

Vaughan Regional Medical Center

HealthPoint

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REGIONAL MEDICAL CENTER
Expert health care, close to home.



Did you know some studies suggest that physical exercise may reduce the risk of Alzheimer's disease or delay onset? Page 4.



As the best-selling Christian music artist in history, Amy Grant has built a long and successful career by creating music that matters. Her 2013 album, "How Mercy Looks From Here," is no exception. Many of the song lyrics were inspired by her mother, who died in 2011. Amy and her husband, Vince Gill, are actively involved in supporting organizations that help raise awareness about dementia.

Amy Grant One Last Lesson

The Heartfelt Story of Her Parents' Dementia

FOR AMY GRANT and her three sisters, the challenges and struggles that come when a parent suffers from dementia are all too familiar. In 2011 they lost their mother, Grace, who was diagnosed with Lewy Brody, the second most common type of progressive dementia after Alzheimer's. Today their father, Burton, suffers from an even more debilitating form of memory loss. The six-time Grammy Award winner recently shared her thoughts about coming to terms with her parents' dementia and the lessons learned along the way.

When did you first notice that something was different with your parents?

Amy: I was home for a visit in 2008. The change in both my parents was so pronounced that I called my manager immediately. I came off the road and stopped touring for a year just to get my bearings straight. My sisters and I just didn't know how much time we had with our mom and dad.

What was your initial reaction?

Amy: I think like most people facing a similar situation, my first thought was "Why?" My sisters and I asked that question time and again. Why did this happen to our parents, two vibrant, intelligent, faith-filled people? There

was no history of dementia in our family. Our grandparents didn't suffer from it. It was a total shock. We had no roadmap. I was frustrated and confused. It was the lowest of the low.



So what did you do?

Amy: All my life I've asked God to lead me to where he needed me. Again and again he's answered that prayer. But this time there were no easy answers. One night I opened up to a trusted friend, telling her my frustrations, my confusion, my guilt, my sense of loss, my anger. She listened patiently, offering suggestions she had learned in the process of losing her own parents. "Amy, this is going to be the greatest walk of faith you've ever had. You can't see the whole picture now, but each day you're going to have to trust God more than you ever have before." Those words really taught me to embrace each moment with my parents, even when there is grief and uncertainty.

How is your dad today?

Amy: He's 83 and lives in a one-bedroom apartment with round-the-clock care. He hasn't known who I am for years. But that doesn't keep him from giving my sisters and me so many life lessons.



PHOTOS COURTESY OF AMY GRANT

A couple of years ago, I took Dad for a walk on the farm. We've got an old log cabin in the back. I took him inside, made a fire, and we sat there like two



kids on a campout. Dad had only spoken a few words that I could understand that day. But then, looking at the fire, he simply said, "Beautiful." Later on, we went outside, stood there, arm in arm, letting a warm late winter sun bathe us. "Beautiful," my father

said again. I guess if you are going to hang on to a short list of words, beautiful is a good one.

What advice do you have for families who are dealing with dementia?

Amy: Everybody's life situation is different. But here are a few tips our family has learned during our journey. First, let the words coming out of your mouth aim you in the direction of finding the good side. Instead of saying why is this happening to our parents, my sisters and I were able to turn a corner and framed the experience in a different way: "This is going to be the last great lesson we're going to learn from our parents. Let's make the most of it." We chose not to see what was happening through the lens of regret; we are seeing it through the prism of life.

Second, support is so important. Find a community of people who really care about your loved one and share the responsibility with them. Surround yourself with people who believe that whatever is happening matters and who see the good coming from it.

Any final thoughts?

Amy: When a loved one has dementia, the journey is filled with a crazy combination of sadness and joy. But just remember—no matter how tough the situation seems, there is always something beautiful happening right before your eyes. My dad taught me that.



Alzheimer's ARE YOU AT RISK?



Alzheimer's and other forms of dementia cause a slow decline in memory and reasoning skills. If you notice any of these symptoms in a loved one, please see a physician.

The 10 Warning Signs

1. Memory loss that disrupts daily life.

Example: Asking for the same information over and over.

