

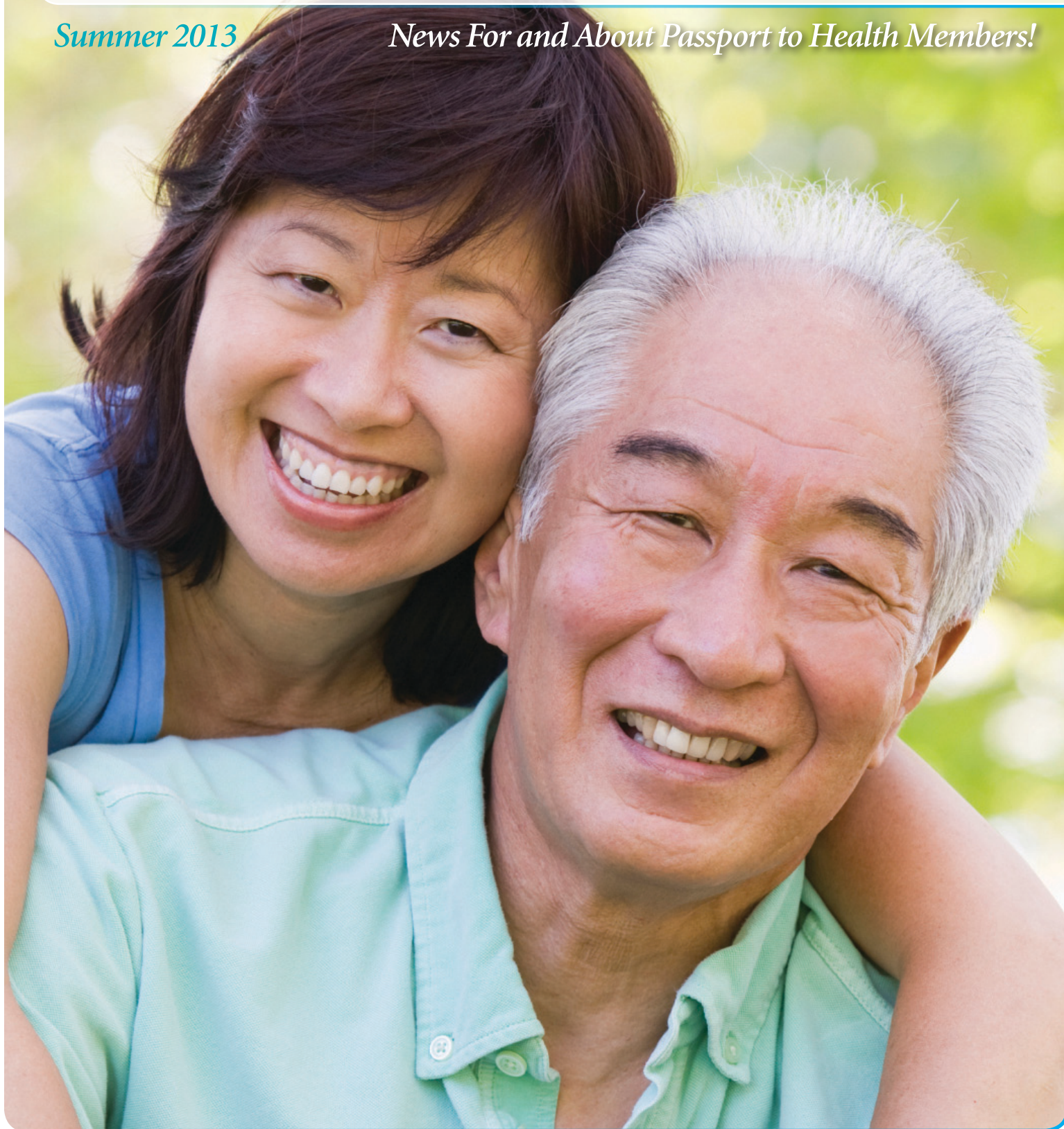


CAPE FEAR VALLEY
PASSPORT TO HEALTH

PASSPORT *to* HEALTH

Summer 2013

News For and About Passport to Health Members!





CAPE FEAR VALLEY PASSPORT TO HEALTH

Passport To Health is a program for members ages 50 and better.

OFFICE

Passport To Health
3522 Village Drive
Phone: (910) 615-4600
Fax: (910) 615-5385

Office hours vary.
Please call before stopping by.

