



CAPE FEAR VALLEY
PASSPORT TO HEALTH

PASSPORT *to* HEALTH

WINTER 2014

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.



Join The Fitness Center For Seniors Who Want More.

MORE EQUIPMENT for seniors, including treadmills, ellipticals and NuSteps.

MORE EXERCISE classes for seniors, including aquatic arthritis, chair aerobics and bone builders.

MORE AMENITIES, including showers, whirlpools, steam rooms and massage therapy.

MORE FACILITIES, including a gym and two pools.

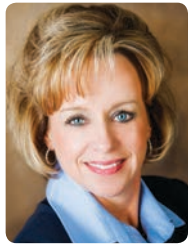
MORE OF EVERYTHING you're looking for.

Stop by for a tour today.

We're located at 1930 Skibo Road
behind Casual Jack's.

CAPE FEAR VALLEY
Health Plex
For Your Health, For Your Life.SM

1930 SKIBO ROAD
FAYETTEVILLE, NC
(910) 615-7539
www.healthplexonline.com



Dear Friends,

It's hard to believe it is 2014 already! Time really does fly when you're surrounded by friends.

Many of you will be renewing your Passport To Health membership within the next few months. I hope you have benefited from the program and will continue your membership.

Among my favorite activities of the Passport To Health program are the monthly luncheon and dinner events. I enjoy seeing old friends and am delighted each month to make some new ones. If you have never attended a luncheon or dinner program, you are missing out.

Why not call a friend and sign up for the next luncheon or dinner together? Or, come alone. Our Passport To Health members are a friendly group and will make you feel welcome.

You can receive your 2014 Registration Booklet simply by filling out the form below and mailing it to the Passport To Health office. The luncheons and dinners are only \$7.25 and include an entrée, salad, dessert and beverage. The food is always plentiful and delicious.

I hope to see you soon!

ANNA ACKERMAN, PASSPORT TO HEALTH MANAGER

Order Your 2014 Luncheon & Dinner Registration Booklet Today!

Please include your Registration Form with your check every month when registering for the Luncheon or Dinner programs. This year, you may register for more than one Luncheon or Dinner program at a time.

2014 LUNCHEON & DINNER REGISTRATION BOOKLET ORDER FORM

Member's Name: _____ Membership # _____

Spouse's Name _____ Phone # _____

Address: _____ City/Zip _____

Mail this completed form to:

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



BP CONTROL

How Are You Doing?

Out of sight, out of mind: that is the attitude of most Americans when it comes to blood pressure. High blood pressure rarely causes any symptoms and, as a result, often goes undetected for many years.

Of the Americans diagnosed with hypertension (more than a third of the population), fewer than half manage to keep it under control. With no pain or other symptoms to worry about, the patient is usually not highly motivated to comply with prescribed medication and lifestyle changes.

Normal blood pressure is defined as a reading below 120/80. Anything higher than those numbers is too high, although hypertension is usually defined as consistent readings of 140/90 or above. Blood pressure varies, of course, from minute to minute depending on what you're doing, your level of stress, the time of day, the outside temperature and many other factors. A

diagnosis of high blood pressure, as a result, is based on an average of many readings over a period of time.

A diagnosis of hypertension can occur at any time during life, but is far more common after age 50. Age-related changes combined with early effects of heart disease may result in:

- Thickening of the heart wall and a slight increase in the size of the heart, particularly of the left ventricle (which pumps blood out to the cells of the body)
- Deposits of lipofuscin, often called the "aging pigment"
- Slight degeneration of heart muscle cells
- Thickening and stiffening of blood vessel walls.

All of these changes force the heart to increase its pumping pressure to keep blood circulating throughout the body.

STEADY RISE THROUGHOUT LIFE

If you checked your blood pressure regularly every day throughout your life, you would probably find a steady increase starting at about age 30. Diastolic pressure (the second number) might increase until age 55 or so and then start to decline while systolic pressure (the top number) begins to rise more steeply.

The result is a widening gap between the two – from 120/80 to 130/70 to 140/65, for example. This gap is known as pulse pressure, and rising pulse pressure is usually a signal of worsening heart disease.

