



Healthy Aging

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February 25, 2016

GRANDMA





THE OPRAH
MAGAZINE

Age Brilliantly!

O's plan for a
longer, stronger, brighter,
lighter, much more
together life

**Bathing Suits That
Make You Look
10 lbs Thinner**

**How Far
Would You
Go to Feel
Better?**

One woman's
incredible
search for
a cure

**The Instant
Energy Quiz**

Find out what's really
zapping your zip—and
how to get it back

**Please
Don't Take My
Sunshine Away**

Finally—a few
healthy reasons to
catch some rays

**Boot Camp for
Your Brain**

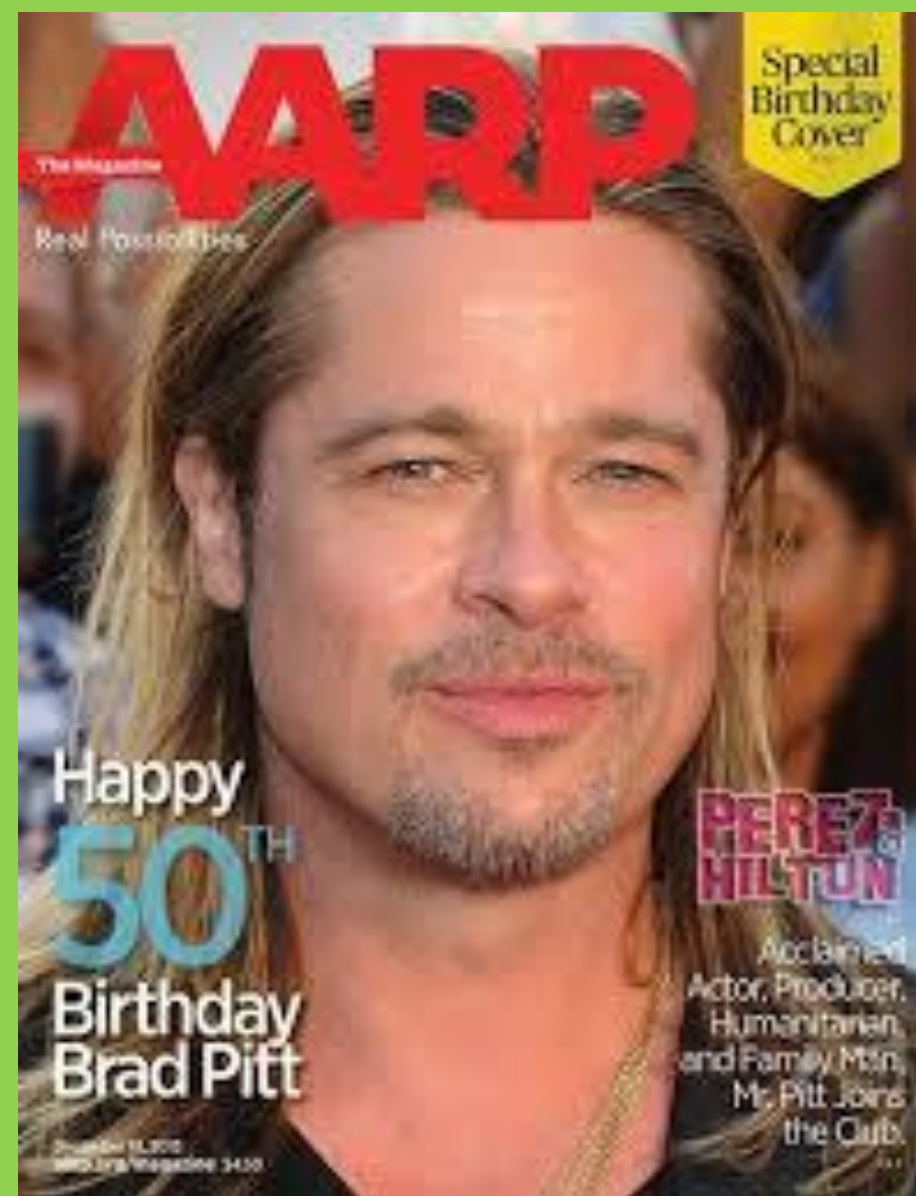
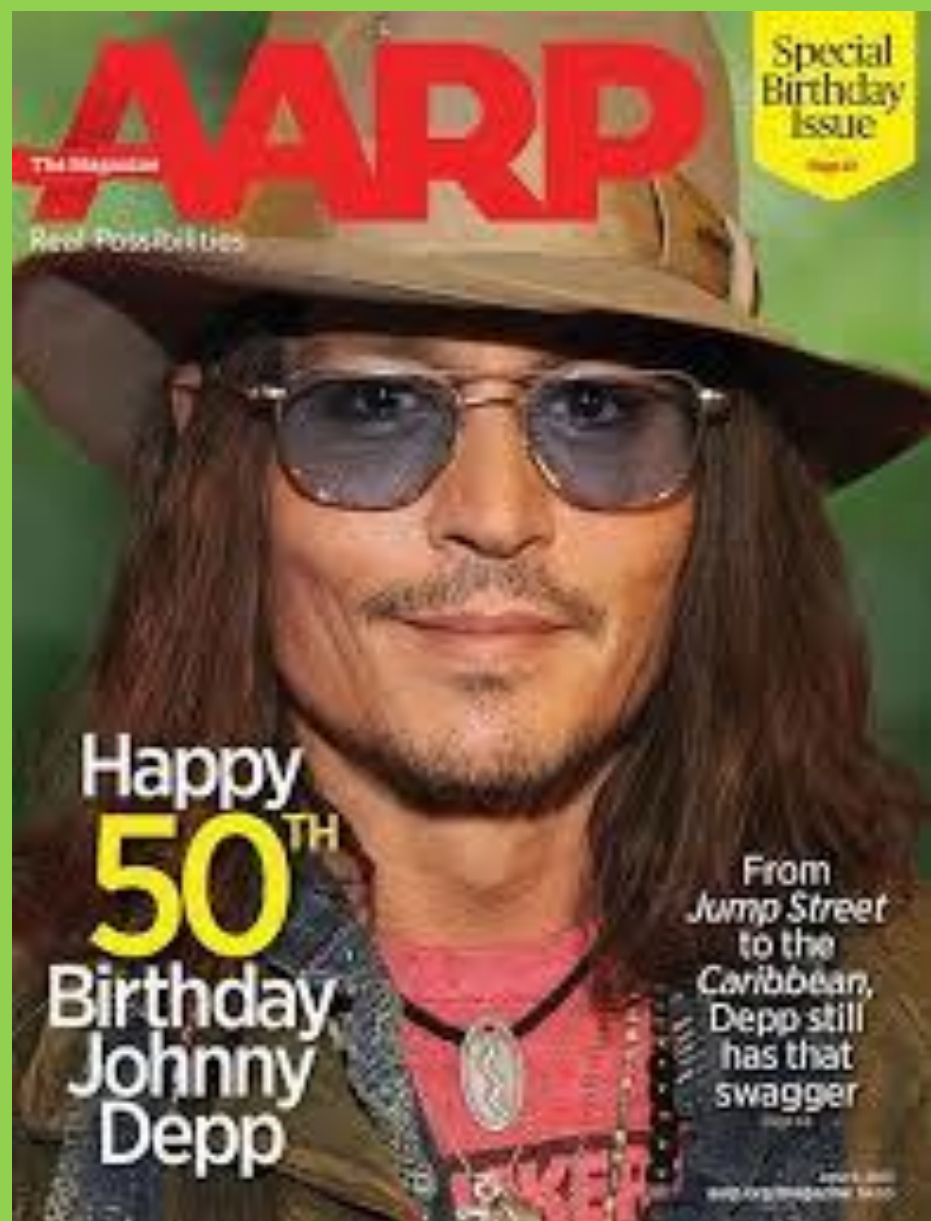
4 easy ways to
sharpen your mind

Live a different
side of Oprah 











HEALTHY AGING®

A close-up portrait of Steven Tyler, the lead singer of Aerosmith, is the central focus of the magazine cover. He is wearing a black top hat with a silver band, a black jacket, and a necklace with large, light-colored teeth. His long, wavy hair is a mix of brown and blonde. The background is a solid, vibrant green.

**STEVEN TYLER:
ROCK STAR
AMERICAN IDOL
AUTHOR**

**COMFORT FOODS
FOR EVERY TASTE**

**TOP TEN REASONS
TO KEEP ON SKIING
OR TO START NOW**

WINTER ISSUE 2012
www.healthyaging.net



**“HEALTHY AGING”
GOOGLE SEARCH**

18,900,000

2/21/2016

19,300,000

2/35/2016

THESE TWO WOMEN ARE
APPROXIMATELY THE SAME AGE.



Which life are you designing?

Osteopathic Medicine



MIND - BRAIN HEALTH



BIRTH TO 10 YEARS OLD

Our brains reach 90% of their adult size by age 5 as cells become better at communicating with each other. Language and spatial understanding regions of the brain grow dramatically between ages 5 and 10.



<http://brainhealth.gov/the-changing-brain/?Length=4>

AGE 10 TO 30

Our brains reach maturity in our 20s, as the reasoning, planning and impulse-control areas are fully formed. Complex reasoning, long-term memory functions begin to peak, and creativity may be at its highest



<http://brainhealth.gov/the-changing-brain/?Length=4>

AGE 30 - 40

Age 30 to 40

Even though there are rarely any outward signs, brain volume begins to slightly decline as neurons (the brain cells) start to shrink. It's a very slow and gradual process.



<http://brainhealth.gov/the-changing-brain/?Length=4>

AGE 40 - 50

The first signs of gradual decline in brain volume begin to show: short-term memory may be less sharp.
Reactions to complex stimuli—things like challenging calculations or card games—may take a little longer.



<http://brainhealth.gov/the-changing-brain/?Length=4>

AGE 50 - 60

Conceptual understanding, language and vocabulary is still sharp.

The ability to understand how things work, can remain strong, as can creativity.

Financial literacy is still strong, but may begin to decline after age 60.



<http://brainhealth.gov/the-changing-brain/?Length=4>

AGE 60 - 70

Knowledge, experience, reasoning, creativity and problem solving can remain strong.

Changes in our 50s continue into our 60s. Cognitive processing speed may take longer as some parts of the brain may be shrinking.



<http://brainhealth.gov/the-changing-brain/?Length=4>

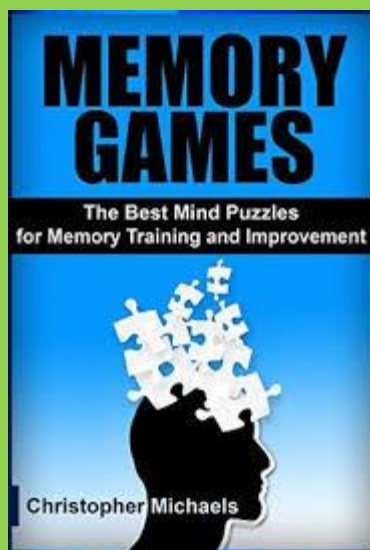
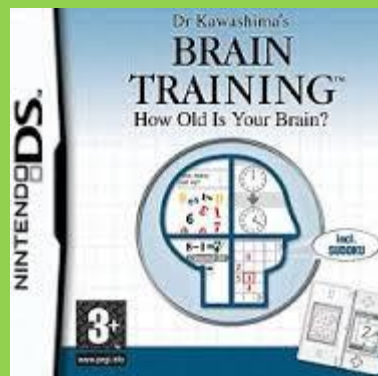
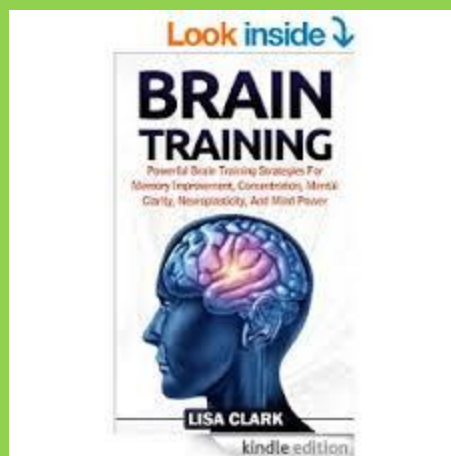
AGE 70 AND BEYOND

Many individuals' reasoning, creativity, language and procedural memories will remain sharp.

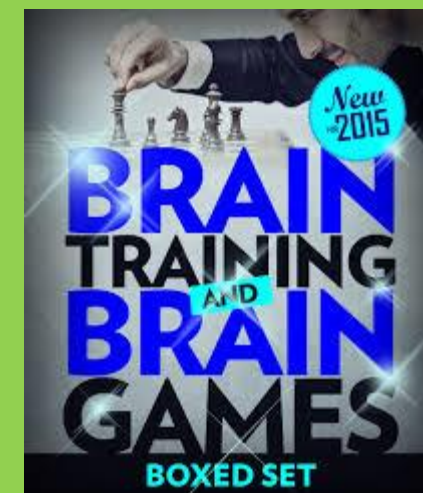
For some, genetic predisposition, lifestyle and health issues will begin to show noticeable effects. Early signs of brain issues like Alzheimer's and dementia can occur, sometimes even at earlier ages.



<http://brainhealth.gov/the-changing-brain/?Length=4>



Brain games





Brain software – booming business

2014 study in PLOS Medicine Australia –
examined 52 different studies on computerized cognitive training (4885 participants)

The games are NOT effective in improving brain performance

**Experts recommend sticking to real world activities,
with new spin if possible**



Test your recall. Make a list — of grocery items, things to do, or anything else that comes to mind — and memorize it. An hour or so later, see how many items you can recall.

Let the music play. Learn to play a musical instrument or join a choir

Do math in your head.

Take a cooking class.

Challenge your taste buds. When eating, try to identify individual ingredients in your meal, including subtle herbs and spices.

Learn a foreign language. (preferably one that you were familiar with earlier in life)

Create word pictures. Visualize the spelling of a word in your head, then try and think of any other words that begin (or end) with the same two letters.

Draw a map from memory.

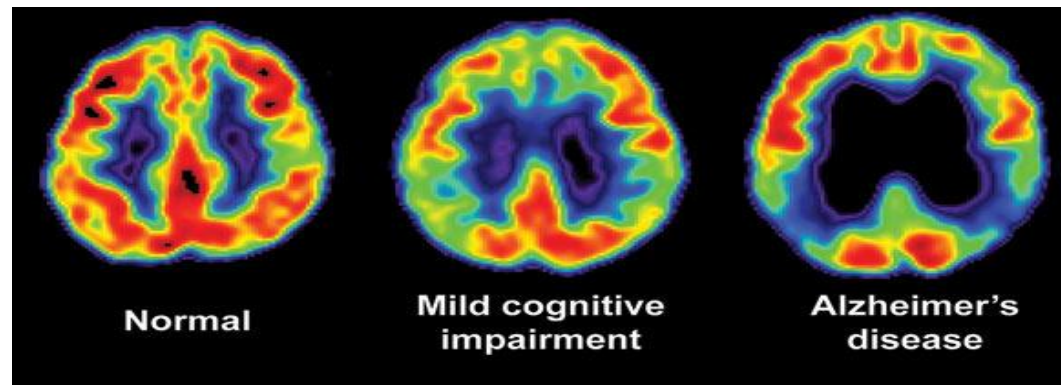
Refine your hand-eye abilities. Take up a hobby that involves fine-motor skills, such as knitting, drawing, painting, assembling a puzzle, etc. (e.g. floss with opposite hand)

Learn a new sport. Start doing an athletic exercise that utilized both mind and body such as yoga, golf, or tennis.

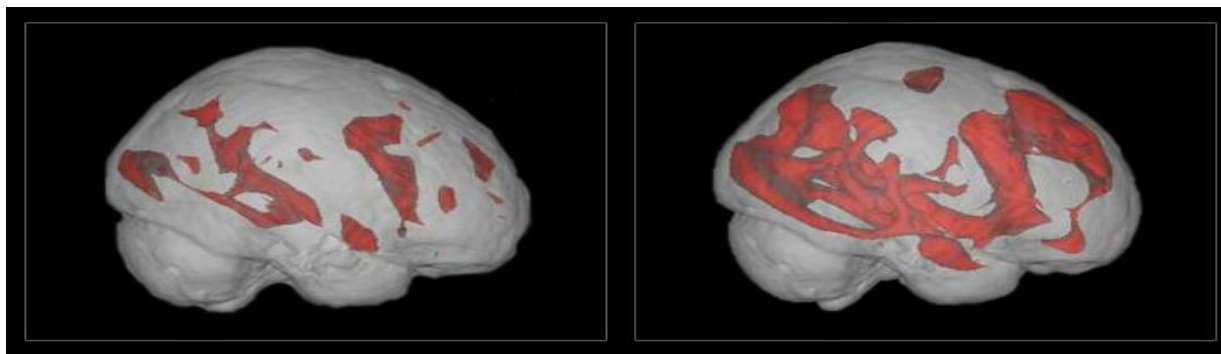


Dust Off That French-English Dictionary: Study Shows Bilingualism Can Delay Onset of Alzheimer's

BY SHARON MIKI, ON NOVEMBER 11TH, 2010



A new Canadian study from the Rotman Research Institute, including researchers from York University and the University of Toronto, finds that speaking two or more languages from an early age can delay the onset of certain forms of dementia by as much as five years.



UCLA scientists have found that for computer-savvy middle-aged and older adults, searching the Internet, triggers key centers in the brain that control decision-making and complex reasoning. The findings demonstrate that Web search activity may help stimulate and possibly improve brain function.