MAILING ADDRESS

Cape Fear Valley Health
Attn: Passport To Health
P.O. Box 2000
Fayetteville, NC 28302-2000

EDUCATIONAL TOPIC LINE

For the topic of the month to be presented at Passport To Health's monthly educational meeting and other upcoming events, please call (910) 615-4468.

This newsletter is published by the Marketing and Outreach Department of Cape Fear Valley Health System for Passport To Health members, physicians, senior centers and community agencies.

Editor: Anna Ackerman
Passport To Health Manager
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This educational information is provided to supplement the care provided by your physician. It is not intended to be substituted for professional medical advice. Always consult your physician with any questions you may have regarding a medical condition.



RIBBON WALK & RIDE

to benefit CAPE FEAR VALLEY HEALTH FOUNDATION'S
FRIENDS of the CANCER CENTER

SATURDAY, SEPT. 21, 2013

Register Today!

www.ribbonwalkforcancer.org

Pick up a packet at the Passport To Health office
at 3522 Village Drive or the
Foundation office at 101 Robeson Street

For more information call 615-1434

Proudly presented by:





Dear Friends,

There's nothing like seeing your son walk up the aisle with his new bride to make you feel old.

In June, my oldest son got married, and while I was happy for him and his new bride, I couldn't help feel a little wistful. It seemed like yesterday he was just starting kindergarten. I'll be repeating that scene in October when my "baby" gets married. I don't know if it will be easier the second time around or harder.

Looking in the mirror while getting ready for the wedding, I noticed every little line around my eyes. My friends say I am too critical of myself. Are you?

Our face is the image we project to the world. And age has a way of drawing lines and producing blemishes that we don't want. If you look several years older than friends your same age, you may worry about your health and longevity.

Experts point out unhealthy habits, like smoking and getting too much sun, that will definitely bring about premature aging of both the face and the body. Cigarette smoking destroys collagen in skin tissue, resulting in sags and leathery wrinkles. It is also a major cause of heart disease, emphysema and cancer.

Excessive exposure to the ultraviolet rays of the sun greatly increases the risk of skin cancer and can cause photoaging. Photoaging produces some of the same leathery wrinkles as cigarette smoking plus freckles, sunspots and actinic keratoses – some of which can be pre-cancerous. The answer is to avoid excessive sun exposure and to wear sunscreen when you do venture out.

Muscle loss is something else we all experience with age, and it can cause weakness in the legs and make walking difficult. By age 70, 35 percent of seniors show changes in gait; by age 85, gait change is virtually universal. You can read more about this topic on page 4.

Any exercise is helpful, but strength training with weights or resistance bands is best to build muscle mass and strength. Studies have shown benefits of resistance training even for men and women in their 80s and 90s. Stretching also becomes more crucial in helping maintain flexibility during the senior years.

Our Members On The Move topic this quarter is strength training (see page 7). If you're concerned about preserving your muscle strength (and who isn't), you won't want to miss this session.

Every milestone, every birthday reminds us that we're getting older. Let's remember that our true age is not reflected in the gray hairs, lines and wrinkles we see in the mirror, but the nutrition and activity we have given our heart, lungs, bones and muscles.

ANNA ACKERMAN, PASSPORT TO HEALTH MANAGER



ARE YOUR *legs* GETTING *weaker?*

Do you have a hard time getting up from the couch? Do your legs feel rubbery after playing nine holes of golf?

There are many reasons that your legs might feel weak or tired, and most of them involve medical conditions and disorders that occur more frequently in older individuals. That doesn't mean, however, that you should give up and stay in your rocking chair.

The wobbly legs you're feeling on the golf course could simply be a natural consequence of doing too much at one time without proper preparation. After extended inactivity, muscle strength and stamina are

slower to return at age 70 than at age 50. Ultimately, what you need, though, is more activity, not less, to get you in shape.

Age-Related Weakness

Age-related weakness occurs frequently in the quadriceps muscles at the front of the thigh. The cause is not always clear, but the progressive weakness affects many basic activities – standing up, sitting down, getting out of a car and climbing stairs. Weak quads can slow you down in nearly all everyday activities and affect your gait and balance, making you more vulnerable to falls.

Arthritis Can Make Things Worse

When you struggle getting up from your chair, you may think it is arthritis creeping up on you. And inflammation in the knee joint, caused by osteoarthritis or rheumatoid arthritis, can cause weakness as well as stiffness in the thigh muscles.

It works the other way around, too: muscle weakness puts extra stress on the knee joint, causing arthritis-like symptoms or making existing arthritis worse.