Studies show that among seniors diagnosed with hypertension, about 80 percent have what is known as isolated systolic hypertension – a high top number plus a normal or low bottom number. This is a major risk factor for heart disease.

Although the nurse may inflate the cuff on your arm at every doctor's visit, this is merely a brief snapshot of your actual blood pressure and may reflect some minor stress at having the test, known as "white coat hypertension."

Recent recommendations of the European Society of Hypertension and the European Society of Cardiology stress the value of blood pressure monitoring outside the doctor's office. These readings have been found to be more reliable indications of a person's cardiovascular risks.

Blood pressure monitors can be found in pharmacies, supermarkets and other locations. You might consider buying a home monitor; good ones can be purchased for \$50 or less.

When given a compilation of your blood pressure readings taken at different times of day and under varying conditions, your doctor can then help you draw up a plan for prevention and treatment.

Persons with no other risk factors for heart disease may need only some lifestyle changes. Most of these are changes you should be making anyway for overall good health.

If your body mass index (BMI) is 24.9 or greater, you should make a concerted effort to lose weight. Shedding just 10 pounds can reduce blood pressure by approximately 4 points.

Exercise also lowers blood pressure. Both resistance training and aerobic exercise have been found effective, but any concerted physical activity for 30 minutes or more a day can have a significant effect.

Diet, though, is crucial. And the effect of diet is much stronger in older adults compared to younger adults with hypertension. *continued next page...*

the DASH Diet for High Blood Pressure

The DASH diet is a life-long approach to healthy eating that is designed to help treat or prevent high blood pressure. It emphasizes portion control, eating a variety of foods and getting the right amount of nutrients. DASH stands for Dietary Approaches to Stop Hypertension.

The foods at the core of the DASH diet are naturally low in sodium. The diet emphasizes vegetables, fruit and low-fat dairy and moderate amounts of whole grains, fish, poultry and nuts. Many of the foods are rich in nutrients that help lower blood pressure, such as potassium, calcium and magnesium.

The standard DASH diet aims for consumption of no more than 2,300 milligrams of sodium a day, which is significantly less than the 3,500 milligrams of sodium most American consume in a day.

Many Americans are sensitive to salt, which can be associated with high blood pressure. Salt sensitivity is present in 30 percent of people with normal blood pressure and more than half of those with high blood pressure. It is more prevalent among African-Americans, older persons and individuals with kidney disease and diabetes.



The eating plan most often recommended is the DASH diet, named after the study, Dietary Approaches To Stop Hypertension. For some subjects, this diet lowered their blood pressure as much as their blood pressure medications.

In a follow-up study, the DASH diet was found to be even more effective when sodium intake was limited. Subjects following the DASH diet with 3,500 milligrams of sodium per day had an increase in systolic blood pressure equivalent to .33 mm/Hg per year of life; those following the same diet but taking in only 1,200 milligrams of sodium a day had 0 increase per year of life.

Although all these lifestyle changes are important at any stage, nearly all persons with elevated blood pressure need medication to help control it. For uncomplicated hypertension, diuretics are usually the initial option, but, in most cases, they eventually need to be combined with another medication – beta blockers, calcium-channel antagonists, ACE inhibitors or angiotensin receptor blockers (ARBs). Most of these drugs work well together and are well tolerated.

Even though it does not command your attention, high blood pressure doesn't just go away. Let it creep upward, and it will continue to do so. And uncontrolled blood pressure is a major risk factor for strokes, heart attacks and kidney failure.

Controlling blood pressure is a lifelong task. How are you doing?

2,000-calorie-a-day DASH diet:

GRAINS: 6-8 servings a day (serving size: 1 ounce or ½ cup) with a focus on whole grains

VEGETABLES: 4-5 servings a day (serving size: 1 cup raw leafy greens or ½ cup raw or cooked vegetables)

FRUITS: 4-5 servings a day (serving size: 1 medium, ½ cup fresh, frozen or canned, 4 oz. juice)

DAIRY: 2-3 servings a day (serving size: 1 cup skim or 1 percent milk, 1 cup yogurt or 1-1/2 ounces cheese)

LEAN MEAT, POULTRY AND FISH: 6 or fewer servings a day (serving size: 1-ounce)

