

Alliance

Handshake

October 2013

This quarter's newsletter is focused on lifestyle change that can promote longevity. Knowledge truly is power when it comes to health awareness. It is important that you are fully aware of the lifestyle changes you can make so that you may lead the happiest, healthiest life possible.

-William Van Ry

Ten Habits to Live Happily

While one-third of our healthy longevity is based on genetics, two-thirds depend on lifestyle factors within our control. Lifestyle factors such as healthy eating habits, physical exercise, mental stimulation, sense of purpose and social connectedness can make the difference not only in how long we live, but how well we live.

Here are ten habits to help you live a happy life:

1. **Stay productive:** A productive life is a healthier life, but work isn't the only way to stay productive. In societies where people stop working entirely, the incidence of obesity and chronic disease skyrocket. A good tip is to volunteer for a cause in which you believe or dedicate time to learning a new skill or hobby.

Memory Game



It is very important to exercise the mind as well as the body. With each edition of our newsletter, we will include a memory word game for you to complete.

Word Game



Last issues word: **DOUBLET**

debt	debut	dole	dolt	dote
double	doubt	duel	duet	belt
bled	blot	blue	bluet	bode
bold	bole	bolt	bout	lobe
loud	lout	lute	toed	told
tole	tube	tule		

The average is 24 words. Did you meet or beat this standard?

Can you find 45 words in next issues word **VENDIBLE?**

2. **Floss:** Flossing has more benefits than helping you maintain a beautiful smile. A 2008 New York University study showed that daily flossing reduces bacteria-causing gum disease. Bacteria entering the bloodstream can result in inflammation in the arteries, which is one of the major risk factors for heart disease.
3. **Move:** Your body is a well-oiled machine and needs to keep moving to stay strong, even if it's only for 30 minutes a day. According to Jay Olshansky, a professor of medicine and aging at the University of Illinois in Chicago, "exercise is the only real fountain of youth that exists."
4. **Eat fiber:** High-fiber diets have a host of health benefits, including lowering your risk of diabetes and heart disease. Legumes, whole grains, fruits and vegetables are great sources of fiber.
5. **Sleep:** Getting at least six hours of sleep is critical to physical and emotional health. Sleep is vital to your body's physiological processes, such as hormone regulation.
6. **Get your vitamins from foods:** People who have high levels of certain nutrients, such as beta-carotene and Vitamin E, have a slower rate of cognitive decline than those who do not. Unfortunately, there is no evidence that taking vitamins containing these nutrients provides the same anti-aging benefits. A good rule of thumb is to "eat the fruit and vegetable rainbow" as colorful fruits and vegetables tend to be higher in vitamins.
7. **Don't stress:** Find a healthy way to cope with stress, such as taking up yoga, meditation or exercise. According to Dr. Thomas Perls, founding director of the New England Centenarian Study, stress is an "aging accelerator". Dwelling on a bad experience or stressful situation will only speed up the aging process.
8. **Keep a routine:** Consuming the same diet and participating in the same activities for the majority of one's life keeps the immune system health and strong. To keep your body in equilibrium, do your best to go to bed and wake up at the same time every day.
9. **Connect through exercise:** Regular social activities can be helpful for avoiding depression. Some psychologists think that one of the biggest benefits older adults derive from exercise is the social interaction that comes from walking with a buddy or taking a group exercise class.
10. **Be conscientious:** The book *The Longevity Project*, by Howard Friedman, details a study that followed 1,500 children for eight decades. It contains comprehensive details about their personal histories, health, activities beliefs, attitudes and families. The children who were prudent and dependable lived the longest. Friedman hypothesized that this was because conscientious types were more inclined to follow doctor's orders, take the right medicines at the

right doses and undergo routine check-ups,

Six Tips to Save Your Sight

A common misconception is that vision loss is sudden and unexpected rather than a gradual process with opportunities for intervention. Here are six warning signs that may help you catch declining eyesight so that you can take the appropriate steps to delay or even eliminate the onset of vision loss.

1. **Fluctuating Vision Clarity:**

Noticeable fluctuations between fine and blurry vision may hint at serious underlying conditions including uncontrolled high blood pressure or type 2 Diabetes. If these two chronic conditions go unchecked, they can cause damage to the fine blood vessels of the retina resulting in vision impairment, or worse, vision loss. Regular eye exams are crucial for those suffering from the aforementioned conditions and for those who notice these changes in vision clarity.

2. **An Inexplicable Traffic Accident:**

Although traffic accidents can have many causes, one very prevalent vision related cause is Glaucoma. A loss of peripheral vision is a telltale warning sign that you might have Glaucoma. A recent study revealed that Glaucoma patients who were paired with a driving instructor required six times as many interventions as the age-matched control group. Because the loss of peripheral vision associated with

Glaucoma is rather gradual, those who experienced this impairment didn't notice until their routine eye exam, which is why these visits are particularly important. If you experience trouble driving or notice changes in peripheral vision, consult with your eye doctor immediately.

3. **There is a Confusing Dark Patch in the Center of Your Vision:**

If you are experiencing a permanent dark patch in the center of your vision, it could be a sign of age-related macular degeneration. According to the American Optometric Association, age-related macular degeneration is the leading cause of vision loss in people over 50. In addition, to a perpetual dark patch, another possible sign is experiencing difficulty doing activities that require strong near-sighted vision, such as reading or sewing.

4. **Eyelid Irregularities:**

The eyelid is one of the most common places on the body for squamous cell and basal cell carcinomas. Skin cancer of the eyelid can lead to serious vision impairment or loss. It is important to look for any abnormalities, such as a bump on the eyelid or excessive bleeding or irritation that persist for an extended period of time.

5. **Vision With a Brownish Tint:**

Vision that has a slight brownish tint could be an early sign of Cataract development. Cataracts are extremely common. By age 80, more than half of all older adults will either have Cataracts or have had corrective Cataract surgery. Pay a visit to your

eye doctor if you notice any color distortion or experience cloudy vision; both are common signs of Cataracts.

6. **Flurries of “Flashes and Floaters”:**

If you suddenly experience an increased number of little spots in your field of vision, you could be facing retinal detachment. While this

is generally a rapid and unexpected event that requires immediate care, sometimes people notice an increase in either the frequency or the severity of flurries before the retina fully tears. If you notice these symptoms it is essential that you see an optometrist immediately.

Mobile Doctors

Mobile Doctors is a group of doctors that specialize in treating elderly and disabled patients who are unable to visit a doctor’s office.

Mobile Doctors provides quality medical care in the comfort of the patient’s home. The cost of the visit is typically covered by Medicare and many other insurance plans.

All the doctors are fully licensed and credentialed. Primary point verification is done on the doctors’ educational background, work references, licensing, medical malpractice history, and insurance.

A Mobile Doctors physician can be your Primary Care Doctor or work with your existing doctor to provide a full range of medical services.

For more information, telephone **816-994-0073**.



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