Weakness and stiffness in the legs can quickly cause a downward spiral of immobility. Movement hurts, but lack of movement makes things worse. And eventually it becomes difficult to move at all.

It's now known that the best way to prevent or relieve the effects of arthritis is to exercise regularly – strengthening and stretching the muscles needed to support and protect the joint. If you have osteoarthritis or rheumatoid arthritis, you should talk to your doctor about what activities are best for you. But the need for regular physical activity is crucial.

Could It Be A Pinched Nerve?

One very common reason for loss of strength in leg muscles is that a nerve has been pinched or compressed as it exits the spinal cord.

The sciatic nerve, for example, passes down the back of your leg. Compression of the nerve in the vertebrae of the lower back or the muscles of the hip or thigh can cause pain, numbness and tingling anywhere along the path of this long nerve. In some cases, compression of leg nerves can also cause atrophy of muscles, leading to weakness and injury.

The pain and tingling caused by a compressed nerve may prompt you to quit using the affected limb, but that is a big mistake. Low-impact cardiovascular exercise such as walking can help reduce the inflammation that is irritating the nerve.

It's also important to stretch the muscles in the area – the hamstrings at the back of the thighs and the piriformis muscle around the hip and lower back. Keeping these muscles toned and supple is the key to preventing nerve-related leg pain.

Peripheral Arterial Disease

Diseased arteries in the leg (peripheral artery disease or PAD) can cause pain in the leg (usually the calf).

This typically occurs after you've walked a certain distance or for a certain period of time. It's a sign that blood is not flowing through the arteries fast enough to nourish the muscles.

Also known as intermittent claudication, peripheral artery disease requires medical treatment. If the arteries in your legs are clogged, there is a good chance that blood vessels closer to your heart may be affected as well. See your doctor for testing and treatment.

Stretch And Strengthen

By now, you've probably noted the pattern. Even though weak, stiff, tired and painful muscles seem to be crying out for rest, they are better off staying in action.

To counter the effects of age- or illness-related loss of muscle mass and strength, most guidelines recommend two to three days a week of strength training with weights or resistance bands for all seniors as part of a comprehensive exercise program. For the quadriceps muscles in the thighs, lunges and squats are effective exercises.

Or, while holding the back of a chair for balance, lift one leg at a time to the side, hold it and then slowly lower it to the floor. Then lift one leg at a time straight back without bending your knee or pointing your toe. Bend your knee and slowly bring your heel up as far as you can toward your buttock. Hold for one second, then slowly lower the leg to the floor and repeat with the other leg.

With each passing year, stretching becomes increasingly important to counteract the stiffening of ligaments and tendons. Static stretches involve slowly lengthening a muscle, holding it for 20 to 30 seconds, relaxing it and then repeating several times. Dynamic stretches involve swinging a limb through a range of motion.

If you have arthritis or another medical condition that's affecting your strength and mobility, you may need the help of a physical therapist to devise the right combination of exercises.

Whatever your age, whatever your specific problem, the important thing is to keep moving. The battle against weak, stiff muscles may be the most important of your senior years. Don't lose it.



Straighten Knee (Quad Set)

Perform this exercise while lying on your back in bed or on the floor.

DESCRIPTION:

1. Lie on firm, smooth surface.
2. Keep leg in contact with surface throughout exercise.
3. Tighten the muscle on front of thigh straightening knee by pushing down with knee and attempting to lift heel.
4. Hold.
5. Relax and repeat.

WHAT SHOULD I FEEL? Tightening on front of thigh

FREQUENCY: 3 sets of 10 repetitions, 2 times per day

ADDITIONAL WEIGHTS? None. Hold for 5 seconds each

DESIRED EFFECT: Increase muscle strength



Straight Leg Raise

Perform this exercise while lying on your back in bed or on the floor.

DESCRIPTION:

1. Lying on firm, smooth surface.
2. Bend knee resting foot on surface.
3. Tighten muscles on front of thigh and lift leg 12 - 18 inches off surface, keeping knee straight and hold.
4. Slowly return to starting position keeping knee straight.
5. Relax and repeat.