American Journal of Geriatric Psychiatry



CROSSWORD PUZZLES

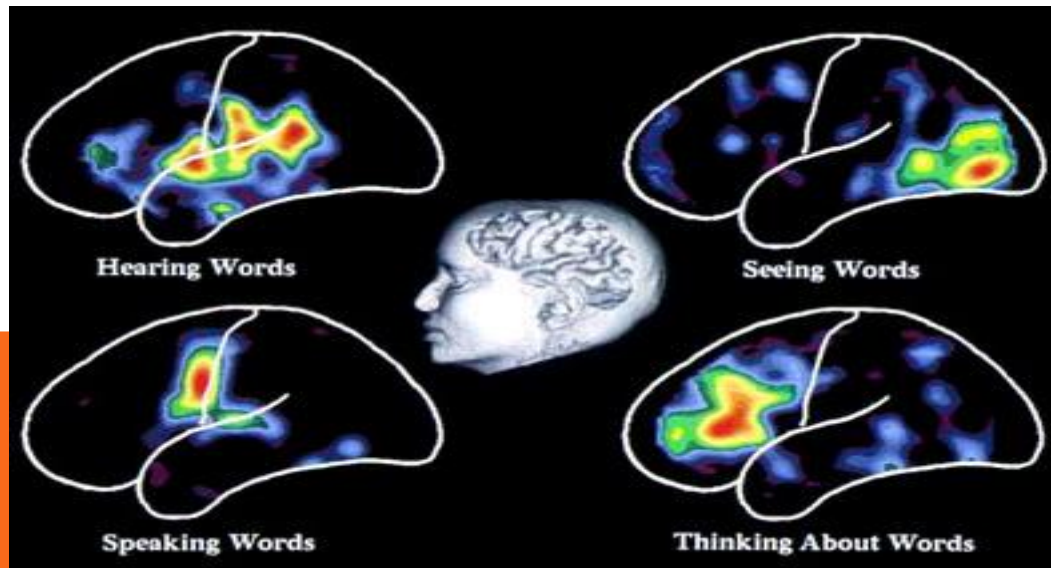
Visual cortex – seeing the crossword puzzle

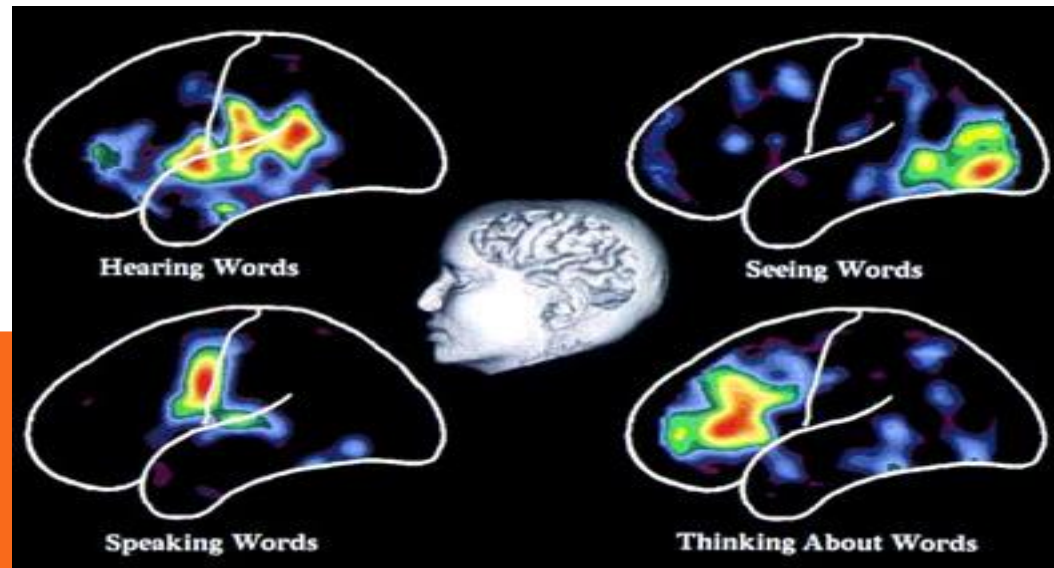
Frontal cortex – thinking about and planning out responses

Temporal lobe - hearing your colleagues speak their thoughts

Wernike's center – auditory understanding

Broca's area – speaking the answers





Visual cortex – seeing the question

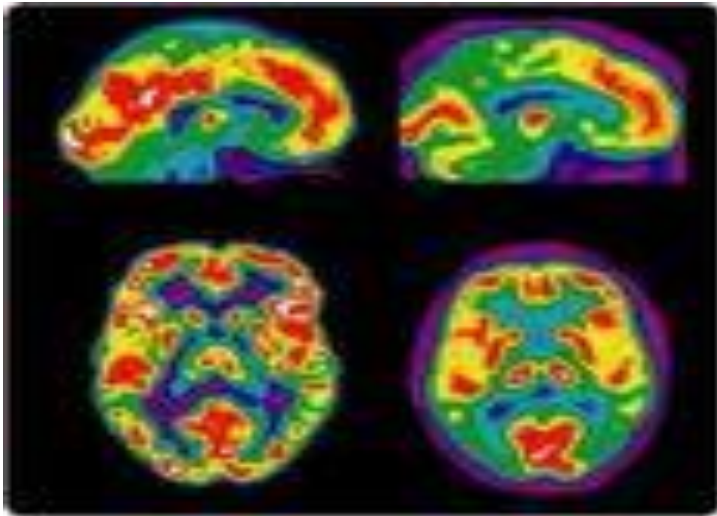
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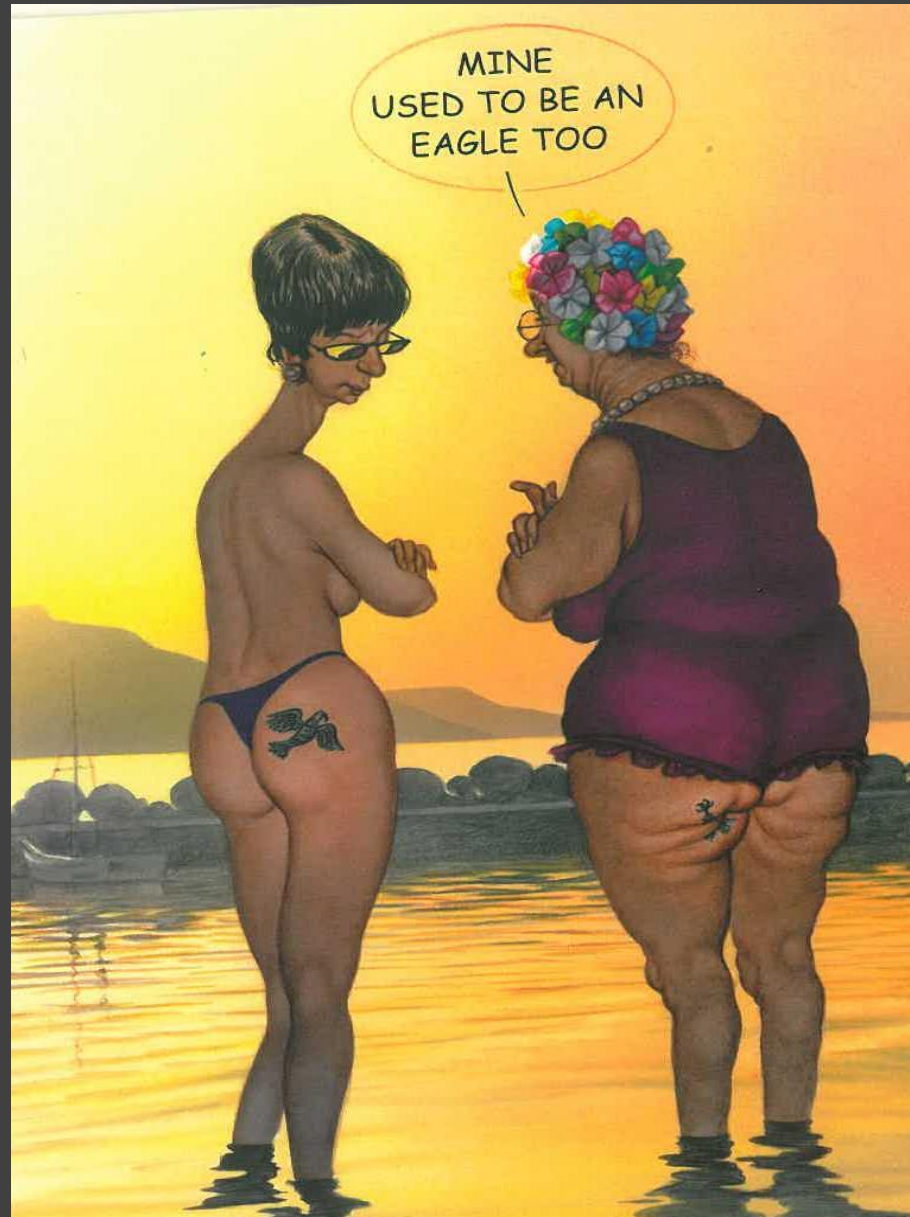
Broca's area – speaking the answers

WORD GAMES



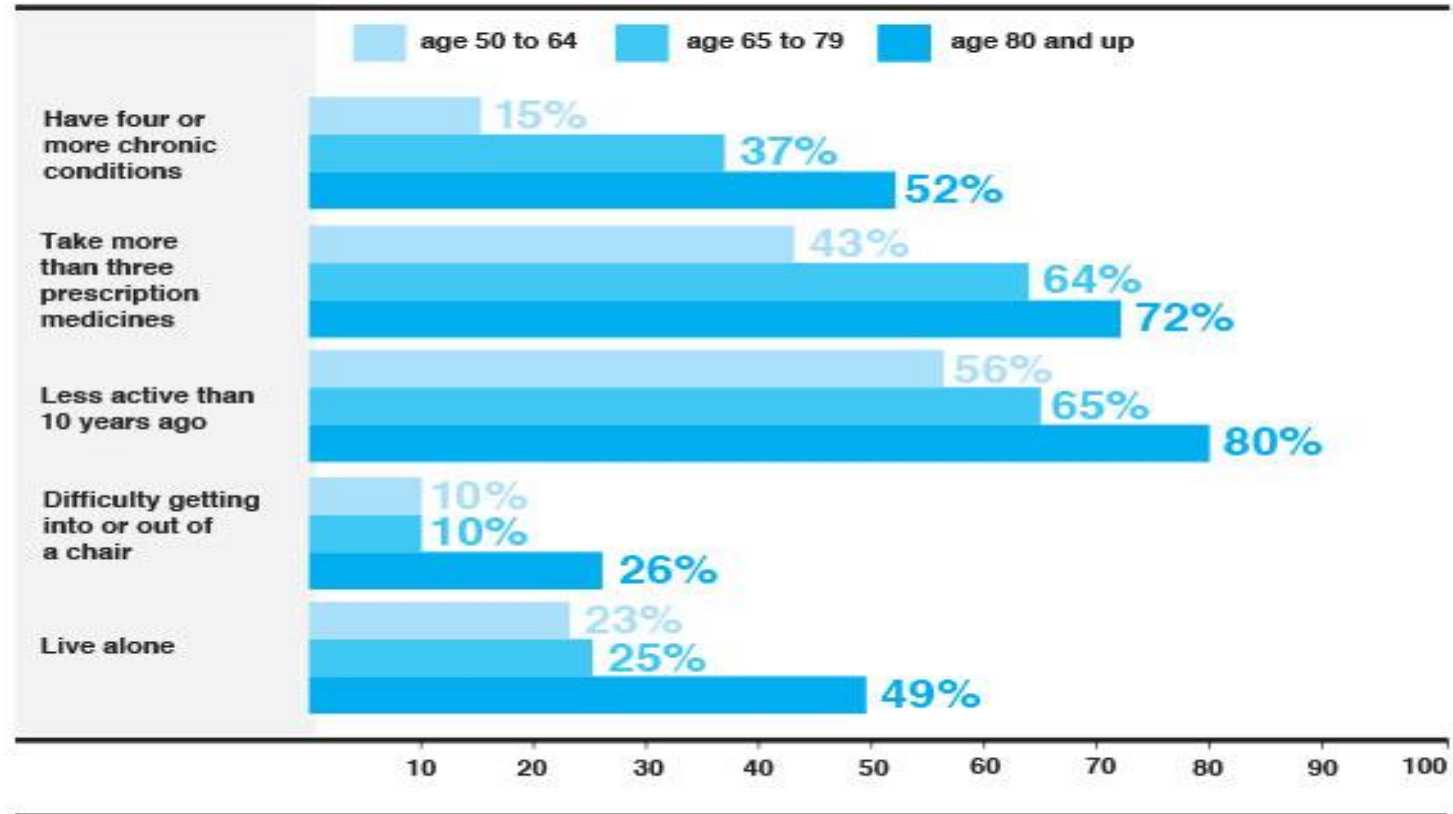
fMRI of those playing word
games on left vs. those not on
right





What can you expect as you age?

The Consumer Reports National Research Center conducted an online survey of a nationally representative sample of 2,066 Americans 50 and older in December 2013. Some important findings:



WOMEN'S HEALTH

1. You should get a Pap smear every 3 years until you are____
- A. 65 years old.
 - B. 70 years old.
 - C. 75 years old.

[http://nihseniorhealth.gov/healthscreeningsandimmunizations/recommendedscreeningsforwomen50/qu
iz/question_1.html](http://nihseniorhealth.gov/healthscreeningsandimmunizations/recommendedscreeningsforwomen50/quiz/question_1.html)

WOMEN'S AND MEN'S HEALTH

You should get screened one time for the Hepatitis C virus (HCV) if

- A. you were born between 1945 and 1965.
- B. you have ever injected drugs.
- C. you received a blood transfusion before 1992.
- D. all of the above

http://nihseniorhealth.gov/healthscreeningsandimmunizations/recommendedscreeningsforwomen50/quiz/question_2.html?score=1

WOMEN'S AND MEN'S HEALTH

Tests that can detect colon cancer include

- A. a stool test or a colonoscopy.
- B. a urine sample or a blood test.
- C. a pap smear or a pelvic exam.

http://nihseniorhealth.gov/healthscreeningsandimmunizations/recommendedscreeningsforwomen50/quiz/question_3.html?score=2

WOMEN'S AND MEN'S HEALTH

If you are a woman or man aged 60 or older, it is recommended that you have a comprehensive dilated eye exam

- A. every year.
- B. every two years.
- C. every three years.

MEN'S HEALTH

Talk to your health care provider about being screened for abdominal aortic aneurysm (AAA) if you are between the ages of 65 and 75 and

- A. have been exposed to secondhand smoke.
- B. have ever been a smoker.
- C. have never smoked

http://nihseniorhealth.gov/healthscreeningsandimmunizations/recommendedscreeningsformen50/quiz/question_1.html have never smoked.

WOMEN'S AND MEN'S HEALTH

Get a flu shot

A. every two years.

B. every year.

C. only once, when you turn 60.

http://nihseniorhealth.gov/healthscreeningsandimmunizations/recommendedimmunizationsforadults50/quiz/question_2.html?score=1 once, when you turn 60.

WOMEN'S AND MEN'S HEALTH

Get a shot to prevent shingles if you are

A. 40 or older.

B. 50 or older.

C. 60 or older.

http://nihseniorhealth.gov/healthscreeningsandimmunizations/recommendedimmunizationsforadults50/quiz/question_3.html?score=2

WOMEN'S AND MEN'S HEALTH

Talk to your doctor about getting vaccinated against pneumococcal disease, including pneumonia, if you are

A. 65 or older.

B. 55 or older.

C. 50 or older.

http://nihseniorhealth.gov/healthscreeningsandimmunizations/recommendedimmunizationsforadults50/quiz/question_4.html?score=3 older

Blood pressure : checked at least every two years if your blood pressure is normal.

You may need screening more often if your pressure is higher than normal or if you have other risk factors.

Colorectal cancer screening: The USPSTF recommends screening in adults beginning at age 50 years and continuing until age 75. You may need to be screened earlier and more frequently if you have risk factors.

Fecal occult blood testing (each year)

Sigmoidoscopy (every 5 years) paired with fecal occult blood testing (every 3 years)

Colonoscopy (every 10 years)

Prostate cancer screening. The USPSTF concludes that there is moderate certainty that the benefits of screening for prostate cancer -- measuring a man's prostate-specific antigen (PSA) level -- do not outweigh the harms.

A mammogram is recommended every one to two years starting at age 40 or 50

For women, a pelvic exam and pap smear. Pap smears are recommended for women every three years.

Osteoporosis Women should have a bone density test at age 65. If a woman is at a higher risk, a screening test may need to be done at an earlier age.

Hearing test. At least 25% of people age 65 to 74 have disabling hearing loss, most of which is treatable. That number increases to 50% after the age of 74.

Gum disease can be an important indicator of your overall health. Your teeth, gums, mouth, and throat need to be regularly examined by a dentist. Regular brushing with fluoride toothpaste and flossing is important

Eyes: Eye diseases, such as macular degeneration, cataracts, and glaucoma, are common with age.

The American Cancer Society recommends regular screening. Ask your doctor to check your skin if you have any unusual moles or skin changes.

Blood tests:

Blood Sugar

Thyroid hormone test.

Cholesterol test

CBC – anemia

Obesity screen



Looking for moles. Remember this: Although the majority of your sun exposure occurred before age 18, skin cancers can take 20 years or more to develop. Luckily, most skin cancers are curable.

Immunizations



Get a flu shot every year.

Get a shot for tetanus, diphtheria, and whooping cough. Get a tetanus booster if it has been more than 10 years since your last shot.

If you are 60 or older, get a shot to prevent shingles.

If you are 65 or older, get a pneumonia shot.



WHAT TO PUT ON YOUR PLATE

Colorful fruits and vegetables.

The antioxidants in colorful vegetables and fruits, such as leafy greens, deep red tomatoes, blueberries, and carrots, help stop unstable molecules from damaging healthy cells.

Your goal is five to nine servings a day.



Antioxidants like vitamin C can help skin health.

One study linked eating lots of yellow and green vegetables to fewer wrinkles.



Whole grains.

Eating whole grains rich in fiber – oats, quinoa, barley, wheat, and brown rice – lowers your chance of developing type 2 diabetes.



Resveratrol,

A powerful antioxidant in grapes and red wine
may help lower your odds of getting

- cancer
- heart disease
- premature aging



Omega-3 fatty acids in fatty fish offer many anti-aging benefits. They help protect your heart, lower your odds of having a stroke may even help guard against Alzheimer's disease.

Two servings a week of fatty fish such as salmon, lake trout, or tuna.

(If you typically get tuna from a can, choose albacore packed in water for the most omega-3s).



Dairy.

The calcium and fortified vitamin D in dairy foods are crucial to strong bones. They help prevent osteoporosis, for instance.

Include 3 cups of low-fat milk, yogurt, or other dairy products a day.



Nuts.

The fats in nuts are among the healthiest you can find. one study showed that snacking on nuts cut the risk of high blood pressure and high cholesterol by about 20%.

1/4 of an ounce a day to get the benefits – that's about 4 almonds.





Beans and lentils.
loads of fiber and plant-based protein

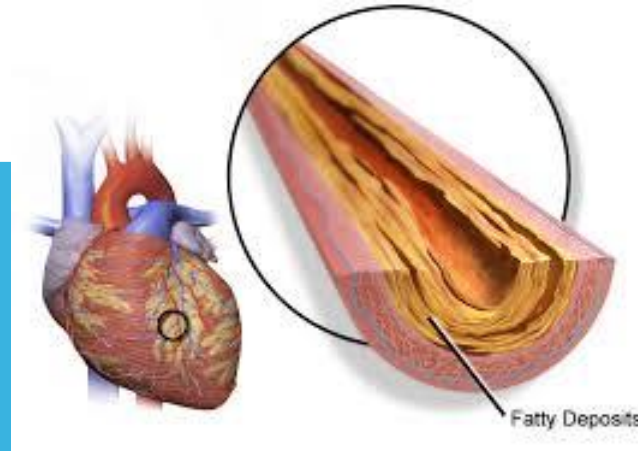
- Three particular antioxidants —
- vitamin C, zinc, and beta-carotene —
- help protect your vision from macular degeneration,
 - the leading cause of blindness after age 64.





EASY on
high-fat meat,
high-fat dairy
bakery treats

The saturated fat found in these foods can clog your arteries, which can lead to heart problems.





Limit added sugar as much as possible

Too much sugar can cause dramatic variations in blood sugar levels

Long time, excessive sugar may cause insulin resistance

which can lead to type 2 diabetes

Diabetes damages blood vessels and often leads to heart disease.



Spare the salt.

too much salt, or sodium, can raise your blood pressure. chronically, high blood pressure can damage kidneys, eyes, and brain.

Limit sodium to 2,400 milligrams – about 1 teaspoon of table salt – throughout your entire day.

if you have high blood pressure, are 51 or older, are African-American, or have diabetes or chronic kidney disease, you should eat even less: no more than about 1,500 mg a day.



<http://www.webmd.com/>

healthy-aging/features/anti-aging-diet?page=3



How Much Alcohol Is Too Much?



People over age 65
no more than
seven drinks a week
no more than
three drinks on any one
day.

One drink is equal to one of the following:

One 12-ounce can or bottle of regular beer, ale, or wine cooler

One 8- or 9-ounce can or bottle of malt liquor

One 5-ounce glass of red or white wine

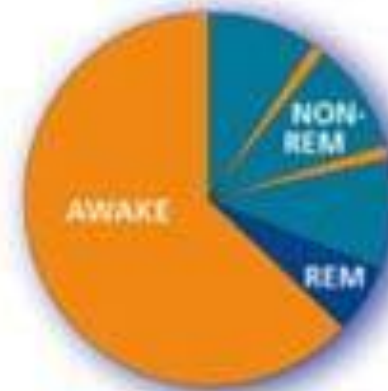
One 1.5-ounce shot glass of hard liquor (spirits) like gin, vodka, or whiskey. The label on the bottle will say 80 proof or less



Infancy



Maturity



Old Age

BE WELL

Mind
Body
Spirit



SOCIAL ACTIVITIES TO INCREASE BRAIN FUNCTION

Fames, engagement in problem solving

Grandkids

Keeping a diary

Nutrition

Stop smoking

Walking

Visitors

Visiting

Laughter

Acknowledgement of personal value



<https://www.agingcare.com/Articles/social-activities-mind-function-133301.htm>

SEXUALITY

A woman may notice changes in her [vagina](#). As she ages, her [vagina](#) shortens and narrows. The walls become thinner and also a little stiffer. Most women will also have less vaginal lubrication. This could affect sexual pleasure.