NUTS, SEEDS AND LEGUMES: 4-5 servings a week (serving size: 1-1/2 ounces nuts, 2 tablespoons seeds, ½ cup legumes)

FATS AND OILS: 2-3 servings a day (serving size: 1 teaspoon soft margarine, 1 tablespoon mayonnaise, 2 tablespoons salad dressing)

SWEETS: 5 or fewer a week

ALCOHOL: no more than two drinks a day for men, no more than one drink a day for women

SODIUM: 2,300 milligrams of sodium or less a day

Here are some tips to reduce sodium intake:

- Use sodium-free spices or flavorings instead of salt
- Do not add salt when cooking rice, pasta or hot cereal
- Rinse canned foods to remove some of the sodium
- Buy foods labeled “no salt added,” “sodium-free,” “low sodium” or “very low sodium”



Fifteen Minutes of Daily Exercise May Prolong Your Life

Many people believe that one has to be a marathon runner or extreme fitness enthusiast to make a difference. But a recent study published in the journal Lancet found that performing just 15 minutes of moderate exercise every day can extend an individual's life.

Researchers at National Health Research Institutes in Taiwan surveyed 416,000 adults on how much exercise they did in the previous month. The researchers divided the respondents based on their answers into groups ranging from inactive to highly active and tracked their progress for about eight years.

Those who exercised for 15 minutes every day or 90 minutes per week lowered their risk of death by 14 percent and extended their life expectancy by three years compared with people who did not exercise. Each additional 15 minutes of exercise further cut the risk of death by 4 percent compared with those in the group that did not exercise.

Passport To Health members who have joined Members On The Move have already committed to increasing their activity. You can attend a session on April 11, at 9:30 a.m., at the Medical Arts Center conference room. Exercise physiologists from HealthPlex will present "Range Of Motion and Flexibility." You'll learn why it is so important to maintain range of motion and flexibility, as well as exercises you can do at home to maintain and improve joint mobility and flexibility.

Get in on the action!

You can join **Members On The Move** at any time. The next session is:

Friday, April 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 and Chair Aerobics video.

The following participants completed their exercise logs:

Lora Carter
Shirley Reynolds



Passport to Health
MEMBERS on the *move*



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.

Make checks payable to Passport To Health. 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 deadlines listed below.

February

Monday, Feb. 3 • 11:30 a.m.
Registration deadline is Jan. 27.

Tuesday, Feb. 25 • 5:30 p.m.
Registration deadline is Feb. 18.

Topic: What To Expect From EMS When An
Emergency Occurs

March

Monday, March 3 • 11:30 a.m.
Registration deadline is Feb. 24.

Monday, March 31 • 5:30 p.m.
Registration deadline is March 24.

Topic: Peripheral Vascular Disease
Speaker: Grant Yanagi, M.D.
Valley Radiology

FEBRUARY EDUCATIONAL PROGRAM REGISTRATION FORM

Member's Name: _____

Spouse's Name: _____

Phone #: _____

Cost: \$7.25 per person

____ **Luncheon Session: Feb. 3**
Registration Deadline is Jan. 27, 2014.

____ **Dinner Session: Feb. 25**
Registration Deadline is Feb. 18, 2014.

MARCH EDUCATIONAL PROGRAM REGISTRATION FORM

Member's Name: _____

Spouse's Name: _____

Phone #: _____

Cost: \$7.25 per person

____ **Luncheon Session: March 3**
Registration Deadline is Feb. 24, 2014.

____ **Dinner Session: March 31**
Registration Deadline is March 24, 2014.

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

April

Tuesday, April 8 • 11:30 a.m.
Registration deadline is April 1.

Tuesday, April 29 • 5:30 p.m.
Registration deadline is April 22.

Topic: The Agony of the Feet
Speaker: Daniel Laut, D.P.M.
Cape Fear Podiatry Associates

APRIL EDUCATIONAL PROGRAM REGISTRATION FORM

Member's Name: _____

Spouse's Name: _____

Phone #: _____

Cost: \$7.25 per person

— **Luncheon Session: April 8**

Registration Deadline is April 1, 2014.

— **Dinner Session: April 29**

Registration Deadline is April 22, 2014.