WHAT SHOULD I FEEL? Tightening on front of knee and thigh

FREQUENCY: 3 sets of 10 repetitions, 2 times per day

ADDITIONAL WEIGHTS? None. Hold for 5 seconds

DESIRED EFFECT: Increase muscle strength



Standing Lateral Leg Raises / Hip Abduction

Target Area: Hip

DESCRIPTION:

1. Stand with good erect posture next to chair used for balance.
2. Take leg out to side keeping upright position
3. Slowly return to the starting position
4. Relax and repeat

WHAT SHOULD I FEEL? Tightening of outside of hip

FREQUENCY: 3 sets of 10 repetitions, 2 times per day

ADDITIONAL WEIGHTS? None

DESIRED EFFECT: Increase muscle strength

exercises

Standing Backward Leg Kicks (Extension)

Target Area: Hip

DESCRIPTION:

1. Stand with good erect posture next to chair or wall used for balance.
2. Keep knee straight throughout exercise.
3. Push leg back.
4. Slowly return to the starting position.
5. Relax and repeat

WHAT SHOULD I FEEL? Tightening behind thigh

FREQUENCY: 3 sets of 10 repetitions, 2 times per day

ADDITIONAL WEIGHTS? None

DESIRED EFFECT: Increase muscle strength



Get in on the action!

Learn more strength training exercises at the next Members On The Move session.

The next session is:

Friday, October 11

9:30 – 10:30 a.m.

Medical Arts Center, Room 102

101 Robeson Street

Register!

Register by calling 615-4600.

New Members On The Move participants will receive a free T-shirt or hat.



The following participants completed their exercise logs:

Wanda Blanton

Lora Carter

Pauline Crayton

Alice Holt

Irmgaard Maly

Maurice Suggs

Gail Terwilliger

Girleta Vestal



UPCOMING *events*

Monthly Luncheon & Dinner Programs

All luncheon and dinner programs are held in the Cape Fear Valley Rehabilitation Center Auditorium, located behind Cape Fear Valley Medical Center. Free parking is available in the Employee Parking Lot, located at the corner of Melrose and Walter Reed roads, with shuttle service provided to the door.

To allow our catering staff to get ready, doors will open at 11 a.m. for the luncheons and 5 p.m. for the dinners. We regret we cannot allow early entry.

Mail your registration form and payment to Passport To Health, Cape Fear Valley Health System, P.O. Box 2000, Fayetteville, NC 28302-2000. To receive a refund, cancellations must be made by the reservation dates listed below.

September

Tuesday, Sept. 9 • 11:30 a.m.
Registration deadline is Aug. 30

Monday, Sept. 30 • 5:30 p.m.
Registration deadline is Sept. 23

Mediterranean Diet & Heart Health

Speaker: Sara Butler, MS, RD, LDN,
Cape Fear Valley Dietician

October

Monday, Oct. 14 • 5:30 p.m.
Registration deadline is Oct. 7.

Monday, Oct. 21 • 11:30 a.m.
Registration deadline is Oct. 14.

Osteoporosis

Dinner Speaker: Karen Jones, M.D.
Cape Fear Orthopaedic Clinic, P.A.

Lunch Speaker: TBA

SEPTEMBER EDUCATIONAL PROGRAM REGISTRATION FORM

Member's Name: _____

Spouse's Name: _____

Phone #: _____

Cost: \$7.25 per person

___ **Luncheon Session: Sept. 9**
Registration Deadline is Aug. 30, 2013

___ **Dinner Session: Sept. 30**
Registration Deadline is Sept. 23, 2013.

OCTOBER EDUCATIONAL PROGRAM REGISTRATION FORM

Member's Name: _____

Spouse's Name: _____

Phone #: _____

Cost: \$7.25 per person

___ **Dinner Session: Oct. 14**
Registration Deadline is Oct. 7, 2013

___ **Luncheon Session: Oct. 21**
Registration Deadline is Oct. 14, 2013.

NOTICE: The Passport To Health office will close daily for lunch from 12:30 to 1:30 p.m.

November

Monday, Nov. 4 • 11:30 a.m.

Registration deadline is Oct. 28.

Tuesday, Nov. 5 • 5:30 p.m.

Registration deadline is Oct. 29.

Diabetes: Prevention and Control

Among those ages 65 and older, 26.9 percent have diabetes. Nationally 79 million people have prediabetes. It turns out that the things you need to do to prevent diabetes are the same things you need to do to control diabetes if you already have it.

Speaker: Dr. Nduche Chika Onyiaso

Cape Fear Valley Diabetes & Endocrine Center

NOVEMBER EDUCATIONAL PROGRAM REGISTRATION FORM

Member's Name: _____

Spouse's Name: _____

Phone #: _____

Cost: \$7.25 per person

— **Luncheon Session: Nov. 4**

Registration Deadline is Oct. 28, 2013

— **Dinner Session: Nov. 5**

Registration Deadline is Oct. 29, 2013.

