

Senior Connection

Senior Care At Wishard's Healthy Living Program • Issue 33 • Summer 2007

The Right Diet: *Summer treats that are healthy to eat*

By: Lauren Nikides, Communications Intern for Senior Connection

A healthy and fun way to enjoy food this summer is to add fresh fruits to just about any dish. Fresh fruits are not only a sweet treat but also provide an extra bonus of great nutrition as well. Plant nutrients such as antioxidants, also found in tea leaves, red wine and dark chocolate, are said to have protection against cancer. They are also a source for important vitamins, minerals and fibers that are key for older adults. Keep in mind the old saying, "An apple a day keeps the doctor away."



Smart food of the season:

This summer season try strawberries! They are the most popular berry in the U.S. and for good reason. One cup of strawberries provides over 100 percent of the amount of Vitamin C needed daily, not to mention they are packed full of antioxidants, Vitamin K, manganese and dietary fiber. However, when picking out strawberries go for those organically grown because of the pesticide residue found on many strawberries. Also keep in mind strawberries are in season from April until July. During this time they cost less and taste even better!

Tips to try:

- Cut up fresh fruit to create a fruit salad that is colorful and full of nutrients.
- Keep out a bowl of fresh fruit to munch on during the day.
- Try fresh fruit in yogurt, shakes and cereal.
- Add fresh fruit to a salad, such as grapes, orange slices or strawberries.
- Make a healthy dessert by cutting up fruit and dipping it in a fresh fruit dip.

Fresh Fruit Dip:

- 1 8-ounce carton plain low-fat yogurt
- 1/4 cup unsweetened apple sauce
- 1 tablespoon powdered sugar
- 1/2 teaspoon vanilla
- 1/8 teaspoon ground cinnamon, nutmeg, or ginger

Directions:

Combine above ingredients in a bowl and serve fruit with toothpicks for dipping. Makes 6 (3 tablespoons) servings.

Social Matters: *Ways to keep cool as the weather heats up*

By: Haley Campbell, Senior Care MSW Student

Summer is here! Spending time outdoors with family and friends is one of the best parts of the season, but the weather can take a toll on your body. It is important to take the right steps before and during your outdoor activities to avoid the effects of heat. Here are some tips to keep cool:

- Don't rush. The faster you move, the more your body temperature rises.
- Enjoy activities in cool places that provide shade from the sun.
- Have someone check in with you at least twice a day.
- Avoid foods that are served hot. Eat cooler-temperature foods such as fresh fruit, salads and vegetables instead.

- Another good choice for staying cool is enjoying 100 percent fruit popsicles.
- Drink plenty of fluids even if you are not thirsty, at least six to eight glasses a day if possible. Water, juice and Gatorade are the best choices. It is best to avoid alcoholic beverages and caffeine.
- Wear lightweight, light-colored, loose-fitting clothing. Cotton will let air in and release heat.
- Wear sunscreen (SPF 30 or greater recommended), a hat, lip balm with sunscreen and sunglasses when possible.
- Talk with your doctor. Signs of dehydration or over-

See KEEP COOL on page 2...



Water aerobics is a wonderful way to combine exercise and a cool dip in the pool this summer.

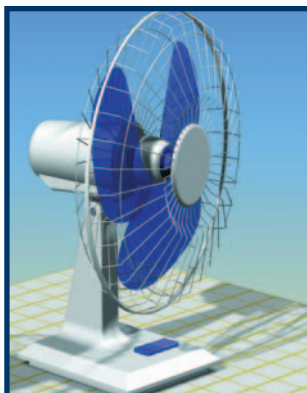
Keep Cool continued from page 1

heating are less obvious in older adults due to aging, medications and other health conditions.

- Avoid being outside from 10 a.m.- 2 p.m. when the sun is at its peak.
- If it is too hot, consider going to a cool, safe place like a library, senior center or mall.

Signs of heat exhaustion: Fatigue, weakness, nausea, heavy sweating or not sweating, rapid heart rate, confusion, or fainting.

What to do if it happens: Get to a cool place (if possible) and drink cold water. Apply a cold washcloth to your skin and call for medical assistance if necessary.



Need a fan or air conditioner?

Call the Communication Action Program of Greater Indianapolis Summer Cool Program at 396-1790 for more information. There are eligibility requirements.

Ask the Doctor: Could you have a hearing problem?

By: Donna Segal, Doctor of Audiology

Do you mix up words when someone is speaking to you?

Do you miss parts of sentences when it's noisy and don't ask people to repeat themselves?

Do you nod instead of asking people to repeat themselves during conversations?

If so, you may be experiencing hearing loss which can cause frustration to you and your family. Turning the television volume up, having others speak loudly during phone conversations and often asking others to repeat themselves are all signs of a hearing problem.

Older adults should have their hearing checked yearly. The fact remains, though, that most people don't tell their doctor for five to seven years after they first experience symptoms. Below are treatable symptoms of hearing loss:

- Ear pain
- Drainage from the ear
- An odor from the ear
- Dizziness
- Hearing loss that changes daily, weekly or monthly
- Hearing loss that is worse in one ear than the other
- Hearing loss that is quickly getting worse
- Ringing that is worse in one ear than the other
- Sudden hearing loss

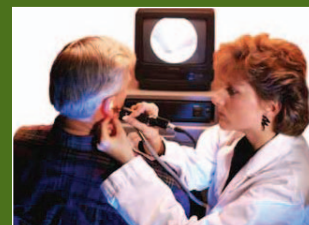
Contact your family physician to schedule a hearing test. They will evaluate you and refer you to an audiologist if needed.