Seminars & Workshops

Healthy Recipe Demonstration

Thursday, May 15 • Noon – 1 p.m.

HealthPlex, Classroom C

1930 Skibo Road, located behind
Casual Jack's, turn at Pep Boys

Presenter: Carla Caccia, RD, LDN,
Cape Fear Valley HealthPlex Dietitian

Recipe: Lentil Tacos

FREE! To register, please call 615-4600.



at the December Luncheon & Dinner



HAPPY HOLIDAYS!

At the December Passport To Health luncheon, members were treated to holiday musical performances. In addition, poinsettias were given away as door prizes.



Senior Health Services

PRIMARY CARE JUST FOR SENIORS

Not every doctor who practices medicine has the special knowledge required to treat geriatric patients. Treating patients age 60 or older is a specialized field.

Geriatric physicians receive the specialized training necessary to work with the complex healthcare needs of seniors. They first attain their medical degrees and residency training. The physicians then undergo an additional one- or two-year fellowship.

Physicians in the field will have substantial experience with conditions common to older patients, such as heart disease, diabetes, high blood pressure, osteoporosis, stroke and depression.

Senior Health Services is Cape Fear Valley's geriatric practice. It is located in downtown Fayetteville in the Medical Arts Center on Robeson Street. Its office has amenities for older patients, such as wheelchair accessibility and low exam tables.

Three fellowship-trained geriatric physicians are on staff, as well as a clinical social worker. They work with patients who may have chronic conditions and specialized needs.

New patients first undergo a medication review, because some can have 15 to 20 different medications. Many of these can interact with each other.



Since Senior Health Services physicians are primary care physicians, they are adept at providing preventive healthcare. This can include regular screenings and exams, such as bone mineral density scans, mental status exams and depression screening, based on the patient's medical history.

Geriatric patients can suffer from dementia and Alzheimer's disease, similar diseases

that place extraordinary demands on families. Sam Hutchison, LCSW, Manager of Senior Health Services, says his practice's social worker can work with family members on long-range planning to increase the patient's health and independence.

The social worker can also provide valuable patient resources and with referrals to a nursing home or an assisted living facility.

Senior Health Services physicians can provide continuous care to many of these patients, because the physicians make patient visits to many area skilled nursing facilities.

"Patients want that continuity of care," says Hutchison.



Ram Bongu, M.D.



Ifeyinwa Okonkwo, M.D.



Adebukola Taiwo, M.D.

To learn more about Senior Health Services or make an appointment, please call (910) 615-1630 or visit www.capefearvalley.com/practices/geriatrics.html.

5 LIFESTYLE BEHAVIORS that Ward Off *DEMENTIA*

If a medicine or vitamin could reduce the risk of dementia, it would surely be a best seller.

However, reducing your risk of dementia may be as easy as exercising regularly and eating healthfully.

Researchers at Cardiff University School of Medicine analyzed 35 years of data (1979-2004) on 2,235 men ages 45 to 49. The researchers collected data on diabetes, heart disease, cognitive impairment, cancer and mortality.

The researchers identified five healthy behaviors as most essential for staving off disease and mortality:

Exercise regularly

Follow a healthy diet

Keep your body weight low

Limit your alcohol intake

Don't smoke

Men who adhered to four or five of these healthy behaviors were 60 percent less likely to develop

dementia and 70 percent less likely to develop diabetes, heart disease and stroke, compared to men who did not adhere to any of the behaviors. Exercising regularly was most greatly tied to a reduced risk of cognitive decline and dementia.

Doug Brown, director of research and development at the Alzheimer's Society, says that researchers, "have known for some time that what is good for your heart is also good for your head, and this study provides more evidence to show that healthy living could significantly reduce the chances of developing dementia."

Researchers at Rush University Medical Center published a study in the journal *Neurology* that suggested that even everyday activity – such as gardening, cooking, and even moving around the house – may reduce the risk of Alzheimer's disease in the elderly.



Alcohol

FRIEND *or* FOE?

Alcohol is a potent toxin that is capable of damaging the brain, the liver and most other organs. At the same time, studies have consistently found that moderate drinkers live longer and have better cardiovascular health than abstainers or heavy drinkers.



After age 65, the balance between benefit and risk becomes even finer.