Seminars & Workshops

Preparing for Medicare Open Enrollment

Wednesday, September 11 • 9:30 a.m.

Medical Arts Center, Room 102

101 Robeson Street

Speaker: Sam Hutchison, LCSW

Senior Health Services

FREE! To register, please call 615-4600.

Carpel Tunnel Syndrome

Friday, November 15 • 9:30 a.m.

Medical Arts Center, Room 102

101 Robeson Street

Speaker: Kimberly A. Barrie, MD

Fayetteville Orthopedics & Sports Medicine

FREE! To register, please call 615-4600.

Senior Day at the Fair

Thursday, September 19

1 – 4 p.m.

Crown Coliseum

301 E. Mountain Drive

Come for Senior Day, Stay for the Fair!

Food • Entertainment • Door Prizes

Exhibitors • Free Admission • Ask a Pharmacist

(bring a list of medications) • Transportation

provided from parking lot to main door

Don't forget to visit the Passport To Health

booth for giveaways and information.



Can You Hear Me Now?

If you've ever strained to hear your dining companion in a crowded restaurant, you're in good company. About a third of individuals between the ages of 65 and 74 have hearing loss. And it increases to almost 50 percent for those over age 75.

Hearing loss related to aging is known as presbycusis. A number of factors contribute to presbycusis, including age, genetics, noise exposure and some chronic diseases like diabetes. Age-related hearing loss tends to affect the high frequency sounds first and progresses into the low frequencies. High frequency sounds include many of the consonant sounds of speech, such as s, h and f.



A high frequency hearing loss is often subtle. One of the first signs may be difficulty hearing in places with background noise, like noisy restaurants, or feeling like people mumble.

Hearing aids can help, but a recent study reported that only about 20 percent of those who could benefit from a hearing aid actually seek help. That's probably a mistake, because several studies suggest that individuals with untreated hearing loss are at a significantly greater risk for depression, anxiety, social isolation and fatigue.

A recent study by Johns Hopkins University reported that individuals with a mild hearing loss are twice as likely to develop dementia compared to individuals with normal hearing. And those with a severe hearing loss are as much as five times more likely to develop dementia.

Take The First Step

Check with your doctor before getting a hearing aid. This step is so important that the Food and Drug Administration requires patients to be examined by a physician, or sign a waiver, before acquiring a hearing aid.

You may have wax build-up in your ears, affecting your hearing. If this is the case, your doctor can remedy the situation. Your doctor will also check to see if there is a medical reason, such as a bacterial infection, eardrum damage or a tumor that is affecting your hearing. If all these causes are ruled out, your doctor will refer you to an audiologist.

An audiologist is a specialist who diagnoses and treats hearing and balance disorders. The audiologist will perform a series of tests in order to determine if you have hearing loss, and possibly why. The testing will include a visual inspection of your ear, as well as repeating words and listening for “beeps” from inside a soundproof room.

Once the tests are completed, the audiologist will show you a graph of your hearing. The graph is known as an audiogram. The audiogram explains what you are able to hear and what you are not able to hear.

Today's Hearing Aids Are Customizable

Once it has been determined that you have a hearing loss, the audiologist may recommend a hearing aid for you based on your listening needs and your lifestyle. A hearing aid is a miniature sound system consisting of a microphone, a receiver, an amplifier and a power supply.

The technology of hearing aids has advanced greatly over the past decade. Older hearing aids simply made all sounds louder, but did not necessarily help with the clarity of sounds or provide any improvement in background noise. Most hearing aids available today are digital. Digital hearing aid technology makes it possible to customize the programming specifically to your hearing loss and your listening needs. It can reduce the presence of background noise while increasing the sound of the person sitting directly across from you. Or it can reduce the sound of wind noise when outside.

Hearing aids come in a number of shapes and sizes. Custom hearing aids are molded to fit in your ear. Some fit completely in your ear canal. These are called CIC. Others fill the entire bowl of the ear. These are called full shell. There are also a number of behind-the-ear hearing aid styles, which require you to wear a small custom ear mold or a small flexible dome in your ear canal.

Most hearing aids are able to communicate wirelessly with remote controls, cell phones, televisions and other devices.

Some insurance companies provide assistance in the purchase of hearing aids. However, Medicare does not pay anything toward the cost of a hearing aid.

