August 2026

Topics this month:

1. Sun and Your Medications: What to Watch for this Summer
2. Managing Chronic Diseases
3. Scam Prevention
4. Safety and Security for Older Adults Living Alone
5. The Crime of the 21st Century: Recognizing and Preventing Elder Financial Abuse

Medications and sun sensitivity

Blood pressure and heart
Hydrochlorothiazide, amiodarone

Cholesterol and diabetes
Simvastatin, glipizide, glyburide

Pain relievers
Ibuprofen, naproxen

Antibiotics
Doxycycline, ciprofloxacin, sulfa drugs

Mood and mental health
Tricyclic antidepressants, phenothiazines

Other
Antihistamines, retinoids

Stay sun safe

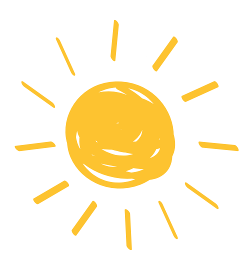
- SPF 30+, reapply often
- Cover up, wear a hat
- Avoid peak sun 10 to 4
- Ask your pharmacist

Sun and Your Medications: What to Watch For This Summer

As temperatures rise and more of us are spending time outdoors, it's a good moment to talk about a lesser-known summer hazard: **medications that can make your skin more sensitive to the sun.**

This reaction is called *photosensitivity*, and it comes in two forms. A **phototoxic reaction** looks like an exaggerated sunburn: redness, stinging, or blistering on sun-exposed skin, often within hours of exposure. A **photoallergic reaction** is more like a rash or itchy eczema-type breakout, and it can show up days after exposure. Both are more common in older adults, partly because we tend to take more medications, and partly because aging skin is naturally thinner and less able to repair itself after sun damage.

Here are some commonly used medication categories worth knowing about:



Blood pressure and heart medications

- Thiazide diuretics (hydrochlorothiazide), one of the most frequent culprits
- Amiodarone, used for irregular heart rhythms

Cholesterol and diabetes medications

- Certain statins (simvastatin, in particular)
- Sulfonylureas (glipizide, glyburide)

Pain and inflammation relievers

- NSAIDs such as ibuprofen and naproxen

Antibiotics

- Tetracyclines (doxycycline is especially notable)
- Fluoroquinolones (ciprofloxacin, levofloxacin)
- Sulfa-containing antibiotics

Mood and mental health medications

- Certain antidepressants (tricyclics)
- Some antipsychotics (phenothiazines)

Other common ones

- Certain antihistamines
- Retinoid creams or pills used for skin conditions

This is not a complete list, and not everyone who takes these medications will react. But if you've noticed you're sunburning more easily or breaking out in a rash after time outdoors, your medication list is a reasonable place to start looking.

A few practical steps:

1. **Don't stop taking medication on your own.** If you suspect a reaction, call your pharmacist or prescriber first.
2. **Use broad-spectrum sunscreen (SPF 30 or higher)**, and reapply every two hours when outdoors.
3. **Wear protective clothing**, a wide-brimmed hat, and sunglasses, especially between 10 a.m. and 4 p.m. when UV rays are strongest.
4. **Ask your pharmacist to review your medication list** each season. New prescriptions or dose changes can shift your risk.
5. **Watch for warning signs**: unusual redness, blistering, or rash on sun-exposed areas and seek care if this happens.

Summer should be for enjoying the outdoors, not worrying about it. A quick conversation with your pharmacist about your specific medications can go a long way toward keeping your skin, and the rest of you, safe and comfortable this season.

Have questions about your own medications? Your local pharmacist is one of the most accessible healthcare resources available and is always happy to help.

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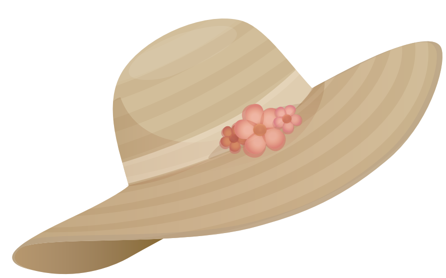


Managing Chronic Diseases

Aging can increase the likelihood of chronic diseases such as diabetes type 2, cancer, arthritis, dementia, hypertension, multiple sclerosis, Parkinson's disease, and other chronic diseases. **Adopting a few key behaviors** can help older adults **maintain independent living**, and increase their mental and physical well-being in order to **enhance their quality of life.**

Don't let chronic diseases limit your lifestyle!

Move Your Body

Swimming **Dancing**

Walking **Biking**

- 150 minutes a week of moderate-intensity aerobic physical activity
- 2 days of muscle strengthening a week

Prevent Social Isolation and Loneliness

- Call friends and family regularly
- Join a community that interests you
- Volunteer or attend local events

Healthy Fats

Fiber

Whole Grains

Lean Proteins

Vitamins

Nutritious eating

Healthy eating doesn't have to be bland or boring.

Do what's best for your specific diet

How can you make your family tradition recipes healthier?
How can you substitute a few harmful ingredients for a few healthier ones?

Regular check-ups and stick to your treatment plan

Monitor health at home
Take medications as prescribed
Schedule regular check-ups

Keila Martinez

Scam Prevention

Each year, the number of Americans aged 65 and above is increasing rapidly and is expected to reach roughly 80 million by 2040. More than ever, it is important to equip seniors with the knowledge to maintain safety both online and at home.