A man may find it takes longer to get an erection. His erection may not be as firm or as large as it used to be. The amount of ejaculate may be smaller. The loss of erection after orgasm may happen more quickly, or it may take longer before an erection is again possible. Some men may find they need more foreplay.

As men get older, impotence becomes more common. Impotence is the loss of ability to have and keep an erection hard enough for sexual intercourse. By age 65, about 15 to 25% of men have this problem at least one out of every four times they are having sex.

This may happen in men with [heart disease](#), [high blood pressure](#), or [diabetes](#)-either because of the disease or the medicines used to treat it.







"The body heals with play,
the mind heals with laughter
and the spirit heals with joy."

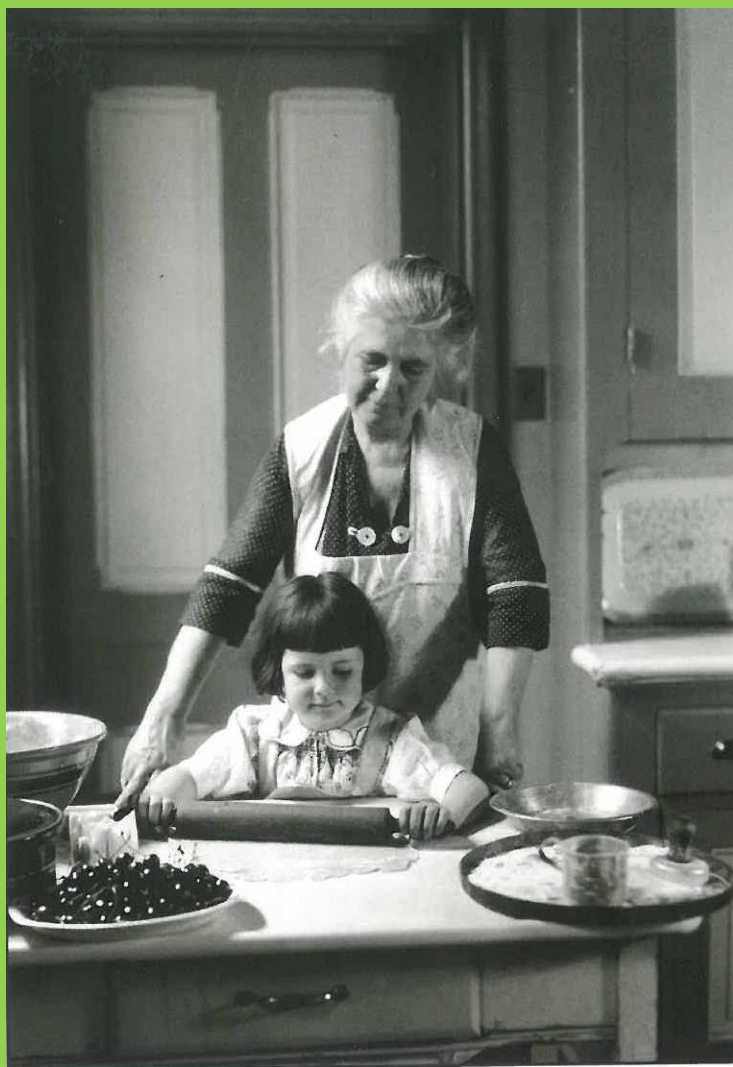
Proverb

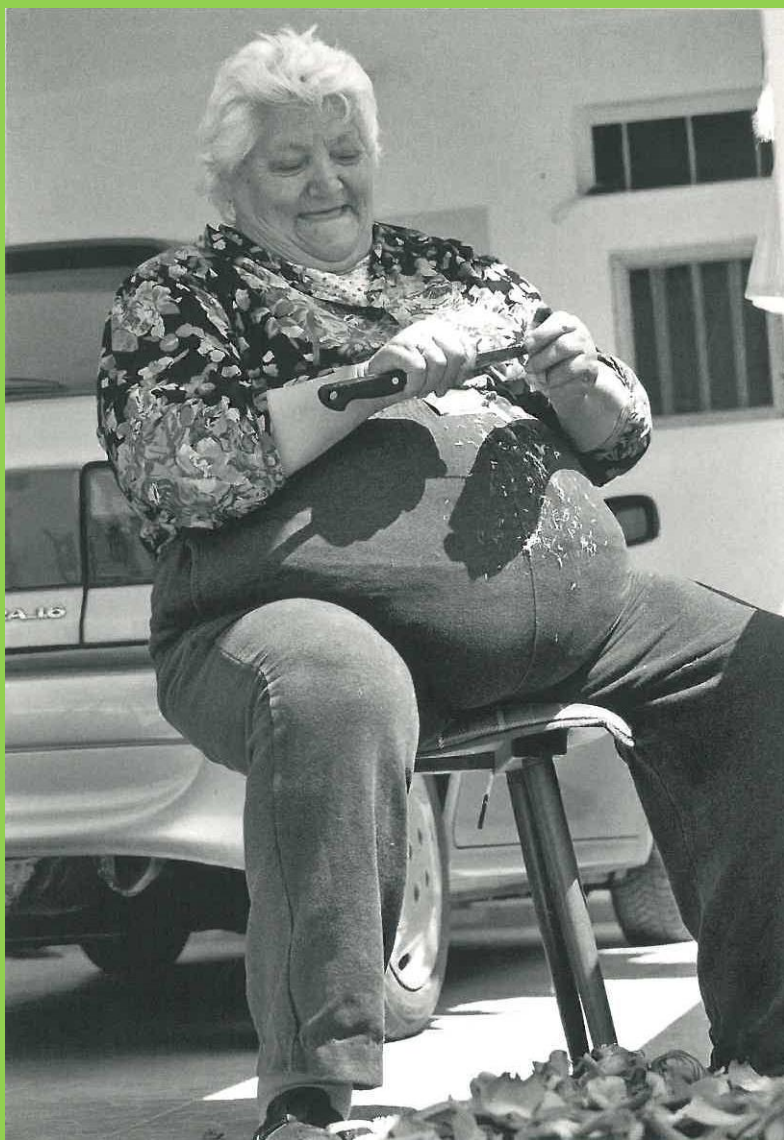


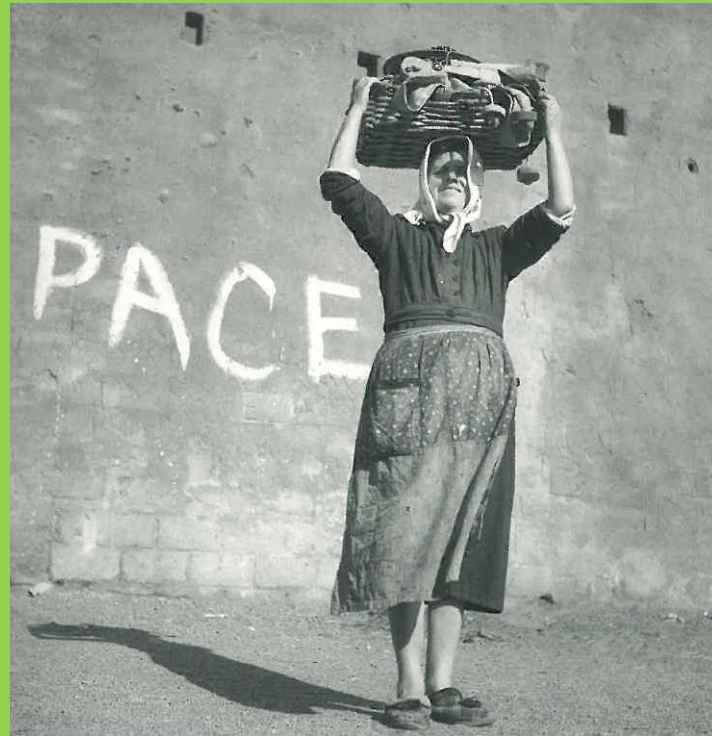








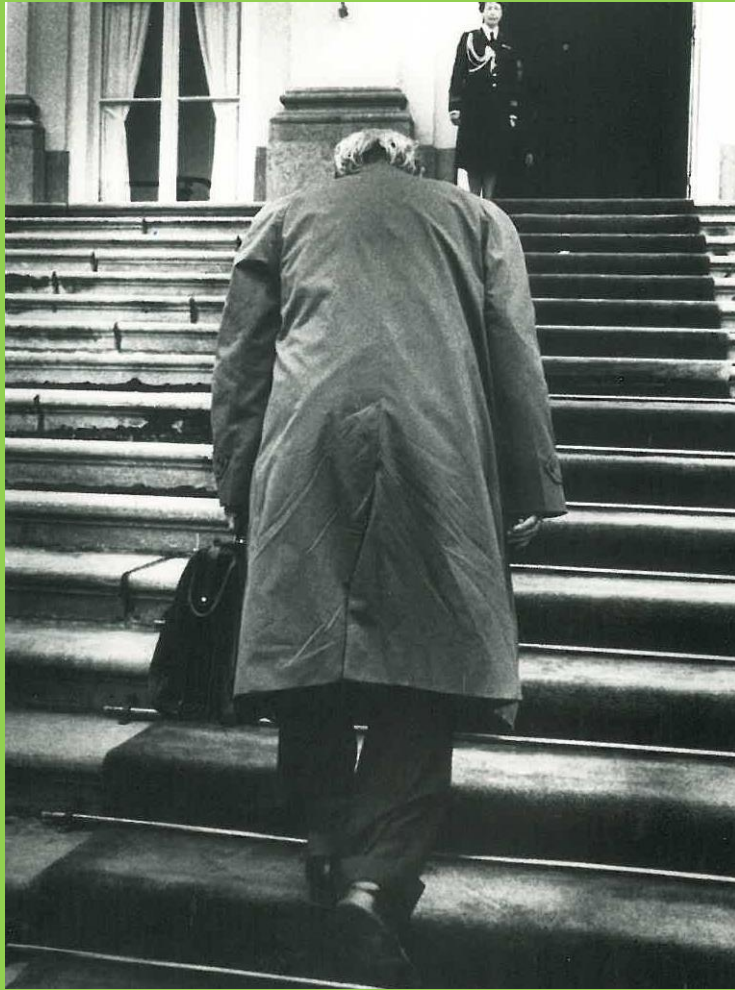


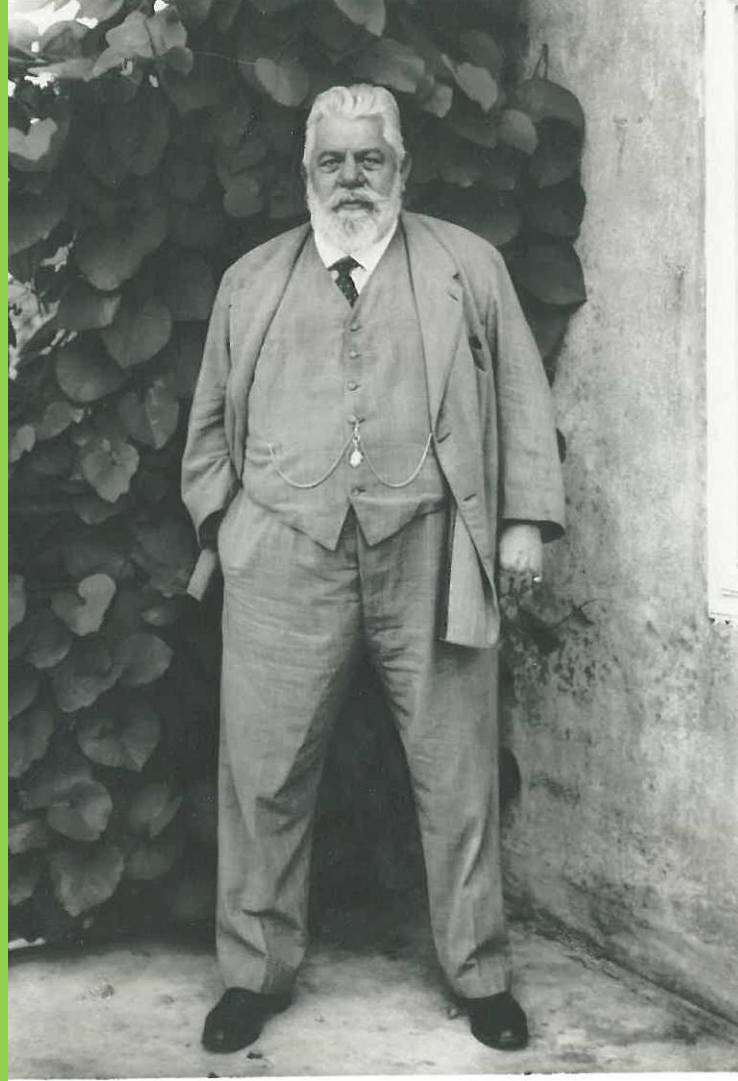


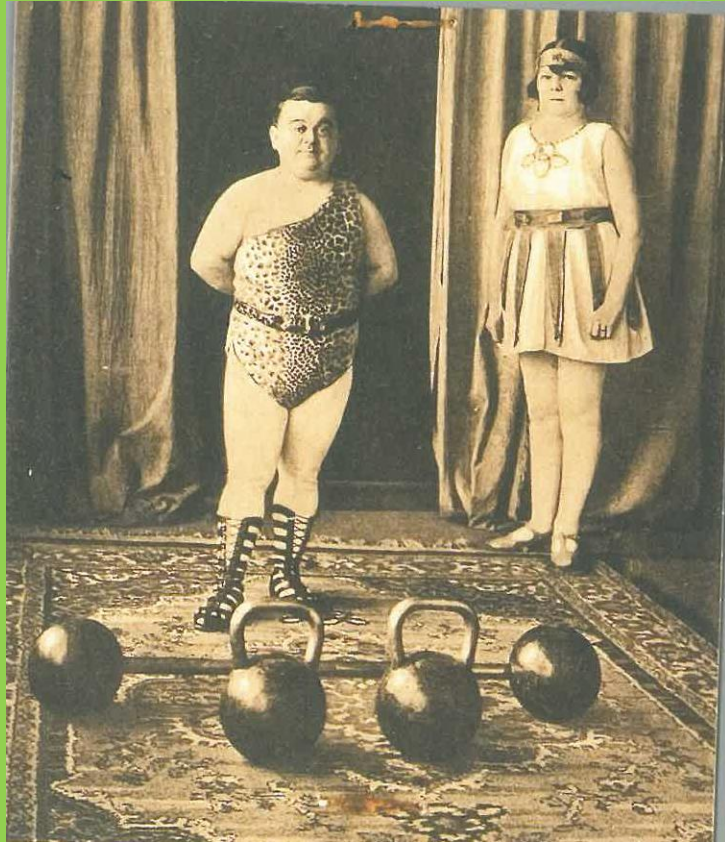


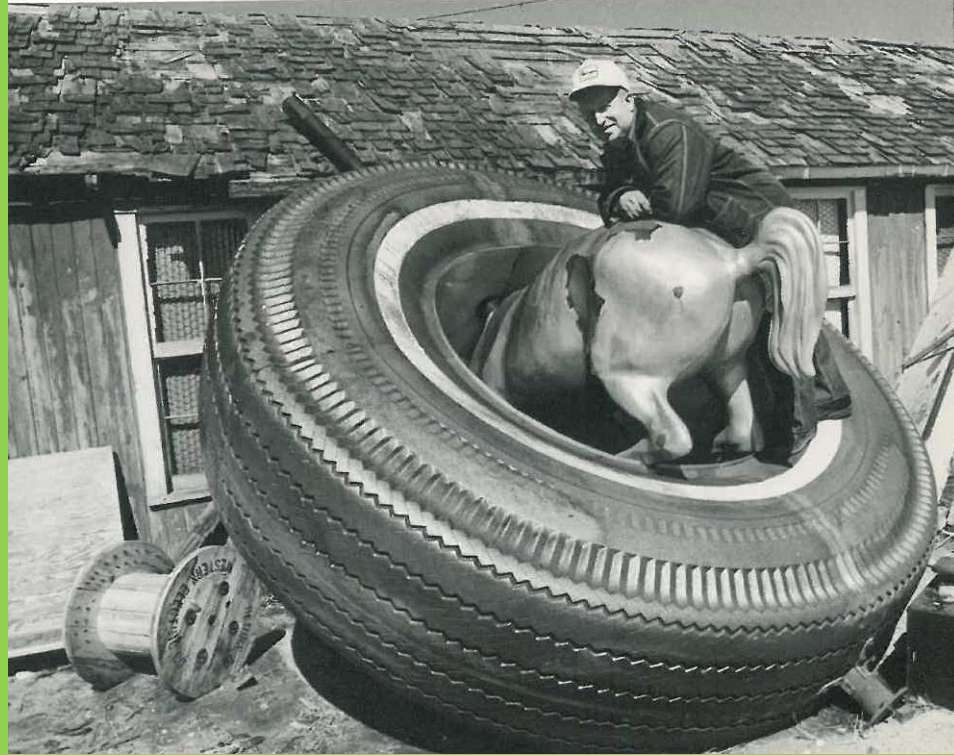


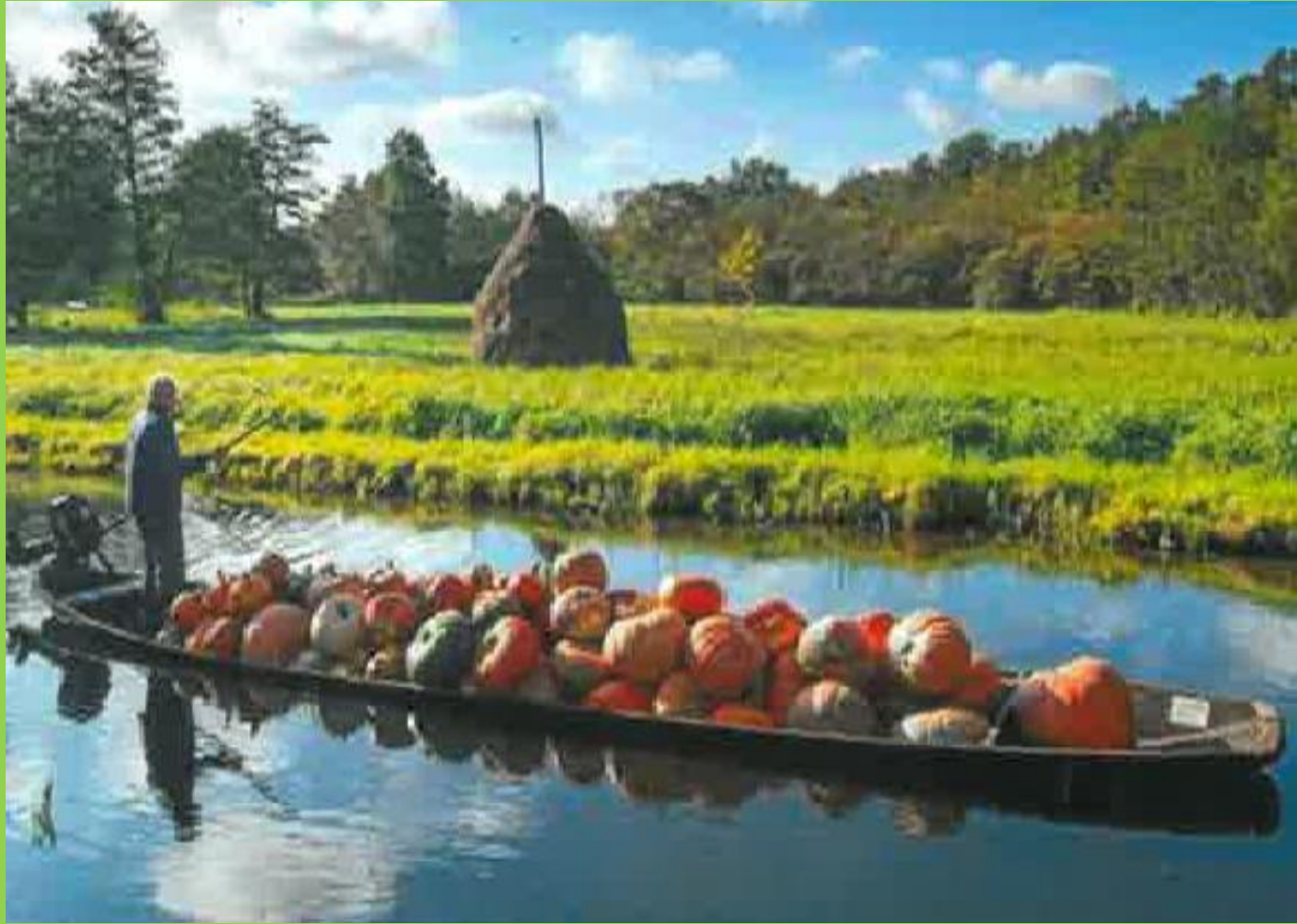


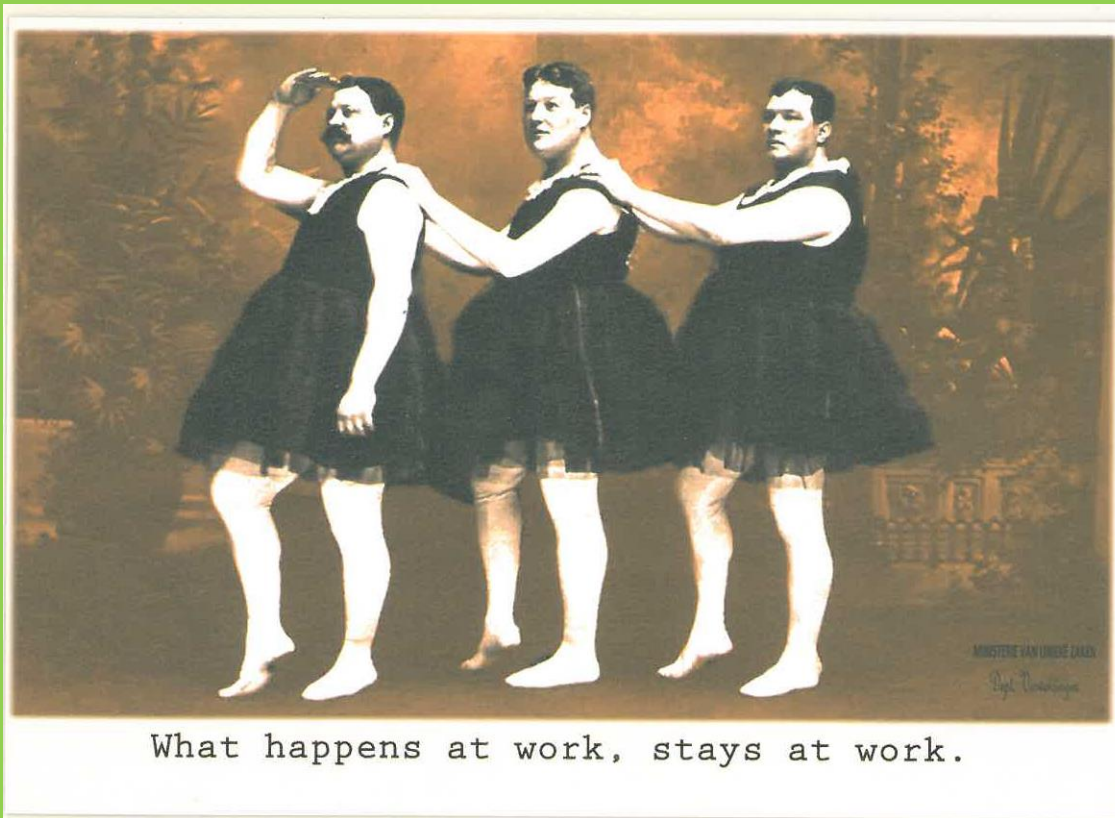








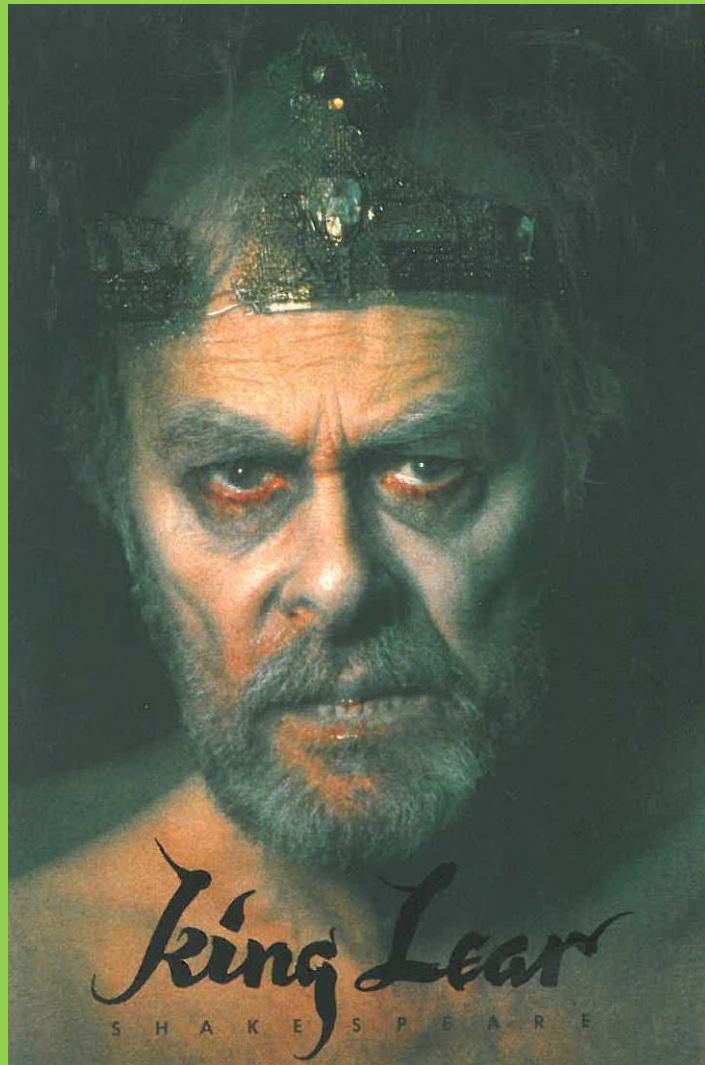




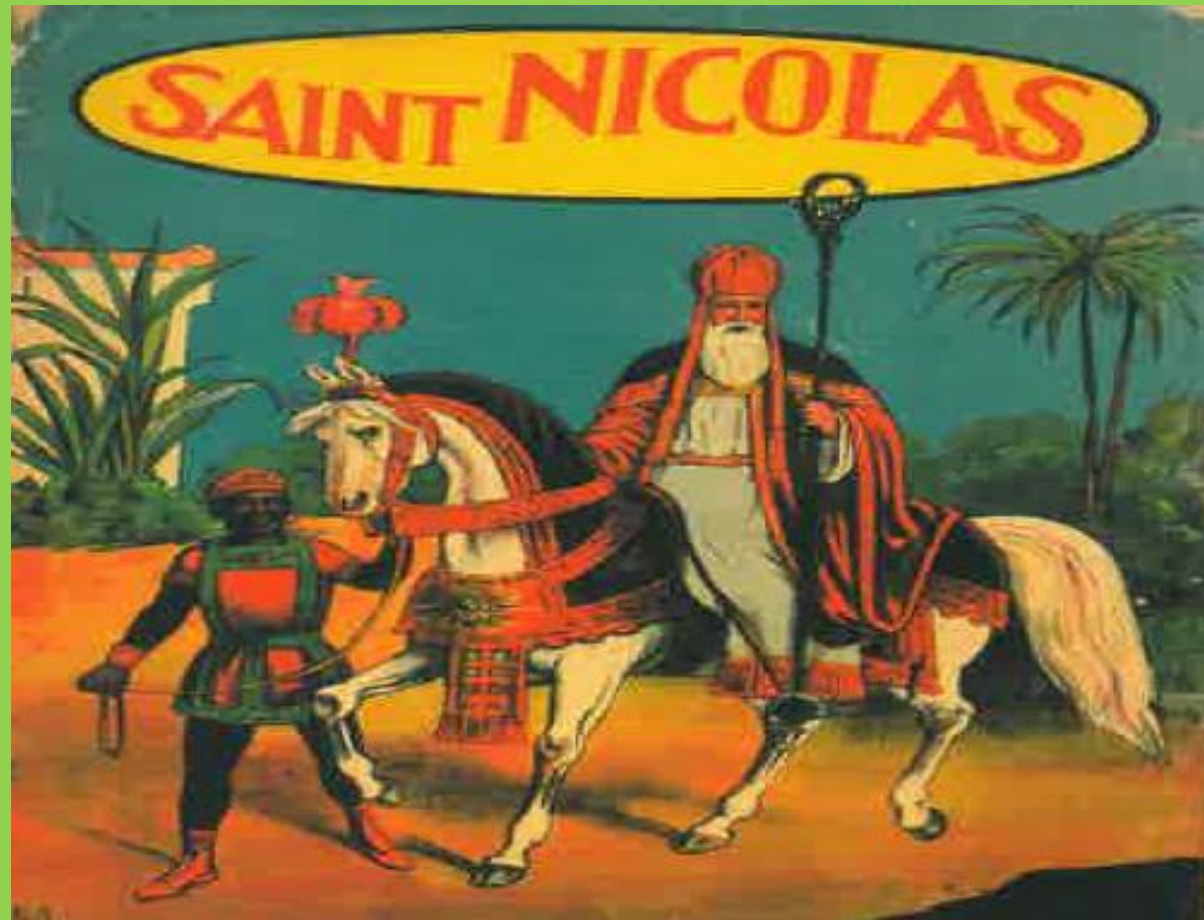
What happens at work, stays at work.



