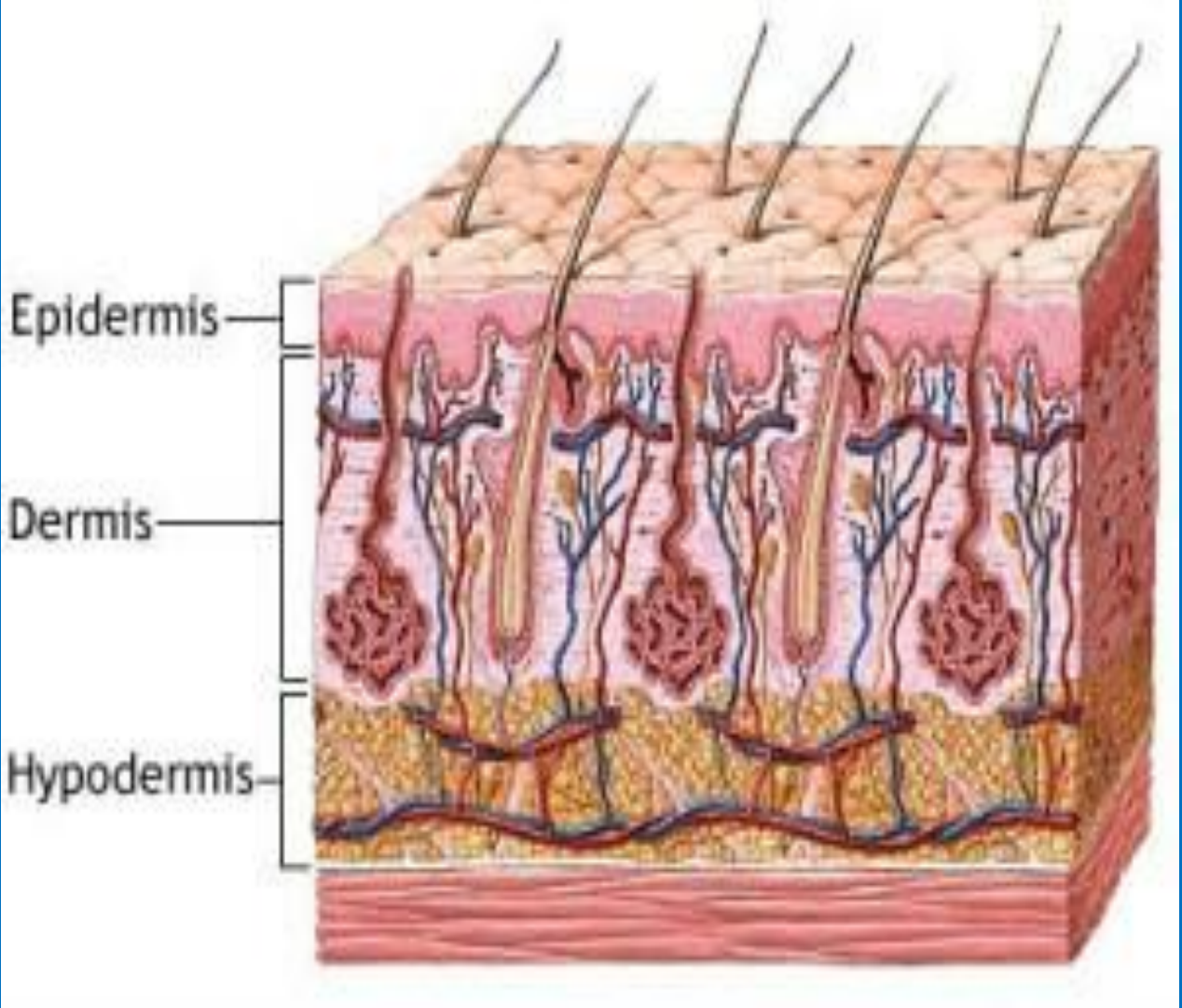
7. Annual Skin Checks

- Slow growers in general
- ABCDs
- That ' pimple' which won't go away
- Bleeding
- Draining
- Sun Exposed Areas
- New scaly rough to the touch



Keep Skin Intact

- Protect any bony surface.
- Moisturize
- No cracking/ dry spots
- Ports of entry for infection
- Offload
- Thinning skin normal in aging
- Decreased Fat
- Increased fragility of blood vessel.



8. Vaccines- very confusing

- If never vaccinated and Age > 65:
 - Prevnar 13 plus 1 yr later Pneumovax 23
- If < 65 and no prior vacc- Prevnar 13 followed by Pneumovax 23, 8 wks later
- If already received Pneumovax 23, give single dose of Prevnar 13 , 1 year later or more
- If < 65– talk to your Doctor-??