2. Challenges in planning or solving problems. Example: Trouble keeping track of bills.

3. Difficulty completing familiar tasks. Example: Can't remember the rules of a favorite game.

4. Confusion with time or place. Example: Forgetting where they are or how they got there.

5. Trouble understanding visual interests or spatial relationships. Example: Difficulty reading or judging distances.

6. New problems in speaking or writing words. Example: Suddenly stops speaking in the middle of a conversation.

7. Misplacing things and losing the ability to retrace steps. Example: Placing things in unusual locations.

8. Decreased or poor judgment. Example: Less attention to grooming and hygiene.

9. Withdrawal from work or social activities. Example: Little or no interest in a favorite hobby.

10. Changes in mood or personality. Example: Increasingly confused, anxious, suspicious or depressed.

Source: Alzheimer's Association



For more information about Alzheimer's and other forms of dementia, go to vaughanregional.com and click on the Alzheimer's link on our home page.

From Our CEO



Here for Our Seniors

by DAVID SIRK, CEO

AMERICA is getting older. Baby boomers, that generation born between 1946 and 1964, started turning 65 in 2011. And every day, about 8,000 more Americans reach that milestone. The challenges of caring for this growing number of seniors are many. For example, the number of people age 65 and older with Alzheimer's is expected to reach 7.1 million by 2025—a 40 percent increase from the 5 million seniors currently affected. And dementia is just one of the health challenges we can face as we grow older. The risk of heart disease, cancer, osteoporosis and other serious medical conditions also increases with age. That's the reason I'm proud to say that Vaughan Regional Medical Center continues to provide a full range of advanced medical services, from diagnostic imaging to cancer diagnosis and treatment, to help seniors in our community enjoy healthier, active lives.



Live It Out

Stay Active to Be Healthy

Can Alzheimer's and other forms of dementia be prevented, delayed or stopped?

THAT QUESTION IS STILL UNANSWERED. Some studies do suggest that physical exercise may reduce the risk of Alzheimer's disease or help delay or slow diseases that cause memory loss and impair mental activity. But nothing has been scientifically proven.



Here's the good news.

REGULAR EXERCISE and other types of physical activity have many benefits for seniors. Exercise stimulates the human brain's ability to maintain old connections and make new ones. It keeps your heart healthy and improves circulation.

Despite these benefits, too many seniors are still inactive. A report by the National Institutes of Health found that only about 25 percent of people between the ages of 65 and 74 actually engage in regular exercise. That number drops to 11 percent once people reach 85 years of age.

So what should be your exercise goal if you're over 65, generally fit and have no limiting health conditions?

1 150 MINUTES OF AEROBIC EXERCISE PER WEEK.

Aerobic exercise is anything that gets your heart pumping faster and your lungs breathing harder. So take a walk, start swimming, or join a dance class.

Just 30 minutes a day, five days a week and you've met your goal.

2 STRENGTH TRAINING EXERCISES TWICE A WEEK.

Lifting weights, pushups, and yoga are three ways you can strengthen your muscles and prevent muscle loss. Just be sure to work out all of your muscle groups: legs, hip, back, chest, abdomen, shoulder and arms.

It's never too late and you're never too old to get off the couch and start moving and improving your overall health! Source: CDC



SENIOR HEALTH *Checklist*

AS WE GROW OLDER, a yearly physical exam becomes more and more important. That's because seniors generally have more health concerns that may need additional monitoring. The following routine tests are recommended by the American Medical Association as part of your annual physical.

For Men & Women

- Blood Pressure:** High blood pressure or hypertension is an indicator of heart disease.
- Height:** A decrease in height can be a sign of osteoporosis.
- Weight:** Significant weight loss can indicate a serious illness.
- Blood Work:** To check for diabetes as well as thyroid, kidney and heart problems.
- EKG:** Done every two to three years to check the health of your heart.
- Colorectal Cancer Exam:** Talk to your personal physician about which of these options is best, starting at age 50:
 - ▶ *Fecal Occult Blood Test* (once a year),
 - ▶ *Flexible Sigmoidoscopy* (every two years),
 - ▶ *Colonoscopy* (every 10 years).
- Bone Density Test:** To check the risk of osteoporosis in all women age 65 and older and all men 70 and older.

For Men

- Prostate Cancer Exam:** Talk to your physician about whether you should have a prostate exam and a PSA blood test.

For Women

- Mammogram:** Recommended yearly exam for all women in good health starting at age 40.

Source: American Medical Association

 Would you like to have a physical exam but don't have a primary care physician? No problem! Just go to vaughanregional.com for a complete list of our internal medicine and family practice physicians. Or call 334-418-4100.