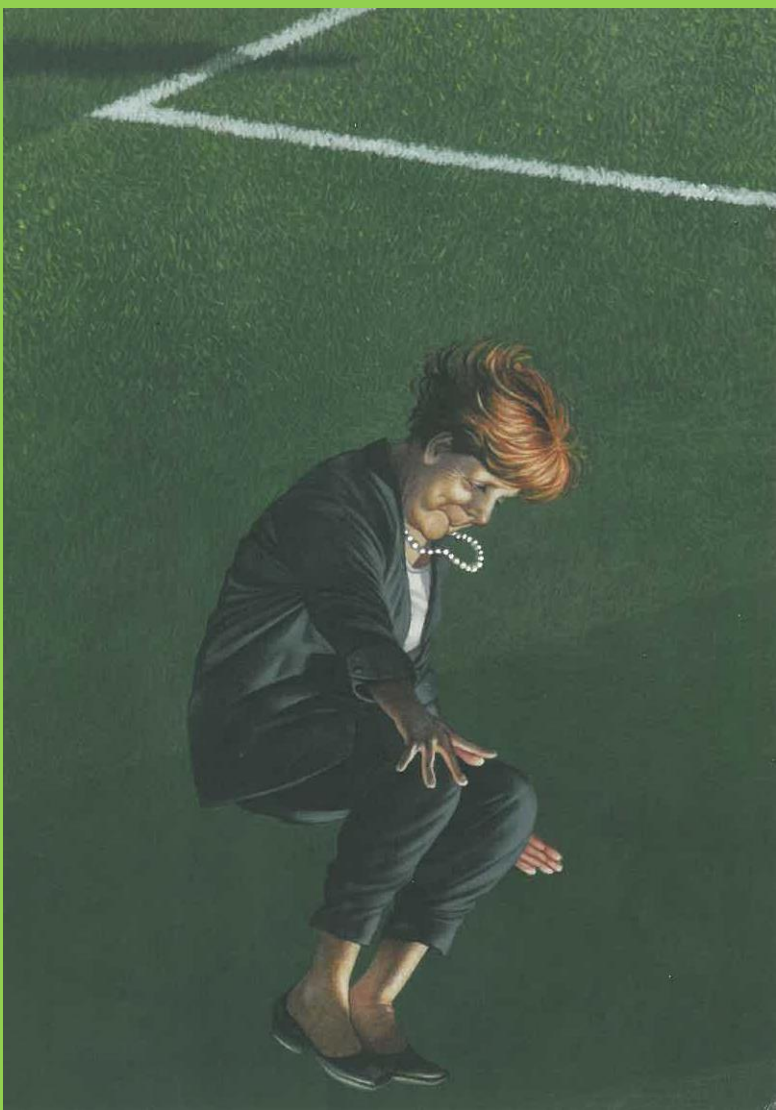












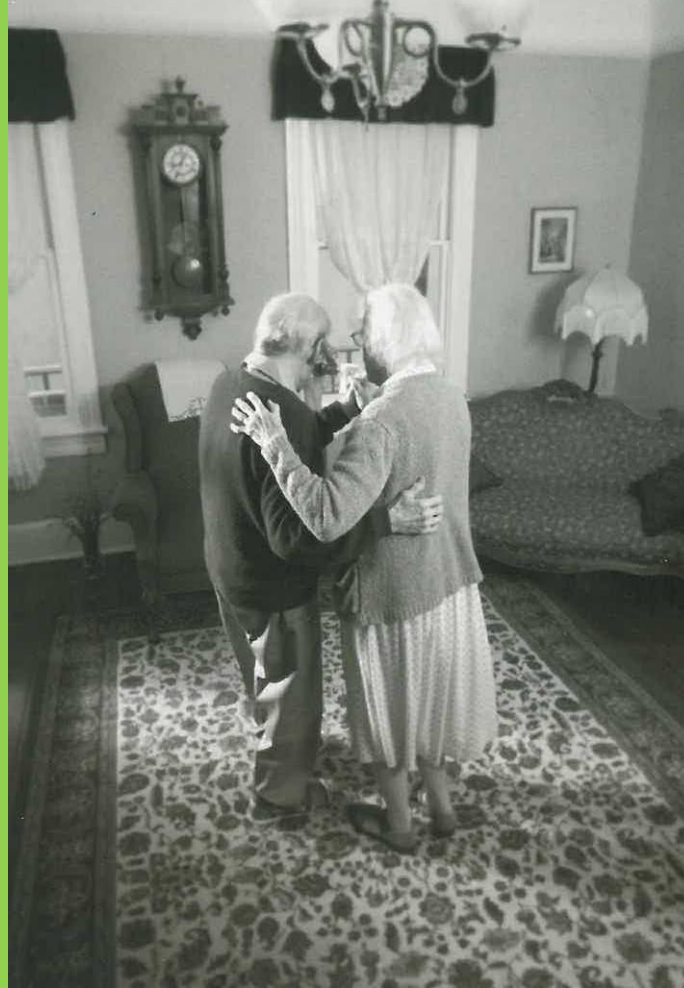


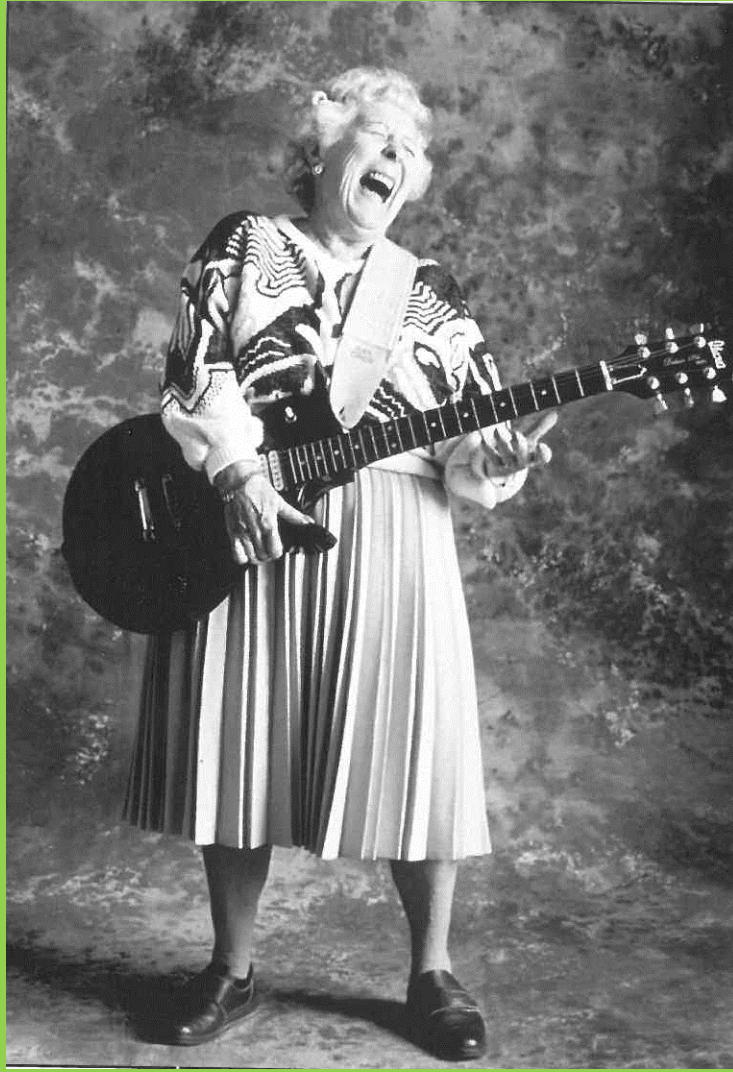






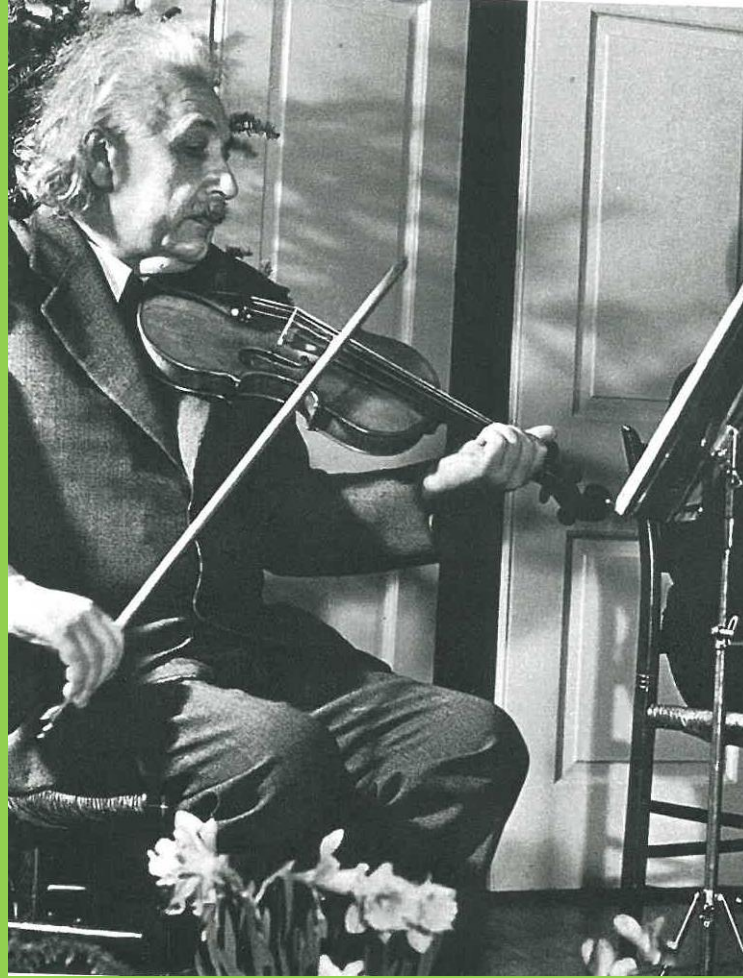








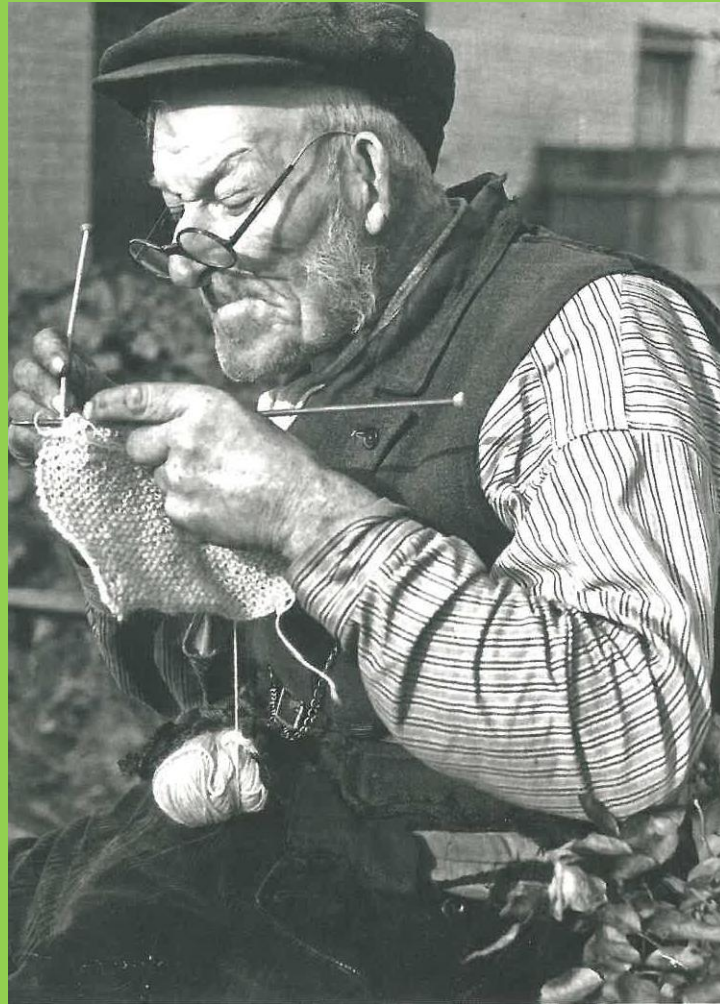


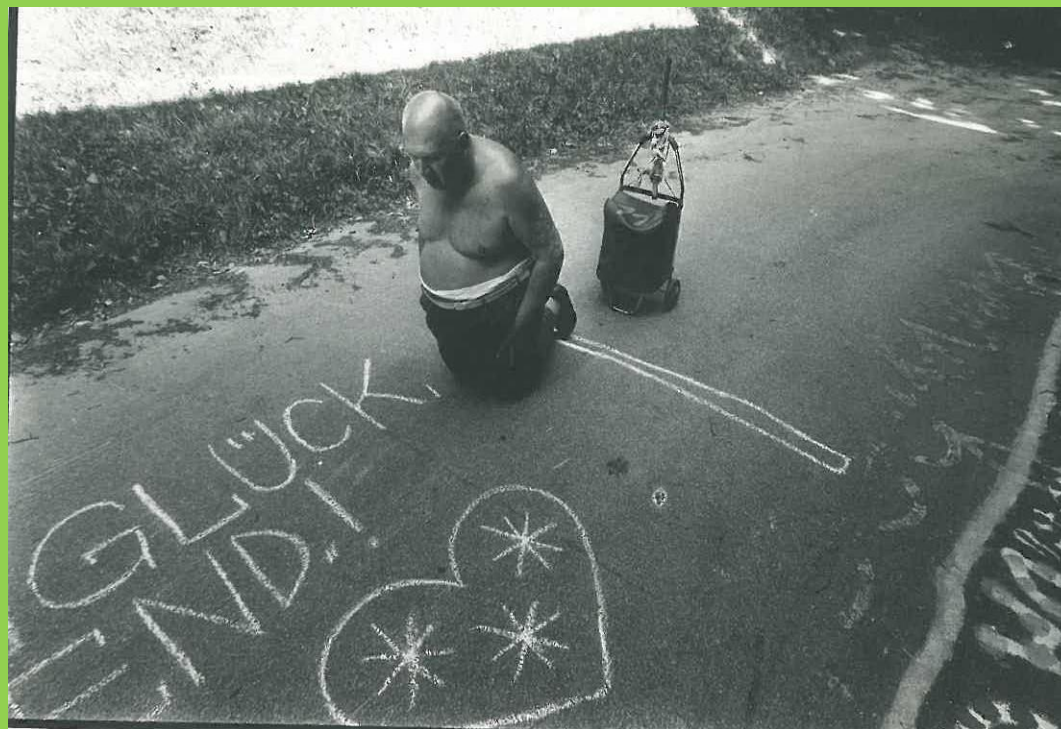




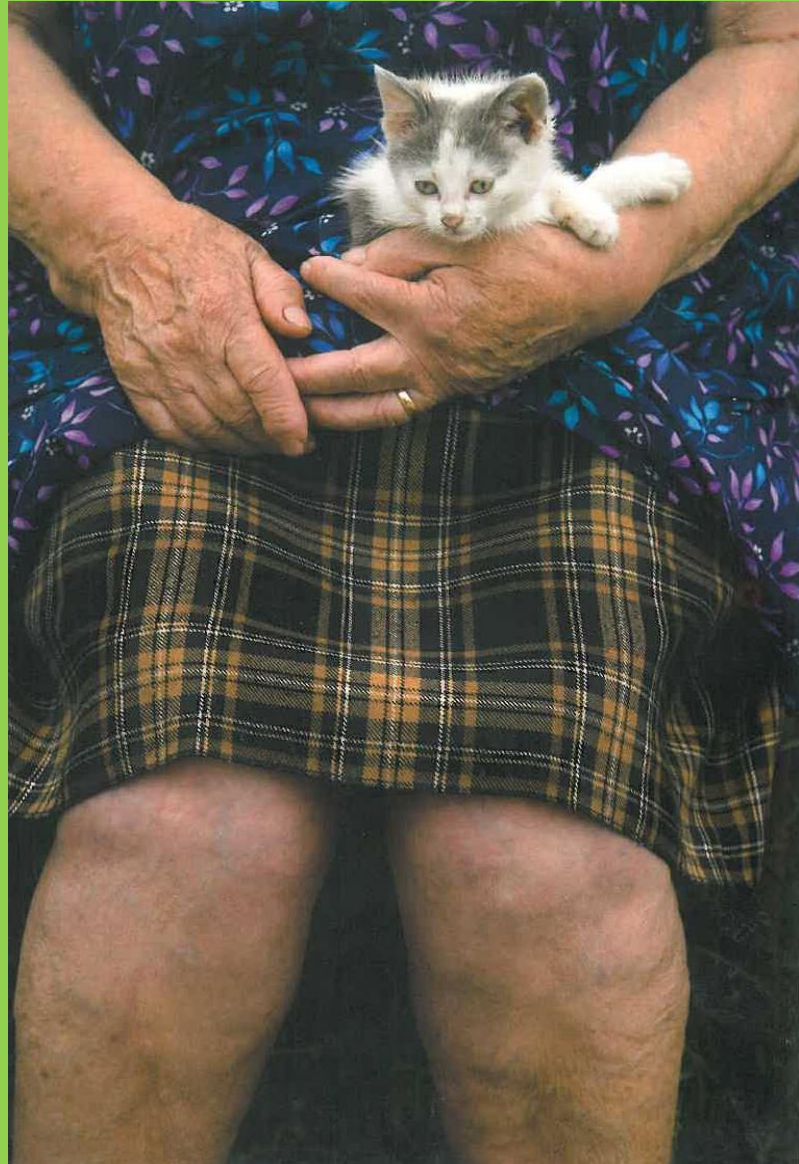






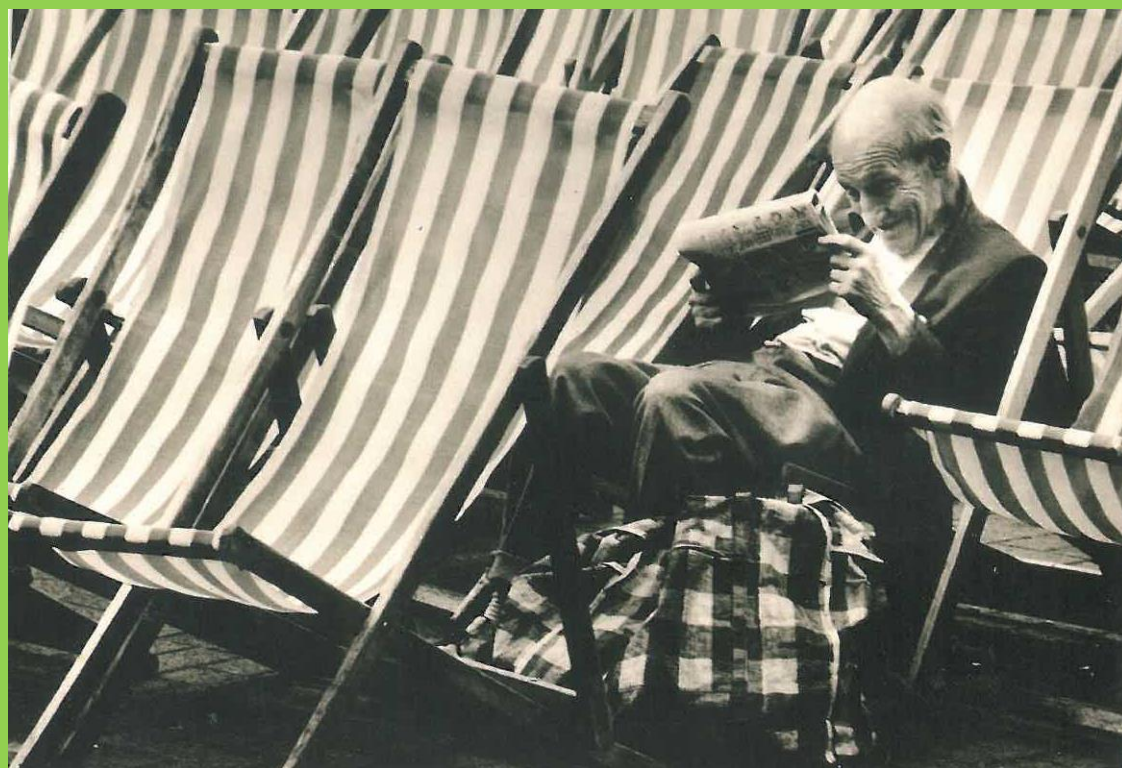






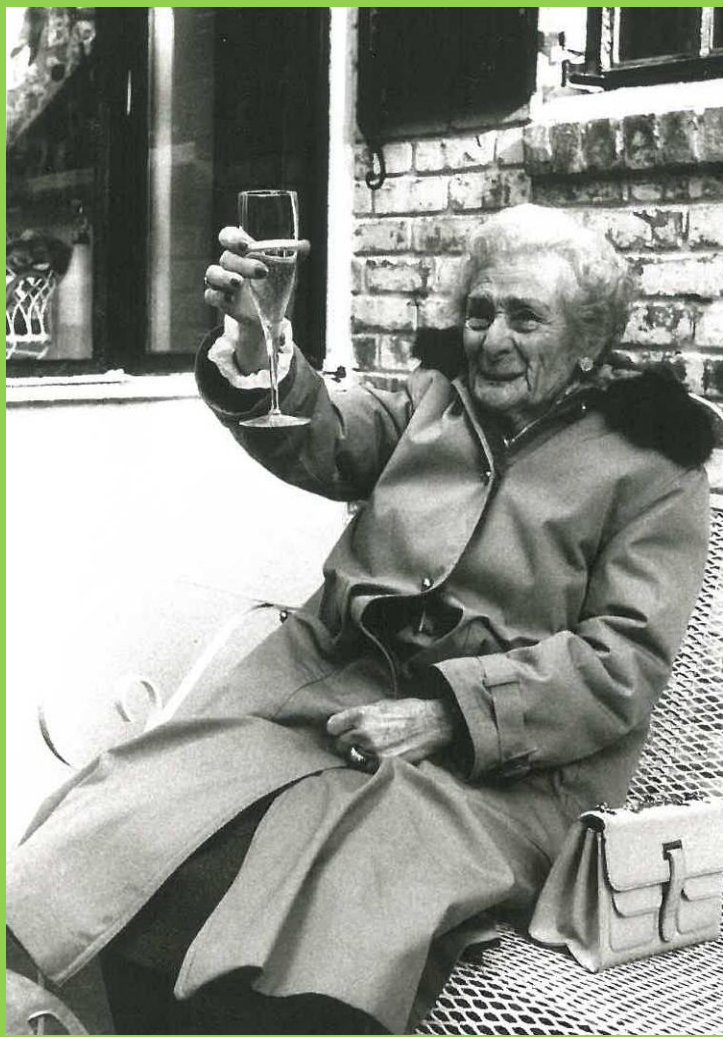