If you have any questions, please call Donna Segal, doctor of audiology, at University Otolaryngology Associates at 274-6697 or the Senior Connection Resource Line at 630-8790.

TIPS ON HEARING LOSS

Medicare should cover a hearing test one time per year.

Build up of earwax can make hearing worse. You should use a mixture of half distilled water and half white vinegar to clean out your ears, not cotton swabs.



Most theatres and churches have assisted listening devices.

Pharmacy Facts: *The inside scoop on seasonal allergies*

By: Keely Hahn, PharmD Candidate, Butler University and Noll Campbell, PharmD, CGP, FASCP, Clinical Specialist, Wishard Health Services

Seasonal allergy symptoms can be caused by pollen or mold released into the air by weeds, flowers, trees and grass. Allergy sufferers may experience a runny nose, watery eyes, sneezing, and itchy nose, eyes or throat. Pollen causes the release of a chemical called histamine that causes the blood vessels in the sinuses to get bigger. There are many products that treat allergy symptoms, but they can cause side effects so it's important to know how they affect you before taking them.

Older adults are more sensitive to medications and more likely to have bad reactions from taking them. These effects can include: memory impairment, confusion, drowsiness, dizziness, trouble urinating, dry mouth, constipation, nightmares, irritability and unusual restlessness.

Some common allergy medications to treat symptoms are antihistamines. There are two types: the first discovered and the newer antihistamines. The first discovered are more likely than the newer antihistamines to cause sedation, memory impairment and confusion. Diphenhydramine is the most sedating type and is often not the best choice for older adults. Newer antihistamines can be less sedating and are good medications for those 65 and older. See the different antihistamines, decongestants, and sinus and allergy medications in the corresponding table on the right.

Nasal sprays are available over the counter and can be used for seasonal allergies. If you choose a nasal spray, it needs to be used many times a day and you must begin use when your signs and symptoms first start. Fluticasone (Flonase®) is a steroid available as a prescription nasal spray that reduces inflammation in the nose and decreases drainage and mucus. It may cause headaches, nosebleeds and throat discomfort, but these and other serious symptoms are rare.

Decongestants also reduce symptoms by decreasing mucus. Pseudoephedrine (Sudafed®) and phenylephrine (Sudafed PE™) are decongestant pills. They are known to raise blood pressure and can cause a caffeine-like effect and should not be taken if you have high blood pressure. You can also get decongestants as a nasal spray, but you should not use it for more than three to four days.

Taking many different drugs can cause bad reactions and should be considered before trying anything new. Talk with a doctor or pharmacist about your medications and allergy solutions.

FIRST ANTIHISTAMINES

(generic name)	(trade name)
Diphenhydramine	Benadryl®, Diphenhist®
Doxylamine	Unisom®
Clemastine	Contact®, Tavist®
Chlorpheniramine	Chlor-Trimeton®
Brompheniramine	Lodrane®

NEWER ANTIHISTAMINES

(generic name)	(trade name)
Loratadine	Alavart™, Claritin®
Fexofenadine *	Allegra® *
Cetirizine *	Zyrtec® *
Desloratadine *	Clarinex® *

DECONGESTANTS

(generic name)	(trade name)
Pseudoephedrine tabs	Afrin®, Sudafed®
Phenylephrine tabs	Sudafed PE™
Phenylephrine spray	Afrin® 4-Hour, Neo-Synephrine®
Oxymetazoline spray	Afrin®, Neo-Synephrine® 12-Hour

SINUS/ALLERGY COMBINATION PRODUCTS

(generic name)	(trade name)
Chlorpheniramine; phenylephrine	Actifed® Cold and Allergy
Chlorpheniramine; ibuprofen; and pseudoephedrine	Advil® Allergy Sinus
Acetaminophen; diphenhydramine; and pseudoephedrine	Benadryl® Allergy and Sinus Headache
Brompheniramine; pseudoephedrine	Dimetapp® Cold and Allergy
Chlorpheniramine; pseudoephedrine	Sudafed® Sinus and Allergy
Acetaminophen; chlorpheniramine; and pseudoephedrine	Triaminic® Cold, Allergy and Sinus (also Tylenol® Allergy Sinus)
Acetaminophen; diphenhydramine; and pseudoephedrine	Tylenol® PM Allergy Sinus
Acetaminophen; dextbrompheniramine; and pseudoephedrine	Drixoral® Allergy Sinus

* Available as a prescription only





Mark the date and plan to join us!

Healthy Older People's Program (HOPP) on September 14 at the Primo South Banquet Hall, 2615 National Avenue.

- \$6 in advance or \$8 at the door
- Cost includes continental breakfast and lunch (served)
- Speakers and information with prizes
- Dick Wolfsie of WISH TV/Channel 8 and author, David Smith

Senior Expo on October 5 at the Indiana State Fairgrounds - Blue Ribbon Pavilion

- FREE Admission
- FREE Parking
- Antique Appraisals
- Health Screenings
- Massages
- Win Prizes
- Cooking Demonstrations with Chef Wendell Fowler
- Dozens of Local Exhibitors
- FREE Flu Shots Sponsored by Anthem Blue Cross and Blue Shield and Administered by Visiting Nurses Service, Inc.

For more information call Senior Connection at 630-8790, Monday - Friday, 8:30 a.m. to 4:30 p.m.

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Note to our readers: This newsletter is not intended to provide medical advice, which should be obtained directly from your physician. If you no longer wish to receive this mailing, please call 317-630-8790.

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