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From the Practice of
David L Mellman, MD

AGING WITH GRACE

“AGING IS NOT LOST YOUTH,
BUT A NEW STAGE OF
OPPORTUNITY AND STRENGTH”

Betty Friedan



GOALS



To prevent injury

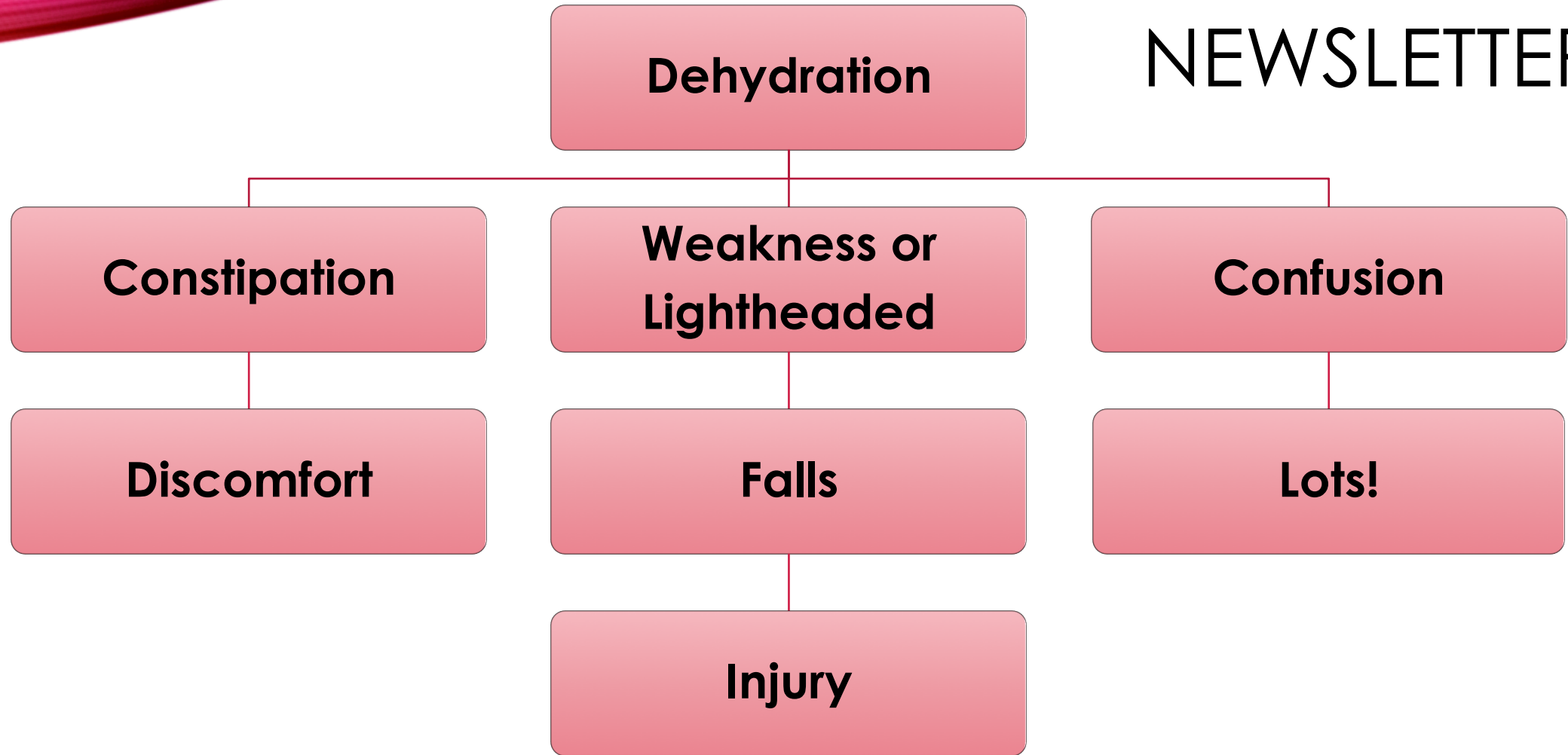


Preserve
independence



Maximize quality of life

NEWSLETTER



WHY?

- Thirst perception
- Renal Concentrating Ability
- Vasopressin Effectiveness
- Less Total Body Water
- Access to Water

SOLUTIONS

- Be aware of the risks of dehydration especially as the warm weather approaches
- Encourage drinking throughout the day rather than consuming large amounts of fluid with meals
- Keep a water bottle close at all times to increase access to water
- Enjoy foods with high water content
- Limit caffeine and alcohol which are diuretics and lead to a loss of body water and dehydration
- **“I don’t like water”** - Find a beverage that you enjoy... if you don’t like drinking water all the time, find another alternative like herbal teas, fruit juices, milk, etc.
- If you are taking water pills, this can be even more challenging. Dr. Mellman and I will work closely with you to find the right balance.