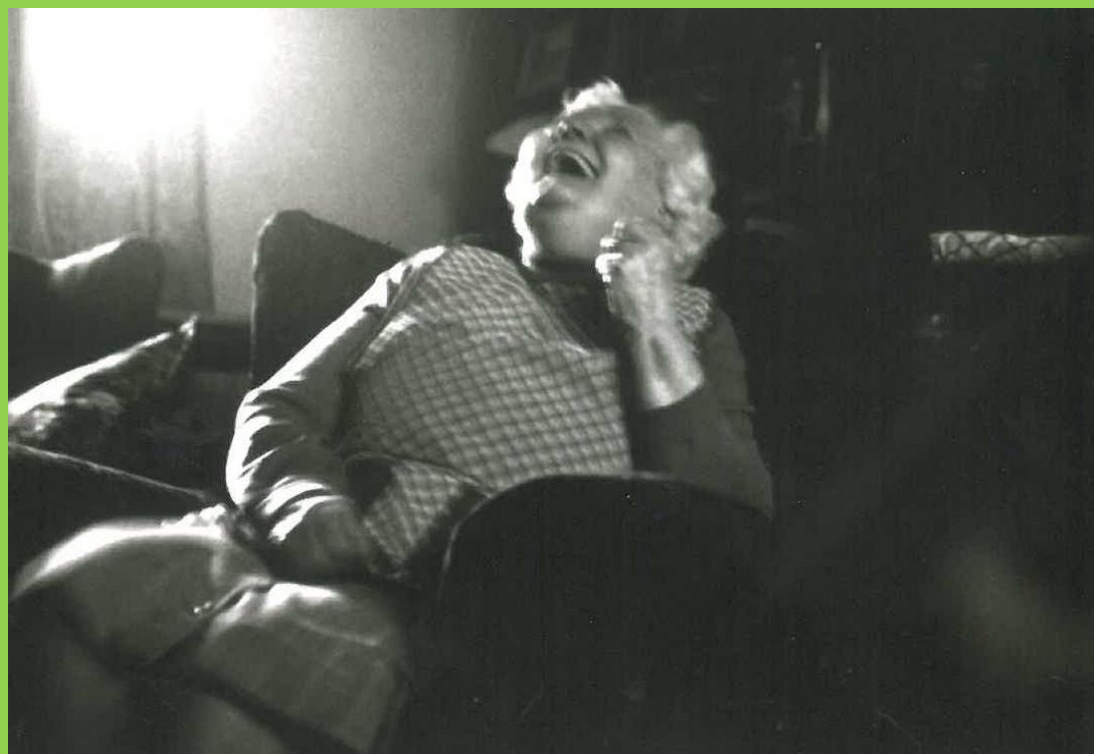










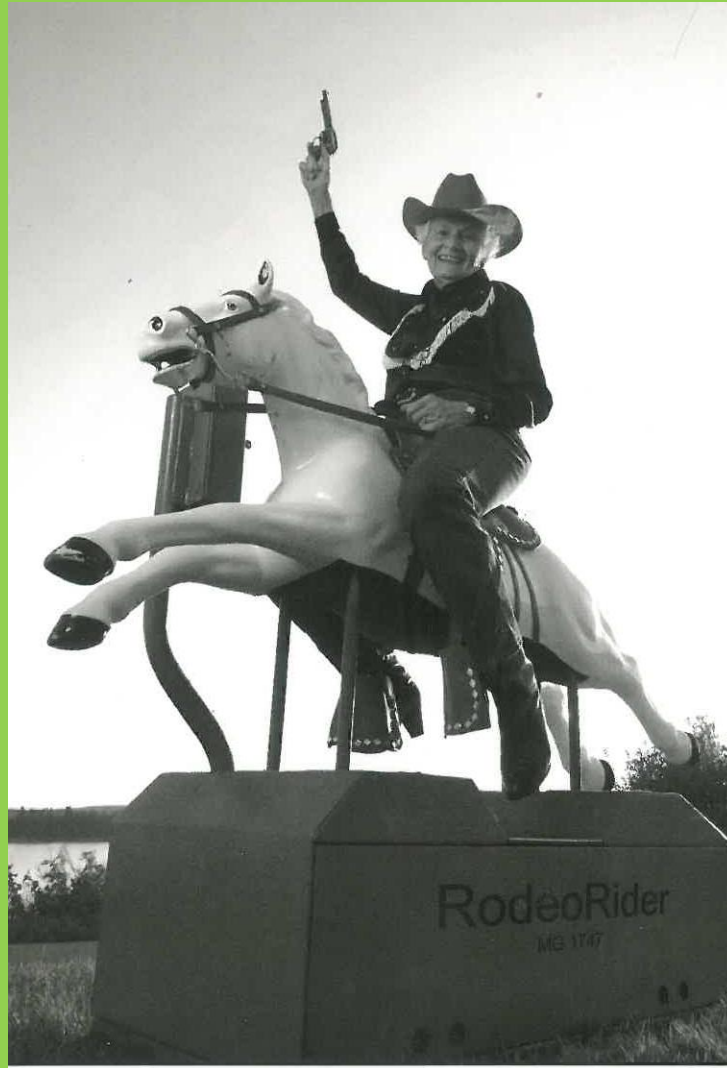


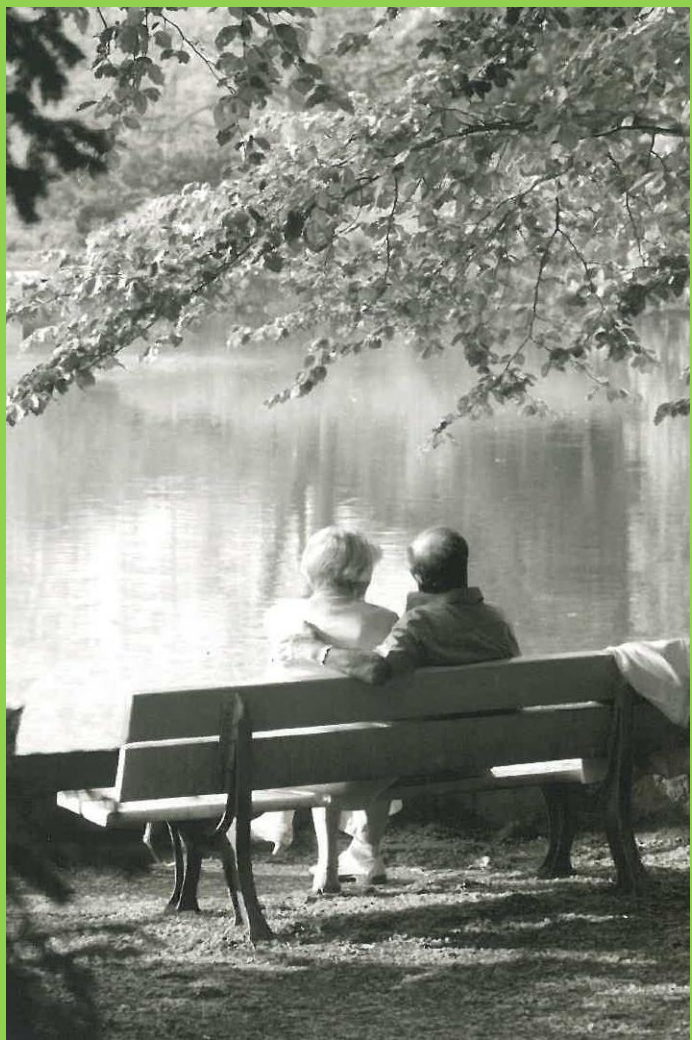








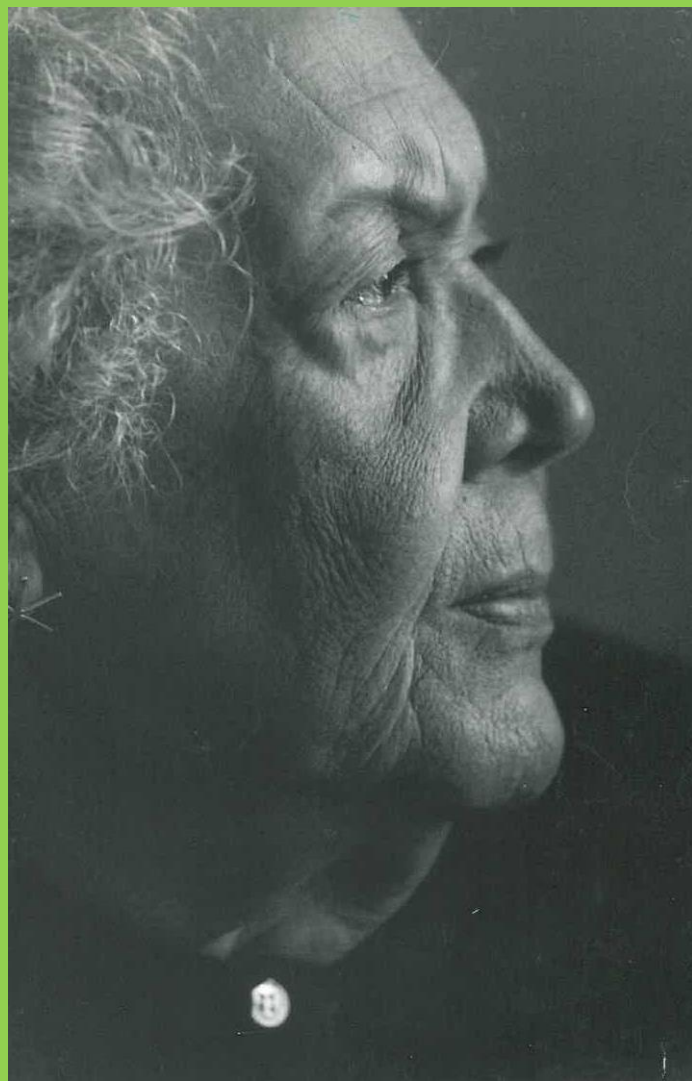


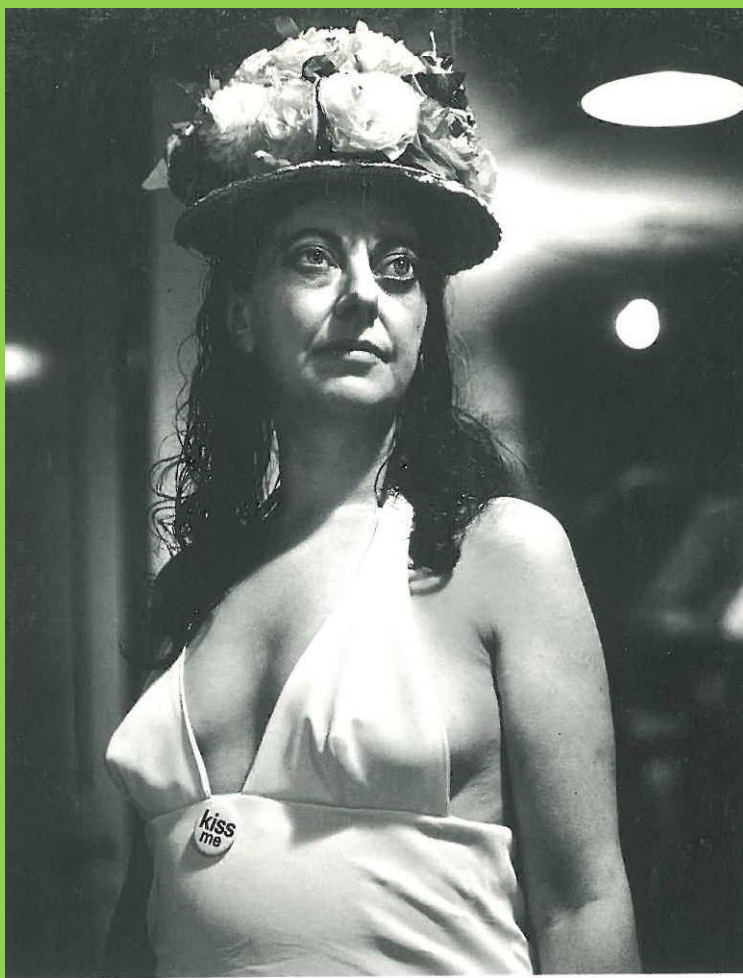






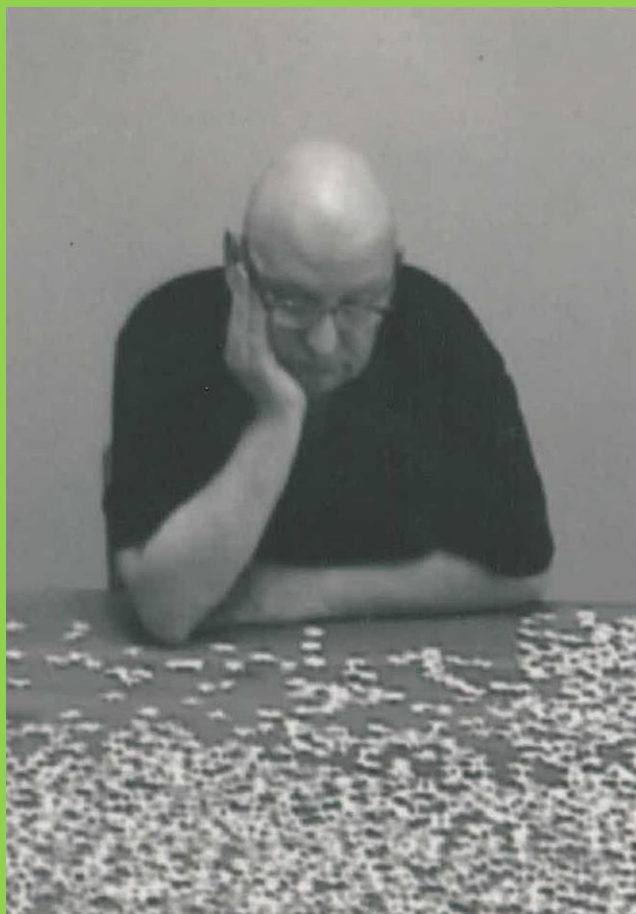




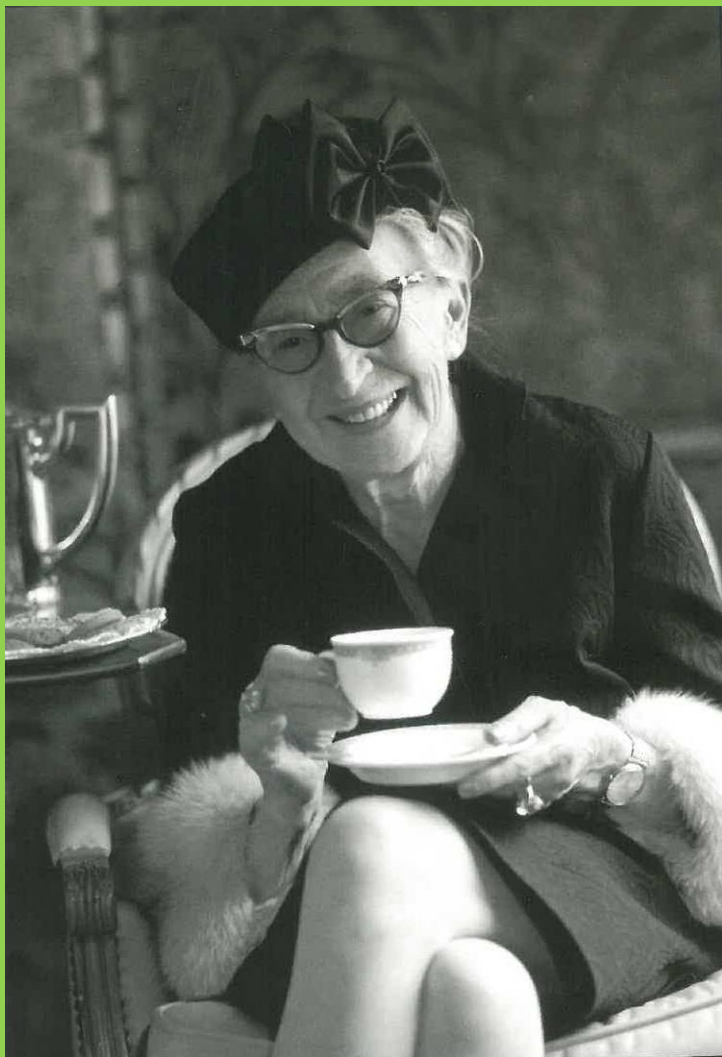








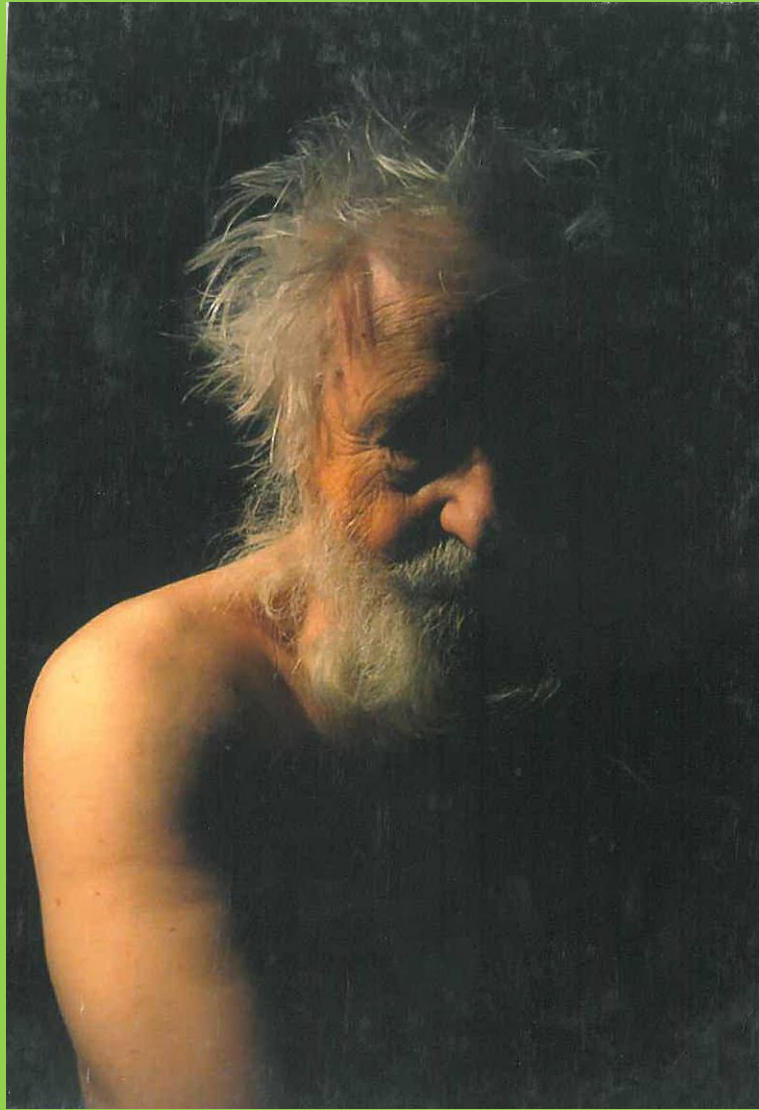


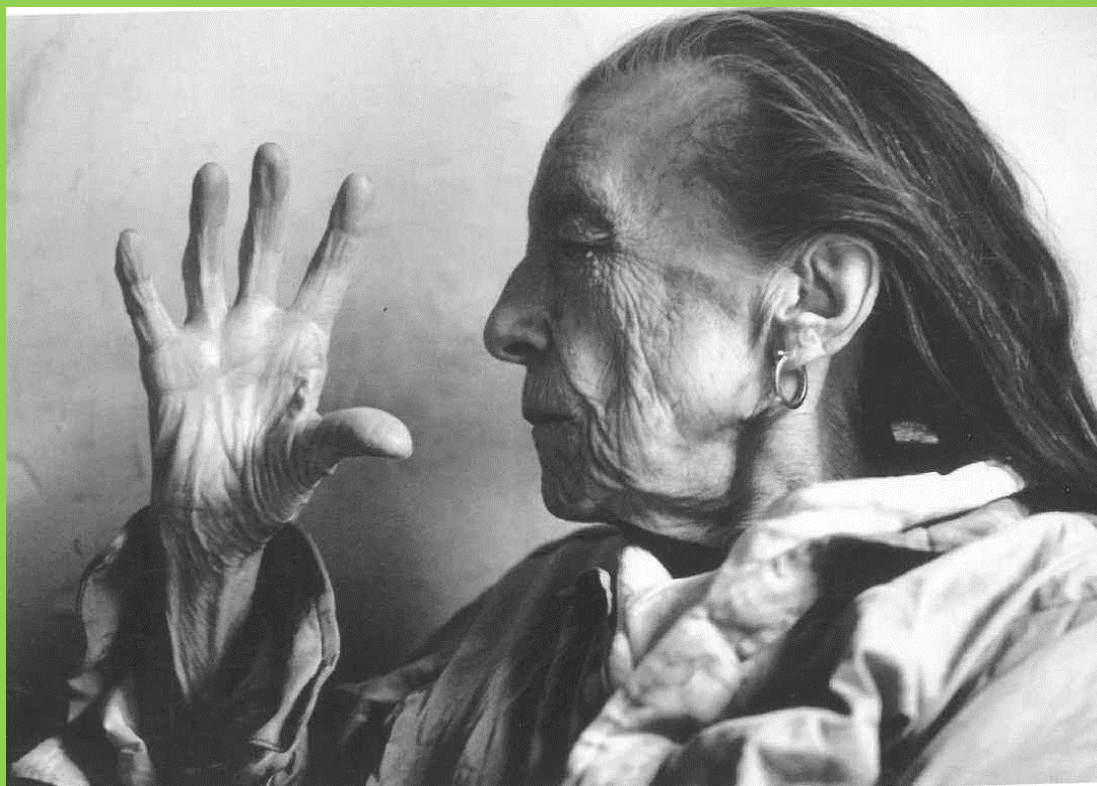






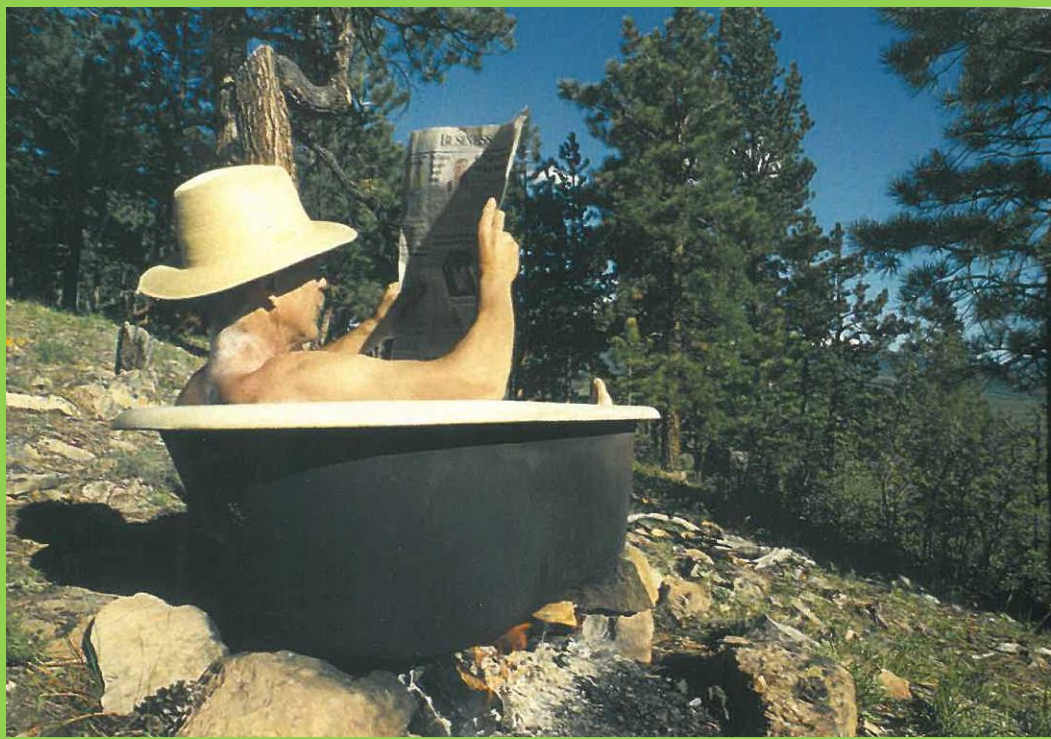