Trust Your Audiologist

Adjusting to a hearing aid takes time and effort. In the beginning, you will follow up with your audiologist every few weeks for routine adjustments. The more information you can provide regarding how things sound, what you like and what you don't like, the better your audiologist will be able to customize the hearing aid to your needs. Eventually the hearing aid will become a natural part of your day-to-day life, like your eyeglasses!

at the July Lunch



at the July Dinner





Cardiologists say “Pets Boost Heart Health”

ABOVE: Arlie and Ingrid Smith with Sophie.

UPPER LEFT: Lucia Welch with Micio. **UPPER RIGHT:** D.J. Pete Piner and Etrue with Pepper.



Could owning a dog reduce your risk of developing heart disease?

The journal *Circulation* recently reported that a panel of health experts compiled years of data on the cardiovascular benefits of owning a pet, and found that owning a dog is “probably associated” with the reduced risk of heart disease.

Americans keep about 70 million dogs and 74 million cats as pets. It’s clear that dog owners have more reason to get outside and take walks.

Arlie and Ingrid Smith “inherited” Sophie from their daughter in 2011. Sophie, a small breed called a Papillion, wasn’t used to taking walks. But now she cheerfully accompanies Arlie on one-mile walks at least five days a week.

“It’s been good for us. I’ve lost 10 pounds,” said Arlie.

Studies show that just being in a pet’s presence lowers their owner’s heart rate.

“Several studies showed that dogs decreased the body’s reaction to stress,” says AHA committee leader Glenn Levine, “with a decrease in heart rate, blood pressure and adrenaline-like hormones when a pet is present as opposed to when a pet is not present.”

Lucia Welch has a friendly 14-year-old Maine Coon cat named Micio. She feels cats are also helpful at reducing stress in their owner.

“If I don’t feel well,” said Lucia, “Micio will sit on my lap. He’ll stroke my face with his paw. He’s very good to me. He’s my sweetheart.”

Studies also show that pet owners tend to have modestly lower cholesterol and triglyceride levels as well.

Arlie and Ingrid are believers in the health benefits of pet ownership. They volunteer at Fayetteville Animal Protection Society (FAPS), where they walk the dogs awaiting adoption.

“If you are looking to adopt a pet,” said Ingrid, “check out FAPS first.”

Will bringing a pet into your home make you healthier? Maybe, although some studies suggest that people who adopt pets are generally more active in the first place.

Nonetheless, Arlie, Ingrid and Lucia agree that their furry companions bring them hours of enjoyment.





**CAPE FEAR VALLEY
HEALTH SYSTEMSM**

P.O. Box 2000
Fayetteville, NC 28302-2000

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Discounts *for members*

Present your new 2013 Passport To Health membership card and a photo ID to receive the following discounts. All locations are in Fayetteville unless otherwise specified.



P A S S P O R T T O H E A L T H D I S C O U N T S

Wynnsong 7 Movie Theatre

3039 Boone Trail
All movies \$5.50

Village Coffee House

3037 Boone Trail
15% discount

Apple Crate

3037 Boone Trail
15% discount

Tony's Pizza

2711 Raeford Road
5430 Camden Road, # 103
10% discount

Just Desserts Bakery

314 Hay Street, Fayetteville
15% off single item over \$39.99

Black's Tire & Auto Service

3116 Bordeaux Park Drive (facing
Owen Drive)
10% discount

Wade Hardin Plumbing, Inc.

(910) 486-0334
10% discount

Fast Frame

1800 Skibo Road
20% discount on custom framing

Reilly Road Farmer Market

445 N. Reilly Road
10% discount on produce

Advanced Hearing Care

1665 Owen Drive
25% discount off MSRP
of 2 hearing aids

Roly Poly Sandwiches

306 N. McPherson Church Road
10% discount

Cape Fear Valley Lifeline Personal Emergency Response

(910) 615-6112
First month of service FREE

Ed's Tire & Auto Service

2931 Owen Drive
2577 Hope Mills Road
4775 Yadkin Road
2902 Raeford Road
5061 Yadkin Road
5% discount on parts and labor
*Not valid with other coupons
or oil change specials*

Breathing Space Yoga

1404 Raeford Road
First class FREE

HealthPlex Fitness & Wellness Center

1920 Skibo Road
\$35 Health Enrollment Fee
(*\$45 discount*)

Cape Fear Valley Medical Center & Highsmith-Rainey Cafeterias

15% discount