OTHER TOPICS

- Balance and strength
- How individuals tolerate medications
- Process information
- Digestion
- Urination
- Rebounding after illness

BALANCE AND STRENGTH

- Increased incidence of osteoarthritis
- Decreased reflexes
- Decreased sensation in your feet = proprioception
- Decreased muscle mass = sarcopenia

SOLUTIONS: BALANCE AND STRENGTH

- Exercise – all 4 S's
 - Strength
 - Stability
 - Stretching
 - Stamina
- PT/OT early and often
- Pain is often not from arthritis but rather by problems with tendons, bursae, muscles, connective tissue, and nerves

- Dr. Mellman and I will monitor your vitamin D levels

HOW INDIVIDUALS TOLERATE MEDICATIONS

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- Less water in their body to distribute medication
- Less muscle mass to bind medication
- More body fat to hold on to medication

- Slower absorption
- Delayed clearance

SOLUTION: MEDICATIONS

When we prescribe medication, Dr. Mellman and I will:

- Start at lower doses
- Go slower in changing doses
- May decrease medication doses that you have been on for years

PROCESSING INFORMATION

- Decrease in brain size and weight
- Changes in neurotransmitter numbers and deficits in signaling
- Memory loss, slow processing and decreased recall
- Impaired sleep – with less deep sleep and more nighttime awakenings

SOLUTIONS

- Improved sleep hygiene
 - Go to bed at the same time/wake up at the same time
 - Napping is okay, limit the length of naps
 - Sleep in a dark, quiet, cool room
 - Don't use electronic devices in the bedroom, except for emergencies
 - No large meals, caffeine, or alcohol within 2 hours of going to bed
 - Consider a glass of warm milk
 - Physical activity during the day

SOLUTIONS

- Stimulate your brain – social and cognitive
- Ask yourself if you are depressed and if so, seek treatment
- Be patient with yourself
- Ask for a memory test to see if you memory loss is normal aging

SOLUTIONS

- Work with Dr. Mellman and I on
 - Controlling your blood pressure, cholesterol and diabetes
 - Treating depression
 - Check your B12 levels and TSH
 - Vitamin supplements such as B1, B6, Vit E, turmeric, zinc

DIGESTION

- Usually... slows down
- Less exercise
- More dehydration

SOLUTIONS

For Constipation:

- WATER & Exercise

Fiber	Softeners	Movers and Shakers	Adventures
Benefiber	Colace	Miralax	Suppositories - docusate, or bisacodyl
Citrucel		Senna tea	Enemas – Water
Metamucil		Senna	
		Bisacodyl	
		Golytely (strong)	

*Avoid: magnesium based products and fleets, *especially* if you have kidney problems

URINATION

- Men First...
 - The prostate is the enemy

SOLUTIONS

- Most men get urinary obstruction, that can be treated with medication. So talk to Dr. Mellman or I.
 - Alpha Blockers: Tamsulosin (Flomax), Doxazosin (Cardura), Prazosin (Minipress), Terazosin (Hytrin)
 - 5 Alpha Reductase Inhibitors: Finasteride (Proscar), Dutasteride (Acodart)
 - Phosphodiesterase-5 inhibitors: Tadalafil (Cialis)

URINATION

- Women your turn...

Don't Sneeze!

Get ready to run!

SOLUTIONS

Stress Incontinence

- Limit caffeine
- 5% weight loss
- Pelvic floor muscle exercises
- Pessaries

SOLUTIONS

Overactive bladder (urge incontinence)

- Bladder Training
- Caffeine Reduction
- 5% Weight Loss
- Pelvic Floor Muscle Exercises
- Old medications: Tolterodine and oxybutynin
- Newer Medication: Mirabegron

REBOUNDED AFTER ILLNESS

- People don't die from the hip fracture itself...

SOLUTIONS

- Deep breaths to expand lungs
- Mobility!
 - Out of bed for meals
 - Short walks
 - Physical Therapy
- Socialization

SUMMARY

- Aging is inevitable
- There are some things that we can control and others we must accept
- There is a balance between control and accept

- Most aging begins at 30!
- We have been aging for decades and are doing remarkably well, let's keep it going!