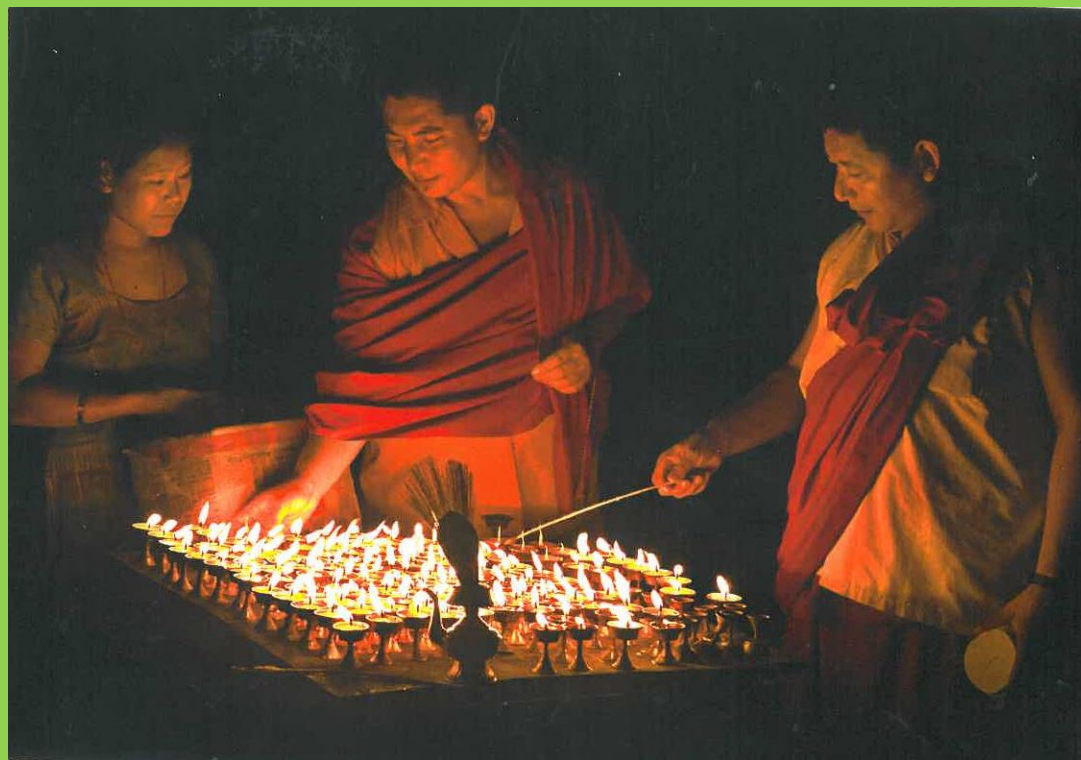


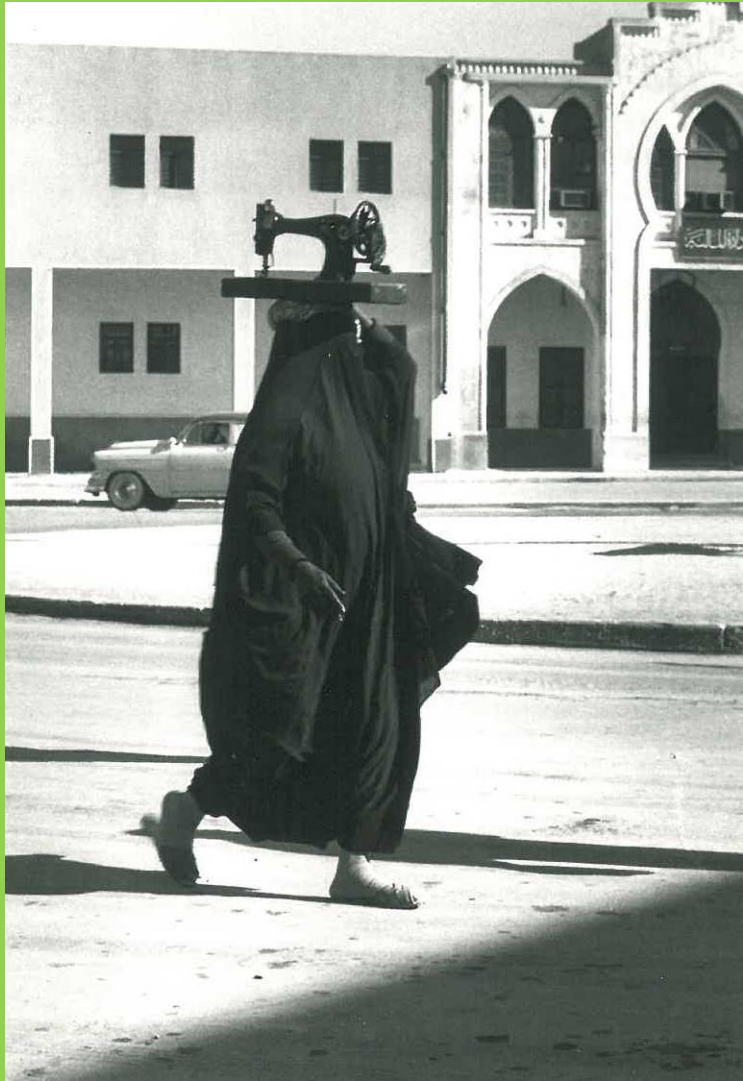
We're not over the hill, we're
only half way up it.



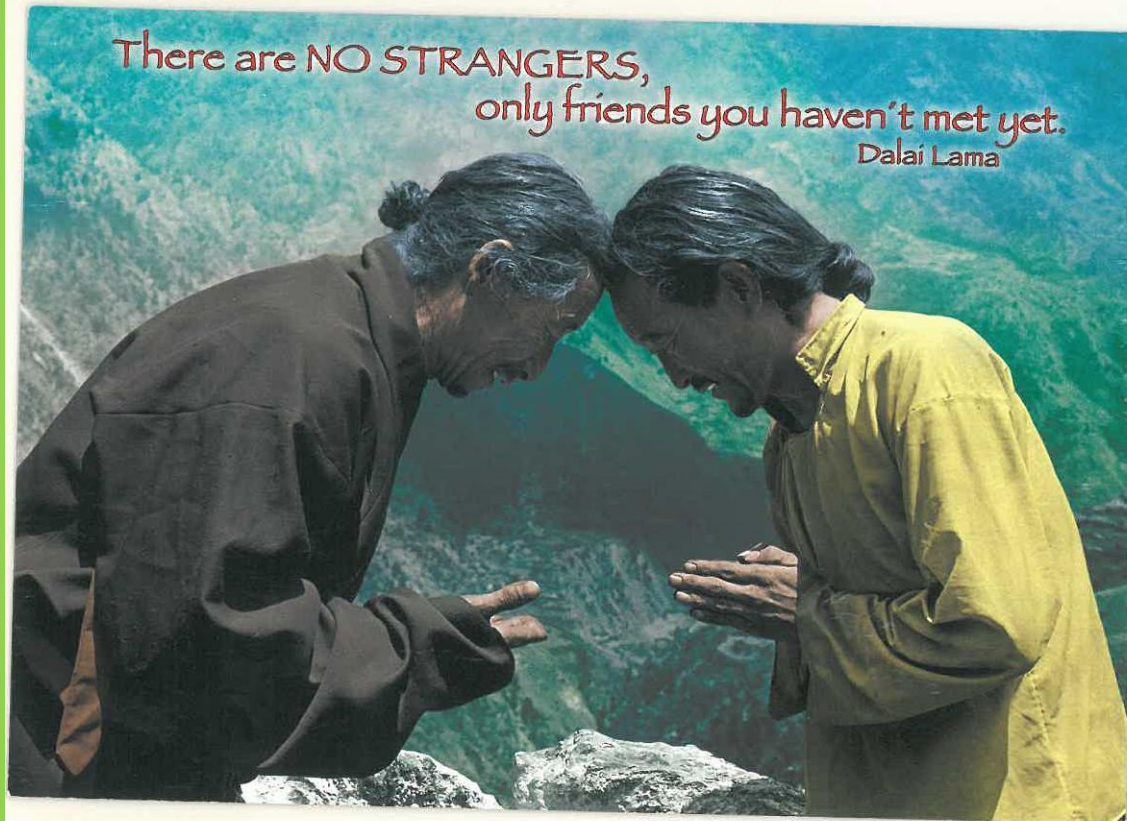


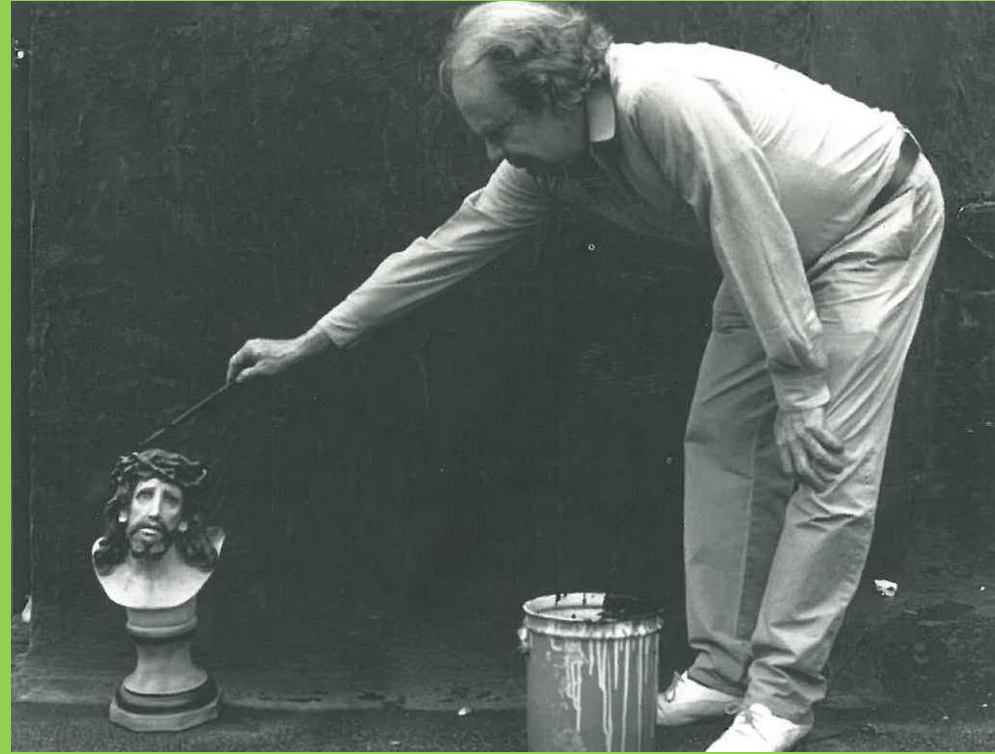


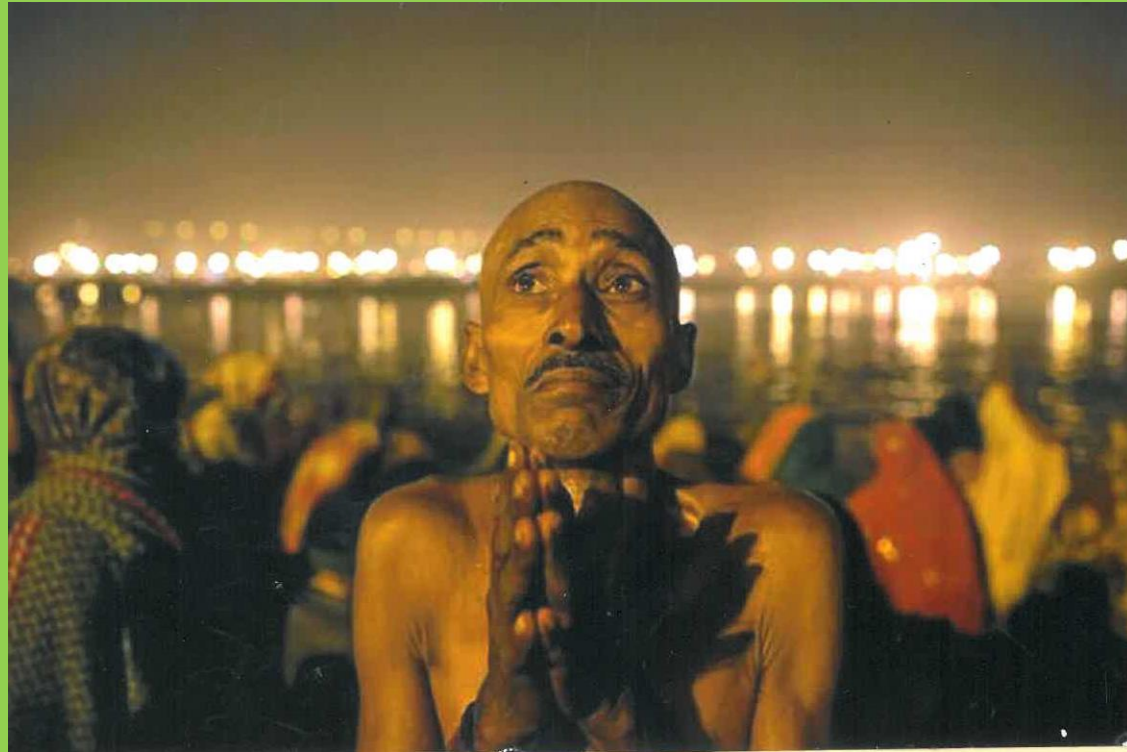


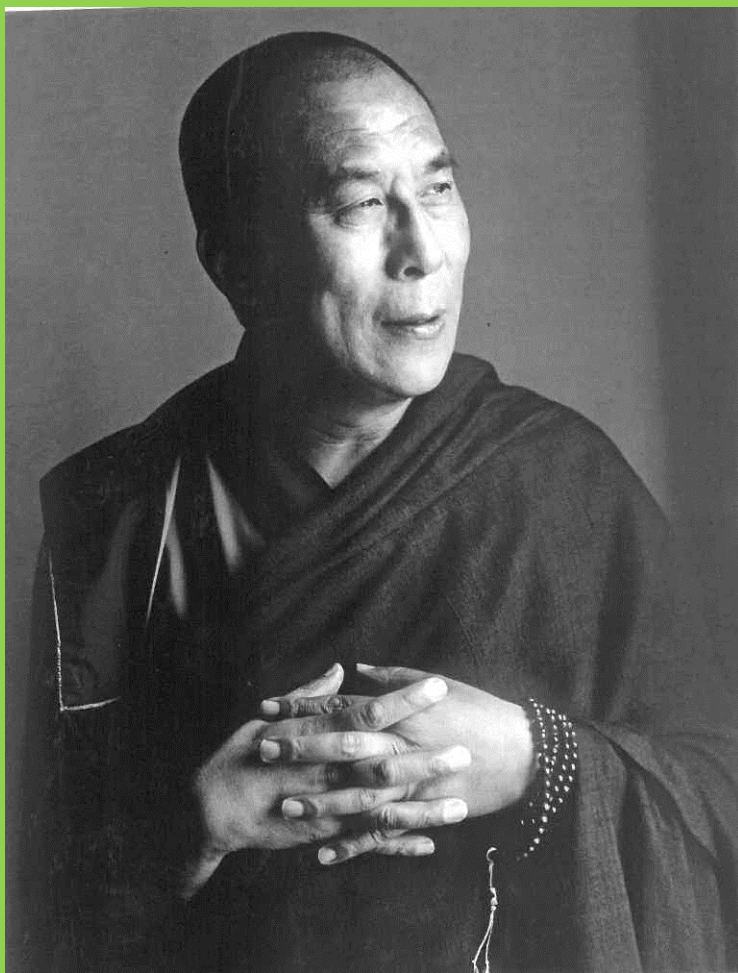


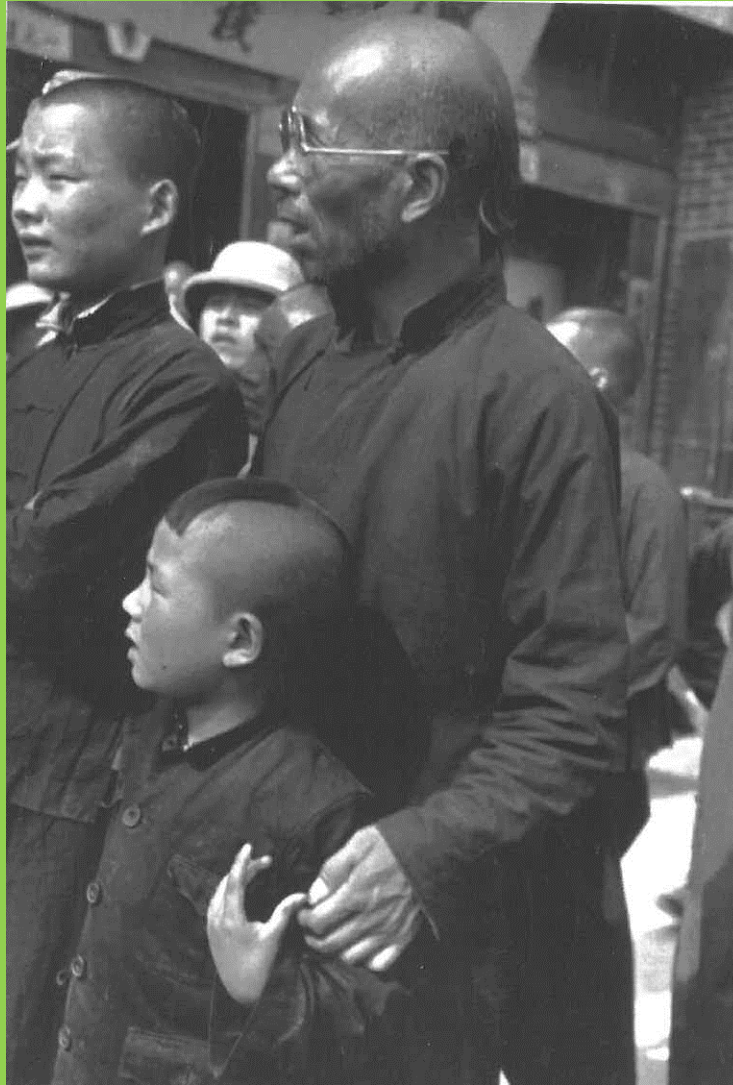
There are NO STRANGERS,
only friends you haven't met yet.
Dalai Lama