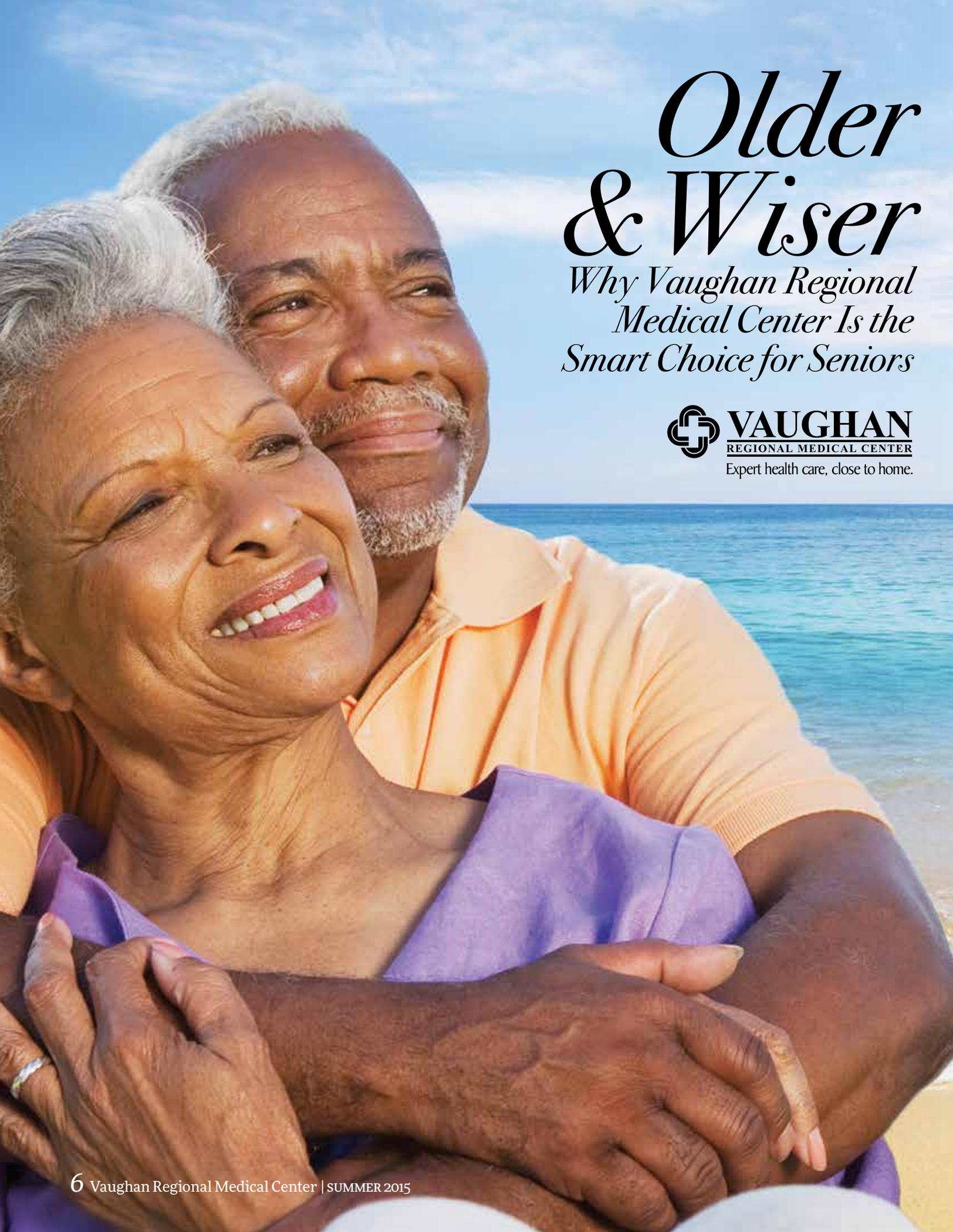
HOW TO KNOW WHEN SENIORS NEED HELP

9 Signs It Might Be Time for Assisted Living

For any family it's a difficult situation. A senior loved one has been doing quite well living alone, either at home or in an independent living facility. But slowly, over time, signs begin to appear that seem to indicate additional assistance is required. There are many factors to consider—physical, emotional and financial—when making this decision. A good first step is to have an honest discussion with your loved one's primary care physician.

