

SeniorCircle plus

NEWS AND HEALTH INFORMATION FOR SENIORS

SUMMER 2006



Keep Bones Healthy

Learn about osteoporosis—
and steps you can take to prevent it

As women age, they become more prone to osteoporosis, a progressive disease that weakens bones and makes them more susceptible to sudden and unexpected fractures. Literally meaning “porous bone,” osteoporosis results in an increased loss of bone mass and strength. The disease often advances

without any symptoms or pain. Generally, it is not discovered until weakened bones cause painful fractures.

Drink up Call **216/587-8093** to get a free magnet that reminds you to consume calcium daily.

How can I prevent osteoporosis?

Your diet and lifestyle are two important risk factors you can control to help prevent osteoporosis. Maintain a healthy diet—including adequate calcium and vitamin D—to reduce the degree of bone loss. Establish a regular exercise program and avoid excessive use of alcohol and tobacco to help maintain healthy bones. Replacing lost estrogen through hormone replacement

therapy (HRT) can also provide a strong defense against osteoporosis in postmenopausal women.

How can I determine if I have osteoporosis?

Painless and accurate medical tests can provide you with information about your bone health before problems begin. Bone mineral density (BMD) tests or bone measurements are X-rays that use very small amounts of radiation to determine the bone density of the spine, hip, wrist or heel. Your physician can order these tests for you at Marymount Hospital. If you need a physician, call MedMatch at **216/587-WELL**.

How is osteoporosis treated?

Once diagnosed, there are a range of treatments for established osteoporosis, including:

- Estrogen replacement therapy
- Medications
- Calcium and vitamin D supplements
- Weight-bearing exercise

To learn more, call **216/587-8093** to receive an informative handout. •

 **Marymount Hospital**
a Cleveland Clinic hospital

Find a physician or support group, view our events calendar, take a health quiz or read about our expansion at www.marymount.org.

Eat and Run

How to eat healthy when you're on the go



Finally, you're home after a busy day. It's dinnertime, and rather than reaching for your cookbook, you reach for the phone book to make reservations. But being short on time—or energy—doesn't mean you must forgo a healthy meal at home. You just have to know where to start.

Stock Up

To minimize the time it takes to plan a meal, keep your cupboard stocked with healthy ingredients that can be easily incorporated into various dishes. Load up on items with a long shelf life, such as brown rice, tomato sauce, canned tuna/salmon, beans, olive oil and soup broth. Also have healthy, but perishable items on hand, such as fresh fruits and vegetables, lean meats, low-fat dairy products and whole-grain breads. Just be sure to buy only as much as you'll use.

Plan Ahead

Sometimes the most difficult part of making a meal is deciding what to make. Here are some quick and healthy meal ideas:

Breakfast:

- Whole-grain toast topped with peanut butter, a half of a grapefruit and a glass of low-fat milk
- Low-fat yogurt mixed with whole-grain cereal and a glass of fresh-squeezed orange juice

Lunch:

- A pita pocket stuffed with turkey, lettuce and tomato; a small container of fruit; and a low-fat cheese stick
- A pre-made salad topped with tomatoes, garbanzo beans and low-fat cheese—all tossed with a vinegar-based dressing

Dinner:

- Stir-fried chicken and vegetables over brown rice (tip: buy precooked chicken strips and pre-cut vegetables)
- Whole-wheat or spinach pasta tossed with vegetables and tomato sauce

Source: aarp.org •

Drive-Through Dilemma

If fast food is your only option between errands, never fear. Believe it or not, you can find a healthy meal on almost any order board.

Know your weaknesses. If you just can't resist the Big Mac, skip the golden arches altogether and go somewhere less tempting, like a sandwich shop where you can choose your ingredients.

Don't be fooled. Just because it's called a salad doesn't mean it's healthy. Some fast-food salads can pack more calories than a burger and fries. Consult the nutrition information before ordering.

Customize your order. As a paying customer, you have every right to ask for your order to be specially made. Order a grilled-chicken sandwich with extra lettuce and tomatoes, minus the mayonnaise.

Source: *American Dietetic Association*



Functional Junctions

Keep your joints ready for action all summer long

The sunny season brings with it opportunity for outdoor activity—and injury, if you're not careful. Protect your joints from arthritis all year with these recommendations from the Arthritis Foundation:

Talk to your doctor. You don't have to suffer in silence. Many arthritis treatments are available, so the sooner your condition is diagnosed and treatment begins, the better.

Avoid strain. It may sound like a no-brainer, but it's too important not to mention. Stress to your joints causes painful damage to your cartilage. Use assistive devices such as rolling luggage, and maintain a healthy weight.

Reach for the stars (or at least your toes). Stretching your muscles keeps them loose and flexible. Sign up for a yoga class or perform simple

stretches on your own at home. Hold each position for 10 seconds (don't bounce), release, then repeat.

Get moving. Having arthritis means you should quit working out, right? Wrong. Having arthritis means exercise is more important

than ever. It strengthens the muscles, relieving the pressure on your bones and joints. Take up a low-impact activity such as swimming or fit physical activity into your daily routine by walking after dinner, taking the stairs or washing the car. ●



A Bevy of Benefits

Pop quiz: Which of the following privileges are included in your Senior Circle Plus membership?

- social trips and gatherings
- health and wellness lectures
- discounts on hospital parking, hospital cafeteria dining, hearing



aids, eyeglasses, hospital gift shop purchases, prescription drug membership

- health screenings
- assistance with insurance forms
- exercise programs

If you answered “all of the above,” you're right! Remember to carry your Senior Circle Plus membership card with you at

all times so that you can take advantage of these benefits. Your membership is good at all Cleveland Clinic hospitals.

To learn more about your Senior Circle Plus benefits—and to obtain your membership card, simply call toll-free 866/YES-CCHS (937-2247) or visit us online: cchs.net/seniorcircle. ●

Ready for Takeoff

How to “TravelWell” Overseas

Warmer weather often brings the desire to travel, and many people hit the skies for domestic and international trips this time of year. But international travel can present special challenges and health hazards—particularly for those who may tire easily or be more susceptible to certain illnesses or weather conditions, especially extreme heat.

There are certain steps you can take to prevent illnesses and prepare yourself for climate changes in advance of your trip.

- **Be Informed:** TravelWell®, a service of Marymount Hospital’s Company Health Care, can review all of the major health threats in the countries on your itinerary and advise you on pre-emptive measures such as vaccines.
- **Be Prepared:** Take adequate amounts of necessary prescription medicines or health supplies, since pharmacies are not as common overseas as they are in the U.S.
- **Be Insured:** Travel insurance can protect you from out-of-pocket

For a TravelWell® brochure or to schedule a travel consultation before your trip, call Company Health Care at **216/518-3655**.

expenses if you become ill overseas, as most domestic medical plans do not cover out-of-country expenses.

- **Be Protected:** To protect yourself from sun and heat, be sure to pack hats and sunscreen, as well as sunburn remedy, for your trip.
- **Be Hydrated:** Drink bottled water to remain hydrated and reduce your risk of intestinal-borne illnesses while you travel. ●

The information contained in *Senior Circle Plus* is for educational purposes only and should not be relied upon as medical advice. It has not been designed to replace a physician’s medical assessment and medical judgment.

