

# SeniorCircleplus

NEWS AND HEALTH INFORMATION FOR SENIORS

SUMMER 2003



## Lost your appetite?

### The skinny on healthy eating

Lack of appetite is a troublesome nutrition problem you may experience as you age. Eating a well-balanced, nutritious diet is extremely important in maintaining your health.

If you aren't able to eat a whole meal at one sitting, try eating smaller portions six or eight times a day. Try drinking beverages after a meal—instead of during—so that you don't feel as full. And don't waste your energy eating foods that don't provide nutritional value such as potato chips, candy bars or other snack foods. If you aren't up for cooking a healthy meal yourself, remember the Marymount cafeteria offers a 15 percent discount for Senior Circle Plus members every day.



## What pain?

### The benefits of positive thinking

As we get older, it seems that pain is a part of our lives. But how we react to it determines how much it will affect us. Whether you face your pain head-on or let it get you down-and-out, the following tips may help you to feel better, both mentally and physically!

Think positive. Let your limitations open new doors. If you used to be able to run a mile, why not replace that activity with something more spiritual, such as yoga or tai chi?

Feel like pain is slowing you down? Embrace the slower pace! You now have the time to catch up on conversations with family or friends, write letters or talk on the phone. Use the time to learn a new language or a new skill.

Don't focus on pain. Have you ever heard the saying "mind over matter"? It can apply to pain as well. The more you think about pain, the more significant the impact it will have on your daily life. The more you distract yourself from the pain with a hobby or other activity, the less you will be aware of the discomfort.

However, if pain is interfering with the overall quality of your life, severely restricting your activity or causing depression and anxiety, you should talk to your healthcare provider about options to ease your pain. Marymount Hospital offers many types of pain management services for the aging population. **To schedule an appointment, please call (216) 587-8830.**

Win a \$100 Target gift certificate! See inside.



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## Get movin'

**It's never too late to circulate**

**E**xercising is one of the most important things you can do to keep yourself healthy—both physically and mentally. In fact, as you age, exercise helps in a variety of ways, including:

- Controlling blood pressure
- Protecting against diabetes
- Warding off depression, anxiety and insomnia
- Enhancing balance and strength (minimizing falls)
- Preventing osteoporosis
- Decreasing the risk of certain cancers
- Decreasing cholesterol
- Improving memory and mental awareness
- Lessening the pain of osteoarthritis

The best part is, it's never too late to get started. Studies have found that men aged 60 to 72 years who trained with weights for 12 weeks had significant increases in both muscle strength and endurance. These gains in strength mean

you can get out of chairs more easily, pick up a bag of groceries or walk across the street without needing help.

You don't have to become a lifelong athlete to improve your aerobic capacity. The Centers for Disease Control and Prevention recommends that you perform an aerobic exercise, such as walking, yoga or water aerobics, three to five times a week for 30 minutes or more. If that's too much, you can break that 30 minutes into smaller 10-minute sessions.

For those with mobility issues, you can still exercise from a seated position. By moving your arms and legs and breathing properly, even while seated, you can receive benefits from muscle conditioning, range of motion and cardiovascular exercise.

**For more information about exercise programs offered through Senior Circle Plus at Marymount Hospital, please call (216) 518-3600.**

## Driving home the message

**Yearly prostate screenings are essential to early detection**

**T**wo tests are commonly used to detect prostate cancer in the absence of any symptoms. One is the digital rectal exam, in which a doctor feels the prostate through the rectum to find hard or lumpy areas known as nodules. The other is a blood test used to detect a substance made by the prostate called prostate specific antigen (PSA). When used together, these tests can detect the majority of "silent" prostate cancers.

Marymount Hospital offers free prostate screenings on a quarterly basis (for African-American males and men over the age of 40 with a family history of prostate cancer, and other men over the age of 50). Both the PSA blood test and digital rectal examination (DRE) are offered.

The next screening is scheduled for September 20 in the Zegjib Education Center. **Call (216)**

**581-WELL and press "4" to register.**