HERE ARE 9 SIGNS to look for when deciding if a senior may need additional assistance:

- 1) Accidents or falls:** Often caused by poor vision or a lack of balance, falling is a serious concern for seniors. 9 out of 10 hip fractures in older Americans are the result of a fall.
- 2) A slow recovery** from illness or chronic health condition that continues to get worse.
- 3) Unable to manage** daily activities such as dressing, cooking, doing laundry, or driving.
- 4) Changes in physical appearance:** An unkempt appearance, dirty clothes or body odor can indicate memory loss or depression.
- 5) Weight loss:** Sudden weight loss can be a serious cause of concern and a sign of depression, dementia, loss of appetite or cancer.
- 6) Weight gain:** This can be a sign of diabetes or dementia.
- 7) Increasing fragility:** For example, an increasing lack of balance or a hard time rising from a chair.
- 8) Social isolation:** A lack of friends or spending days without leaving the house.
- 9) Lack of interest** or motivation to pursue hobbies or activities that they used to love. Source: caring.com



Older & Wiser

*Why Vaughan Regional
Medical Center Is the
Smart Choice for Seniors*



VAUGHAN
REGIONAL MEDICAL CENTER

Expert health care, close to home.

When it comes to aging, we're all headed in the same direction.



GROWING OLDER is a natural part of life. Unfortunately, it's also a time when many people face new health concerns, from osteoporosis and joint problems to an increased risk for heart disease and cancer. At Vaughan Regional Medical Center, we provide seniors with the medical services, technology and expertise to meet their health challenges, so they can make the most of their golden years. Here's a brief overview of some of the services we provide.

Bone Density Test for Osteoporosis

IT'S ESTIMATED that 28 million Americans (80 percent of them women) already have osteoporosis or are at risk for the disease. Osteoporosis occurs when your body loses bone mass more quickly than it can rebuild it. It's often known as the Silent Disease because it can go undetected and progress until a bone fractures.

A bone density test uses X-rays to measure the amount of calcium and other minerals that keep your bones strong. Every man age 70 and older and every woman 65 and older should have a bone density test. Men under the age of 70 and post-menopausal women younger than 65 should talk to their physician about testing earlier if they have any of the risk factors for osteoporosis:

1. History of bone fractures
2. Family history of osteoporosis
3. History of taking oral steroids for more than three months
4. Smoking
5. Small and thin body frame

Cardiac Services

IT'S A HARD FACT OF LIFE: 83 percent of heart attacks occur after age 65. And heart disease is America's most serious health problem, affecting approximately 84 million people. The first step in fighting heart disease is to schedule an annual physical exam. Your personal physician can check the four numbers critical for a healthy heart: your blood pressure (120/80 is optimal), your cholesterol level (anything higher than 200 puts you at risk for heart disease), your blood sugar (100 maximum) and your resting heart rate.

After completing this initial exam, your physician may believe further tests are required. Vaughan Regional has the expertise and the technology to give your heart a thorough examination, whether an electrocardiogram, chest X-ray, echocardiogram, stress test, CT-scan or MRI is needed. We can also recommend a customized program of diet, exercise and other lifestyle changes to reduce your risk of heart disease. If heart disease is detected, the surgical options available include:

Cardiac Catheterization: Used to correct or diagnose a heart problem. A long thin tube is inserted in an artery or vein, then threaded through the blood vessels to the heart.

Angioplasty: A small balloon is inserted into the artery with a catheter, then inflated to open the coronary artery.

Cancer Care

THE RISK OF CANCER increases as you grow older: 80 percent of cancers are diagnosed after age 55. Detecting cancer early greatly increases the chances of a successful treatment. Thanks to new technology and better screening techniques, the death rate for cancer has decreased 20 percent since its peak in 1991. At Vaughan Regional, we provide a full range of diagnostic tools

used to detect cancer, including ultrasound, MRI, CT Scan and X-ray. If an imaging test cannot make a definitive diagnosis of cancer, a biopsy is usually performed. Body tissue or a sample of cells is removed and then analyzed, using sophisticated laboratory equipment to analyze the blood, urine, or tissue for any abnormalities that may indicate cancer.

Vaughan Wellness and Fitness Center

VAUGHAN WELLNESS AND FITNESS CENTER is a place where every "body" fits in. We are advocates of Total Fitness. We are proud to assist members in reaching their potential fitness goal. VWFC offers an aerobic room, the latest in cardiovascular and Cybex weight equipment.