According to the FBI, each year, millions of elderly Americans fall victim to financial fraud totaling more than $3 billion in losses. They are often the prime target for scammers because they are more likely to have accumulated wealth over time. Scammers use various methods including phone calls, mail, email, text, online pop-up messages, and other online communications. Popular fraudulent schemes employed include scammers posing as love interests, asking for money but never meeting in-person; impersonating a relative and claiming that they are in urgent financial crisis; posing as an IRS official to request payment for non-existent back taxes and threatening legal actions against the victim; posing as a tech support assistant to gain remote access to electronic devices; claiming you have a free prize from a well-established business but first need to wire money to cover non existent taxes or fees; and claiming a deceased loved one has outstanding debts.

Here are some ways to protect yourself from fraud:

- Avoid responding to unsolicited calls, messages, and emails.
- Avoid clicking on links or downloading email attachments from unknown sources.
- Never send money to someone you have not met in-person.
- Do not share personal information via any means.
- Use anti-virus software on your electronic devices.
- Enable pop-up blockers
- Always confirm the authenticity of a message with a prior established phone number of a loved one or a financial institution.

If you think you have fallen victim to fraud:

- End all communication with the perpetrator.
- Contact your financial institutions to place a hold on your accounts, and check your credit report for fraudulent activity.
- Call the police if you or your loved ones are in any danger.
- File a detailed report at the FBI’s Internet Crime Complaint Center at ic3.gov and the Federal Trade Commission at https://reportfraud.ftc.gov/.

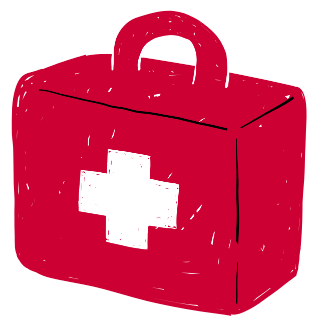
Esther Adegoke

Safety & Security for Older Adults Living Alone

Many seniors remain independent as they enter their later years and choose to remain in their homes. Older adults can take the following preventative measures to remain safe, especially if living alone:

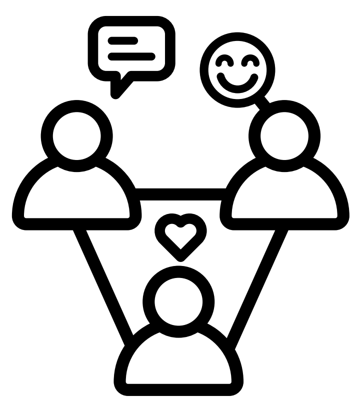
1. Fall prevention: Remove tripping hazards, ensure adequate lighting indoors and outdoors around the home, and install grab bars and non-slip floor mats in the bathroom.

2. Emergency preparedness: Consider enrolling in a personal monitored medical alert system to call for help, such as in the event of a fall when reaching a phone is difficult. In addition, keep a well-stocked first aid kit.



3. Create Emergency Contact List: Maintain an updated list of relatives, physicians, and lawyers you may need in the event of an emergency.

4. Maintain a social life: Living alone does not have to be isolating. Make friends with your neighbors, seek out opportunities for seniors at your local community center, volunteer at a charity, and communicate with relatives.



Esther Adegoke

The Crime of the 21st Century: Recognizing and Preventing Elder Financial Abuse

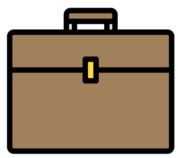
What Is Elder Financial Abuse?

Elder financial abuse is the illegal or improper use of an older adult's money, property, or assets. While online scams are common, many cases involve family members, caregivers, or other trusted individuals.

<u>Warning Signs</u>

Financial
- Large or unusual withdrawals
- Unpaid bills despite enough income
- New ATM activity or unfamiliar transactions

Legal
- Sudden changes to wills or beneficiaries
- New Power of Attorney documents
- Mail being redirected



Property & Sales
- Selling a home unexpectedly
- Buying expensive items they don't understand or need
- Professionals insisting on meeting alone

Behavioral
- Anxiety, fear, or depression
- Avoiding conversations about money
- Isolation from family and friends
- A new "friend" controlling decisions

What Should You Do?
- Talk with the older adult in a respectful, nonjudgmental way.
- Report suspected abuse to Adult Protective Services (APS).
- Contact local law enforcement if theft or immediate danger is involved.
- Notify banks or financial institutions to secure accounts and report suspicious activity.

Why Families Matter

Cognitive decline can make older adults more vulnerable to scams before it becomes obvious. Many victims never report abuse, so family members play an important role in spotting problems early.

Remember

The best protection is early action. Regular communication, shared financial oversight, and paying attention to sudden changes can help prevent elder financial abuse before serious harm occurs.

Andrew Plodowski

We invite you to join our CAGS volunteer group!

Please contact volunteer Keila Martinez at keila.martinez@cageriatric.org or Amit Khurana at amit.kaur@cageriatric.org.

Above content is provided by Amit Khurana, Keila Martinez, Esther Adegoke, Diane Chau, and Andrew Plodowski.