Pertussis? Whooping cough

- More to protect your youngest grandchildren
- Mixed with Tetanus- good idea to keep up to date anyway – wounds/ cuts /scrapes

Annual Flu

- Some years better than others
- Even if not protective....
- May make flu more mild and resolve more quickly

Shingles

- Adults > 60
- Check with your Doctor
- Painful shingles
- Reactivated Virus



9. Longevity- tips from Sardinia

7x more likely to reach 100 yrs old

Lowest rates of chronic dz

Their genes are no different

If not Nature , than What?

Diet heavy in fruit, vegg, whole grains,
beans.

Meats only 5 x per month

Beans Beans Beans

- 8% Decreased chance of dying with 2 tbsp. per day
- Dollar for Dollar- more protein than beef
- High fiber serves as a compost in the gut
- Favors the right bacteria to flourish

It's not Just Diet and Environment

- Increased Social connection
- Sense of community
- We're Never Alone
- Physical activity every 20 mins
- Extra 500-1000 cal per day burned
- Walking everywhere
- Knead the dough, make the bread
- Chop the wood and stoke the fire

Now I know why they call it ICU!



10. Know what you want.

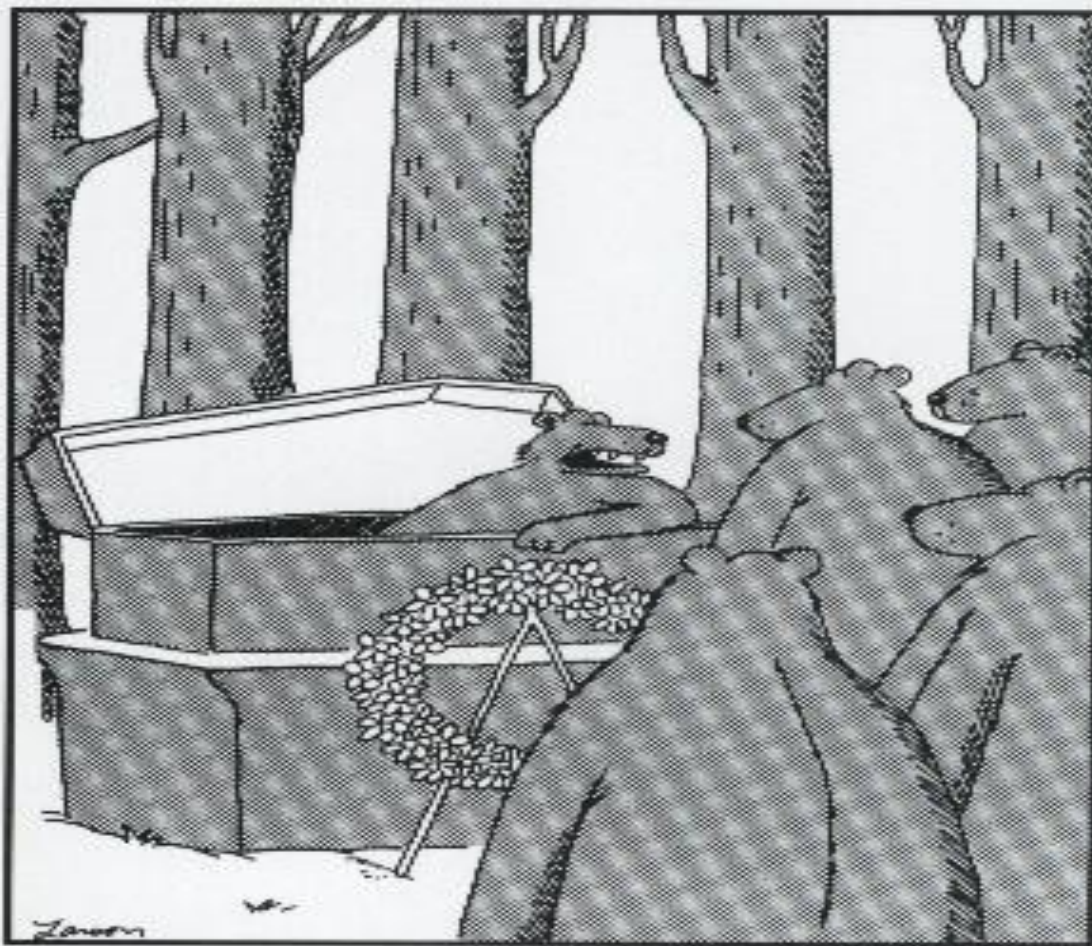
- Families left to decide
- How much medical care and how long?
- Heroic Measures
- Life Support- ventilators
- Feeding Tubes
- Dialysis
- Have the tough conversations.

What does DNR stand for?

- A. Do not relax
- B. Dancing not recommended
- C. Do not resuscitate
- D. Dates n' raisins

Decisions/Decisions

- Think it over
- Best to be done early
- DNR/ DNI (ventilators)
- POLST
- Designate someone to speak on your behalf if you are unable.
- Take charge



“For crying out loud, I was *hibernating!* ...
Don't you guys ever take a pulse?”