In addition, there are free weights, racquetball courts, Rubico tennis courts, an indoor walking track, a volleyball court, and a Junior Olympic size outdoor pool. Other amenities included and outdoor basketball court, a fully equipped locker room, sauna, children's wading pool and educational classes. Our certified personal trainers combine traditional fitness with health assessments and education to keep the body healthy and mind strong.

Other services include: Silver Sneakers Program, Silver and Fit Program, Zumba Classes, Body Toning, Body Sculpting, Yoga and Pilates.

Vaughan Wellness and Fitness
630 Medical Center Parkway
Selma, Alabama 36701
334- 875-7500

► For a list of the cancer-screening tests recommended for seniors, please see the article "Senior Health Checklist" on page 5.

Sources: National Osteoporosis Society, webmd

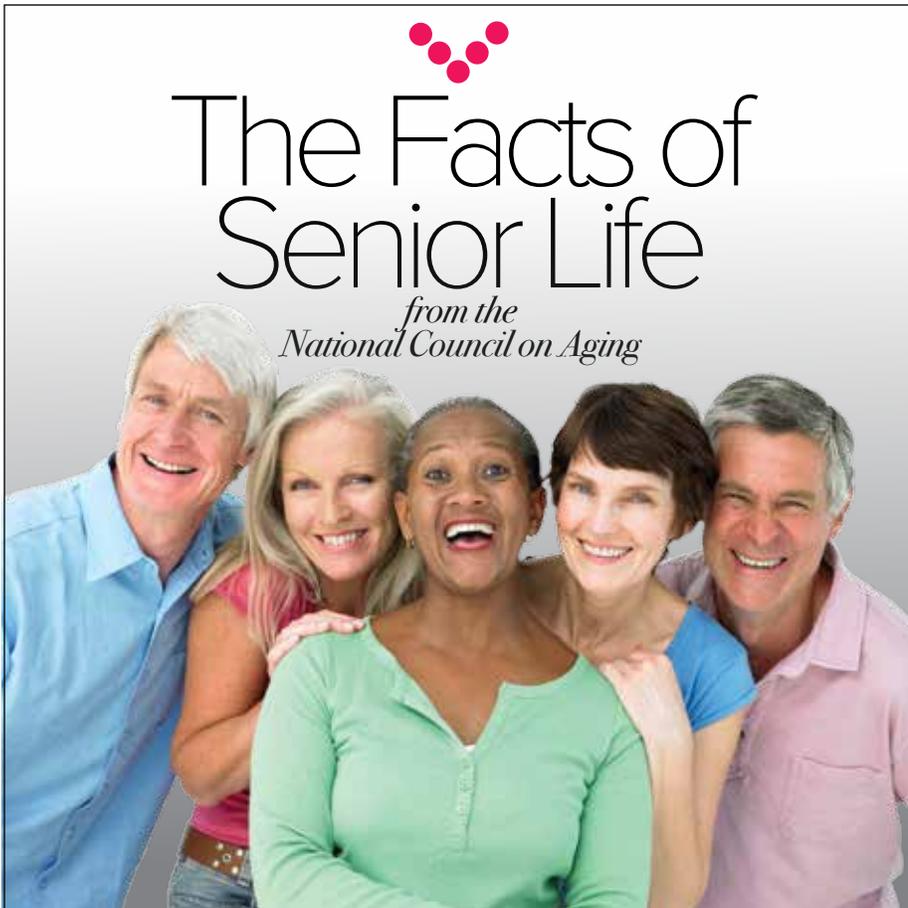


For more information about the services available to seniors at Vaughan Regional, visit our website at vaughanregional.com.



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The Facts of Senior Life
from the National Council on Aging

<p style="font-size: 48pt; font-weight: bold;">4</p> <p>Number of older adults treated every minute for a fall in an emergency room.</p>	<p style="font-size: 48pt; font-weight: bold;">50</p> <p>Percentage of women age 60+ who have high blood pressure.</p>
<p style="font-size: 48pt; font-weight: bold;">23</p> <p>Percentage of older Americans affected by diabetes.</p>	<p style="font-size: 48pt; font-weight: bold;">66</p> <p>Percentage of older adults with mental health issues who do not receive treatment.</p>
<p style="font-size: 48pt; font-weight: bold;">25</p> <p>Percentage of older adults with mental health issues such as depression, anxiety or dementia.</p>	<p style="font-size: 48pt; font-weight: bold;">92</p> <p>Percentage of older adults who have at least one chronic disease.</p>