Persons who have been heavy drinkers all their lives suddenly find they can no longer handle as much alcohol and put themselves at risk of accidents as well as health problems. Because of social and emotional issues that surface, some seniors become vulnerable to alcohol dependency. And even moderate drinkers may experience problems such as drug/alcohol interactions.

One reason for this changing reaction is the cumulative effect of alcohol, which can lead to cancer, liver or brain damage and immune system disorders. In the chronic heavy drinker, for example, the liver may eventually become over-worked or develop alcoholic fatty liver or cirrhosis.

On the same amount of alcohol that caused little or no problem during younger years, a drinker age 60 and over may seem more tipsy and is more vulnerable to accidents, falls and automobile crashes. Forgetfulness and confusion that might be attributed to Alzheimer's dementia could actually be alcohol-related.

One reason may be an increased sensitivity to alcohol in older persons due to changes in metabolism, chronic medical conditions and prescription medications.

The amount of body water declines with aging; this means less dilution of alcohol and a higher blood alcohol concentration with the same amount of consumption. Medications such as diuretics that reduce blood volume can result in even higher blood alcohol concentration. Remember this when you're mixing even modest drinking with driving; you could be over the legal limit without knowing it.

Although two alcoholic drinks a day is considered moderate for younger individuals, the National Institutes of Health (NIH) advises persons age 65 and over to limit themselves to seven drinks a week (one a day) and no more than three on any one day. One drink equals five ounces of red or white wine, 12 ounces of beer or 1.5 ounces (shot) of liquor.

Most seniors take one or more prescription or over-the-counter drugs each day, and this creates an additional red flag.

- Combining alcohol and aspirin increases the risk of stomach or intestinal bleeding.

- Combining alcohol with acetaminophen can cause liver problems.
- Mixing alcohol with the antihistamines found in many cold and allergy medications will make you sleepy.
- Some drug/alcohol interactions can be deadly.
- Finally, alcohol can make some prescription medications either more or less potent.

Aside from some medical conditions, there is no reason that older adults who enjoy drinking should not be able to drink moderately. In fact, moderate drinking increases HDL, the good cholesterol, and insulin sensitivity. On the other hand, guidelines for diseases such as diabetes and hypertension call for a reduced level of consumption.

If you have a chronic disease or take any medications, ask your doctor if it is safe for you to drink. Remember that as we age, drinking alcohol can be like walking a tight rope. We must always balance the benefit and risk.

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CAPE FEAR VALLEY
HEALTH SYSTEMSM

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

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HEALTHY EATING

Red, White & Green Grilled Cheese

NUTRITION FACTS

Calories	254
Total fat	8 g
Saturated fat	4 g
Sodium	468 mg
Fiber	6 g
Protein	17 g
Carbohydrates	29 g



INGREDIENTS

- 1 tsp. garlic, minced (about 1/2 clove)
- 1 small onion, minced (about 1/2 cup)
- 2 cups frozen cut spinach, thawed and drained (or substitute 2 bags (10 oz. each) fresh leaf spinach, rinsed)
- 1/4 tsp. ground black pepper
- 8 slices whole wheat bread
- 1 medium tomato, rinsed, cut into 4 slices
- 1 cup shredded part-skim mozzarella cheese
- Nonstick cooking spray

DIRECTIONS

1. Preheat oven with large baking sheet inside to 400° F.
2. Heat garlic in a sauté pan over medium heat. Cook until soft, but not browned. Add onions, and continue to cook until the onions are soft, but not browned.
3. Add spinach, and toss gently. Cook until the spinach is heated throughout. Season with pepper, and set aside to cool.
4. When the spinach and onions are cool, assemble each sandwich with one slice of bread on the bottom, one tomato slice, 1/2 cup of drained spinach mixture, 1/4 cup of cheese, and add a second slice of bread on the top.
5. Coat the preheated baking sheet with cooking spray. Place the sandwiches on the baking sheet. Bake 10 minutes, or until the bottom of each sandwich is browned.
6. Carefully flip sandwiches, and bake for an additional 5 minutes, or until both sides are browned. Serve at once.

Optional: add a drizzle of balsamic vinegar before serving to give the sandwiches an extra little kick.