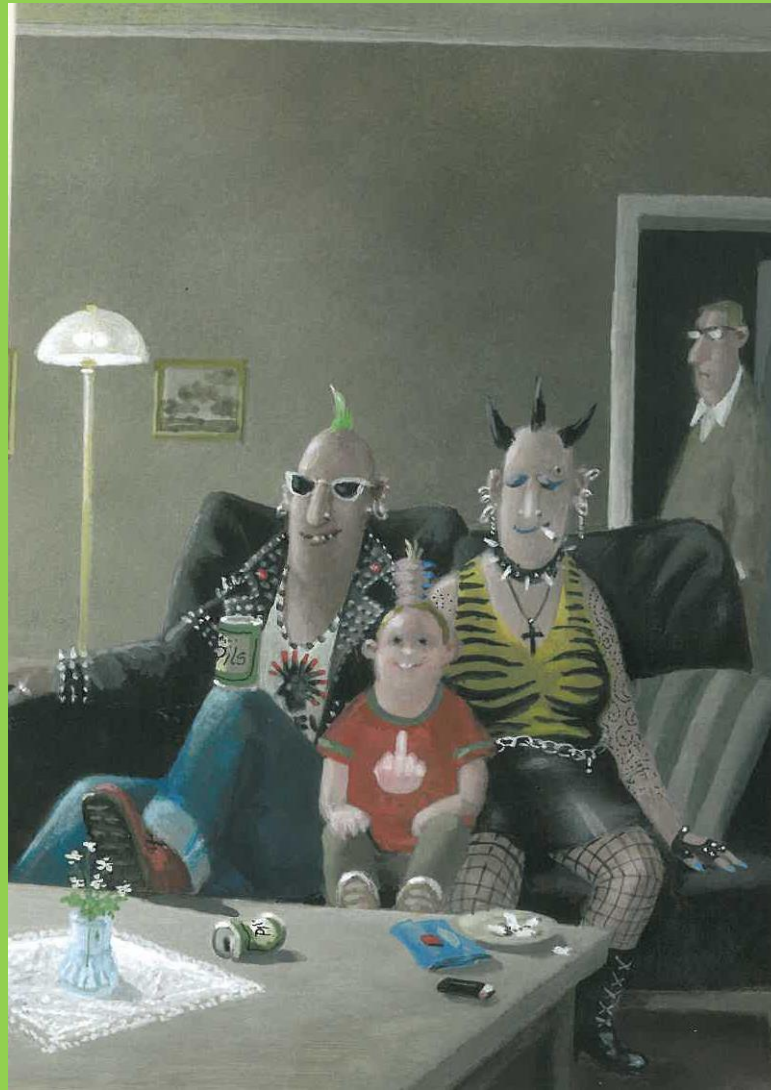






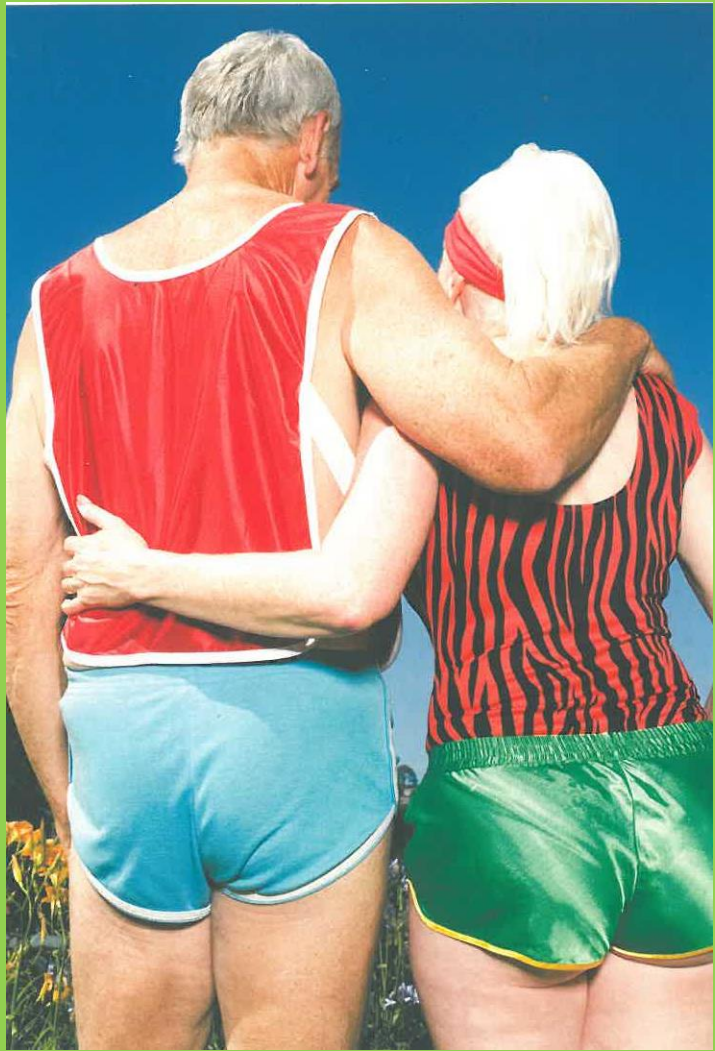










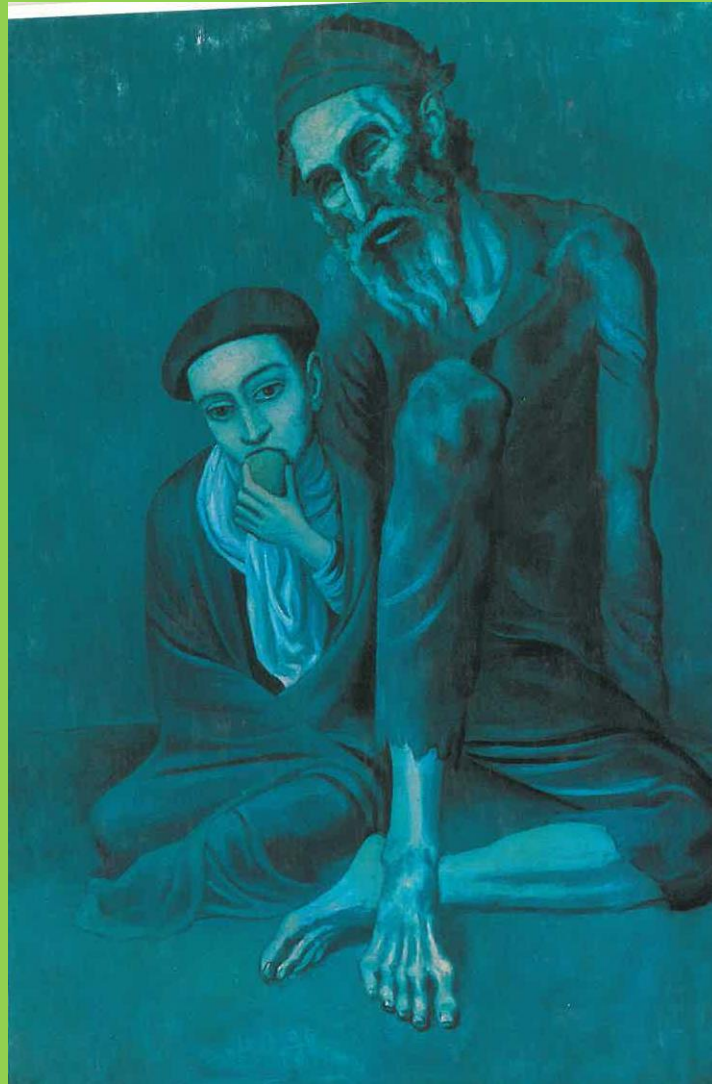


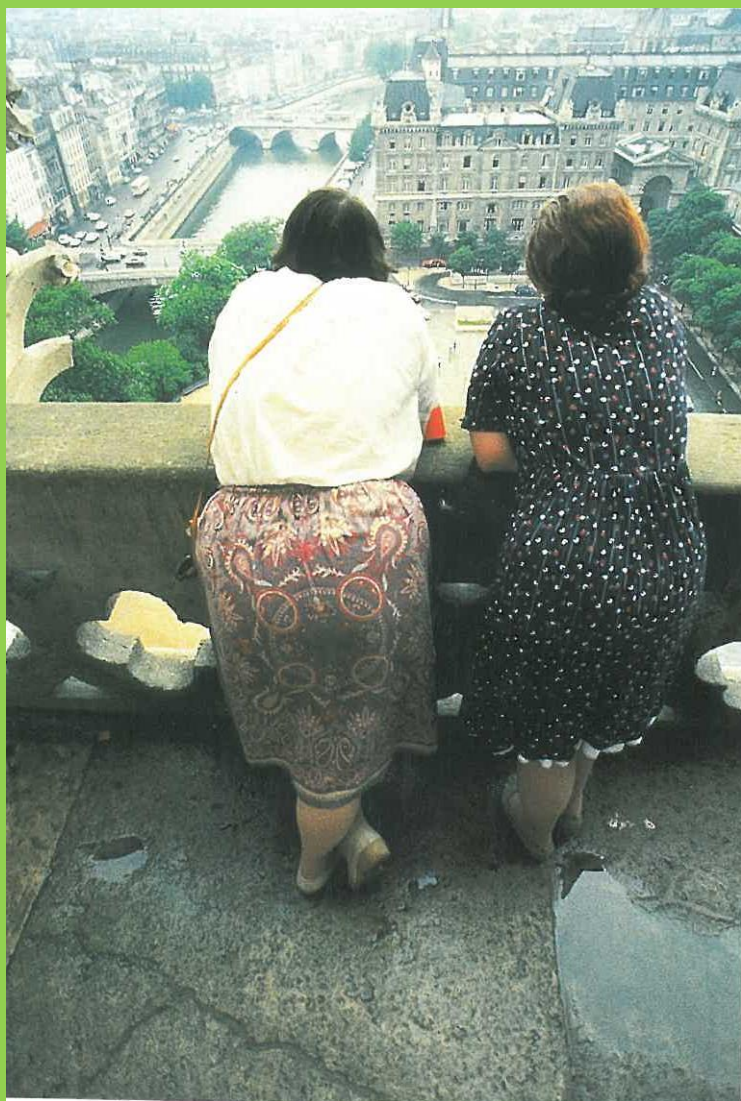




















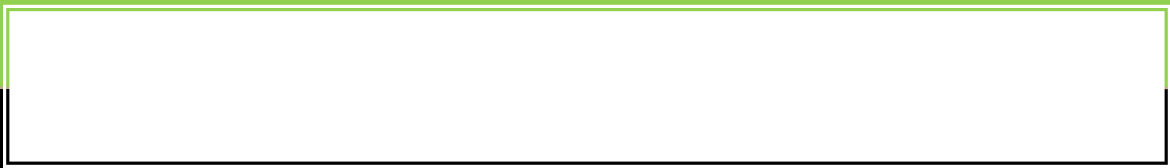












However hard you try,
you end up like your mother.







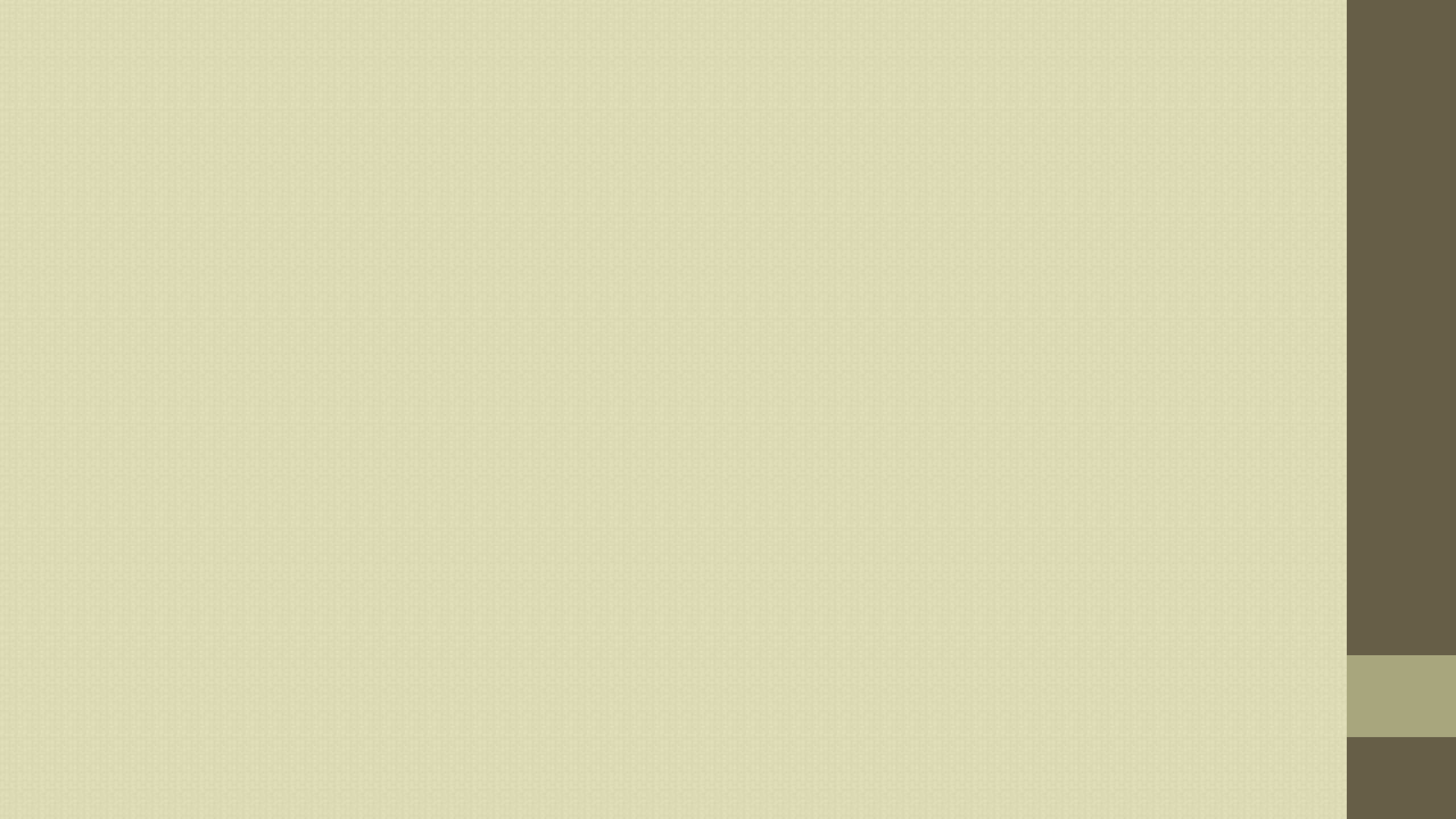
growing bolder

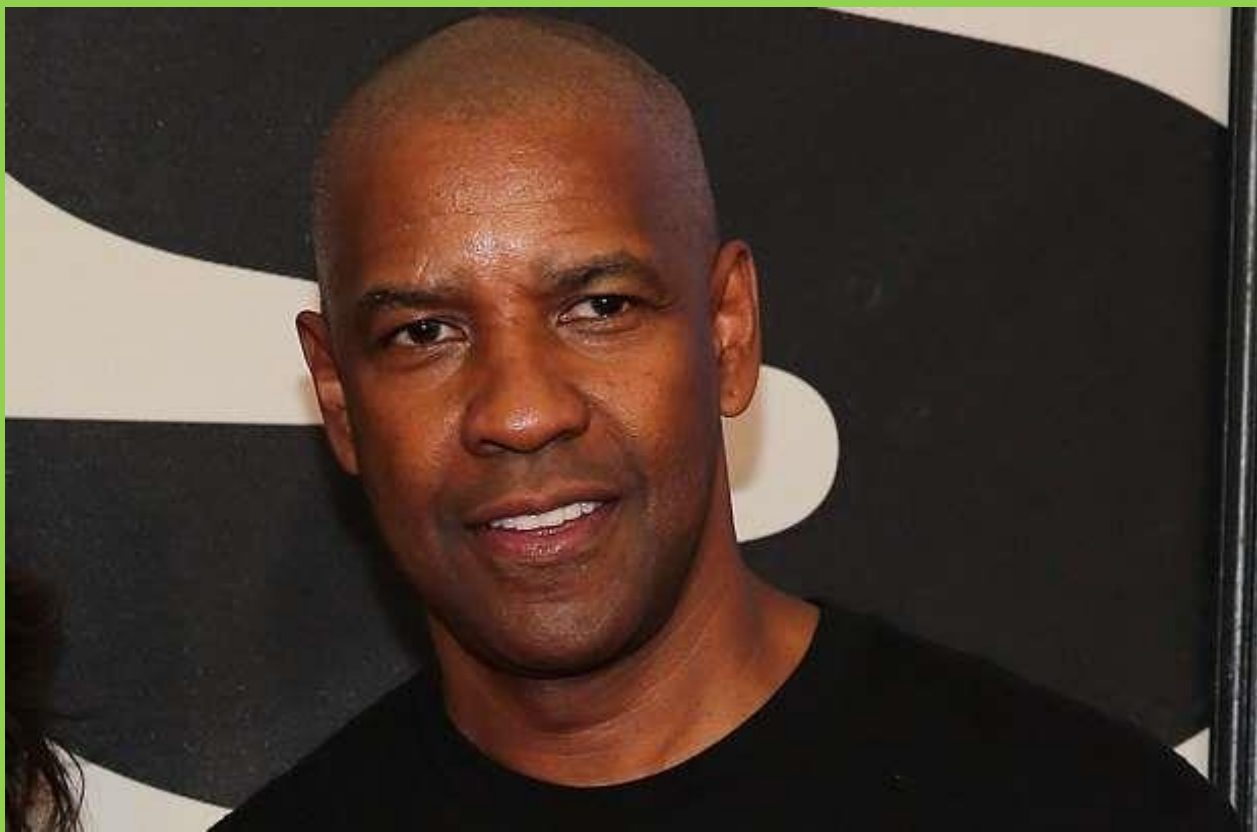
STOP GROWING OLDER.
START GROWING BOLDER.™

A REVOLUTION IN

The advertisement features a close-up portrait of an older man with white hair, smiling and looking towards the camera. He is wearing a dark suit jacket over a white shirt. To his left, a small, weathered, greenish mask with a simple face is visible. The background is a solid light brown color. The text 'growing bolder' is at the top, with 'growing' in red script and 'bolder' in blue script, separated by a yellow circular graphic. Below the title is the slogan 'STOP GROWING OLDER. START GROWING BOLDER.™'. At the bottom right, the text 'A REVOLUTION IN' is partially visible.







JANE FONDA



MAGGIE SMITH



JAMIE CURTIS



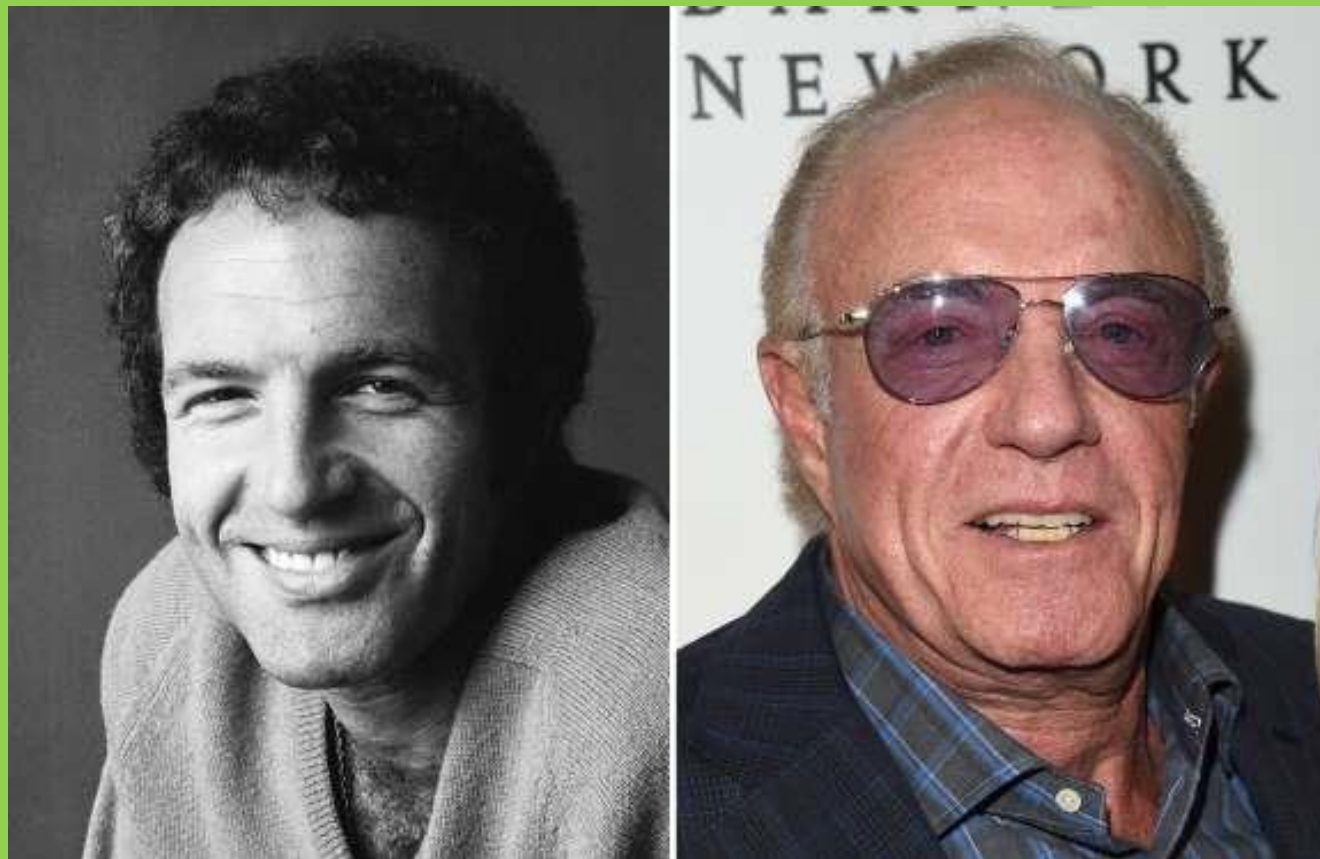
CISSY SPACEK

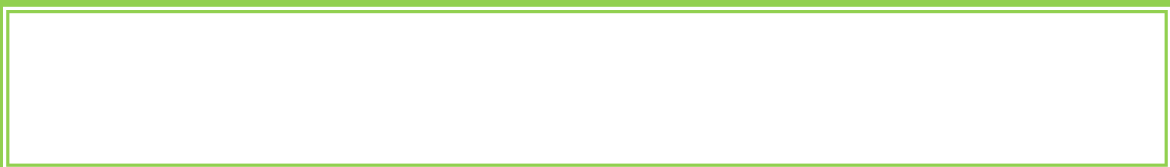


JODI FOSTER



JAMES CAAN





PAM GREER



GENA ROWLINGS

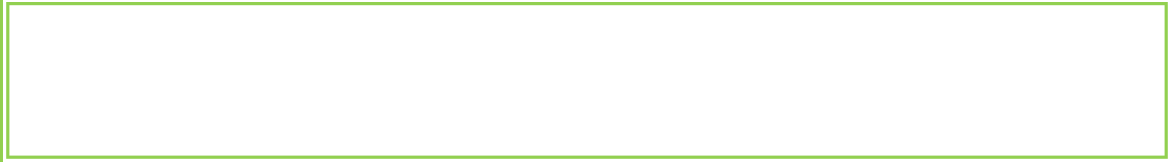


JOANNE WOODWARD



MERYL STREP





SOPHIA LOREN



DIANE KEATING

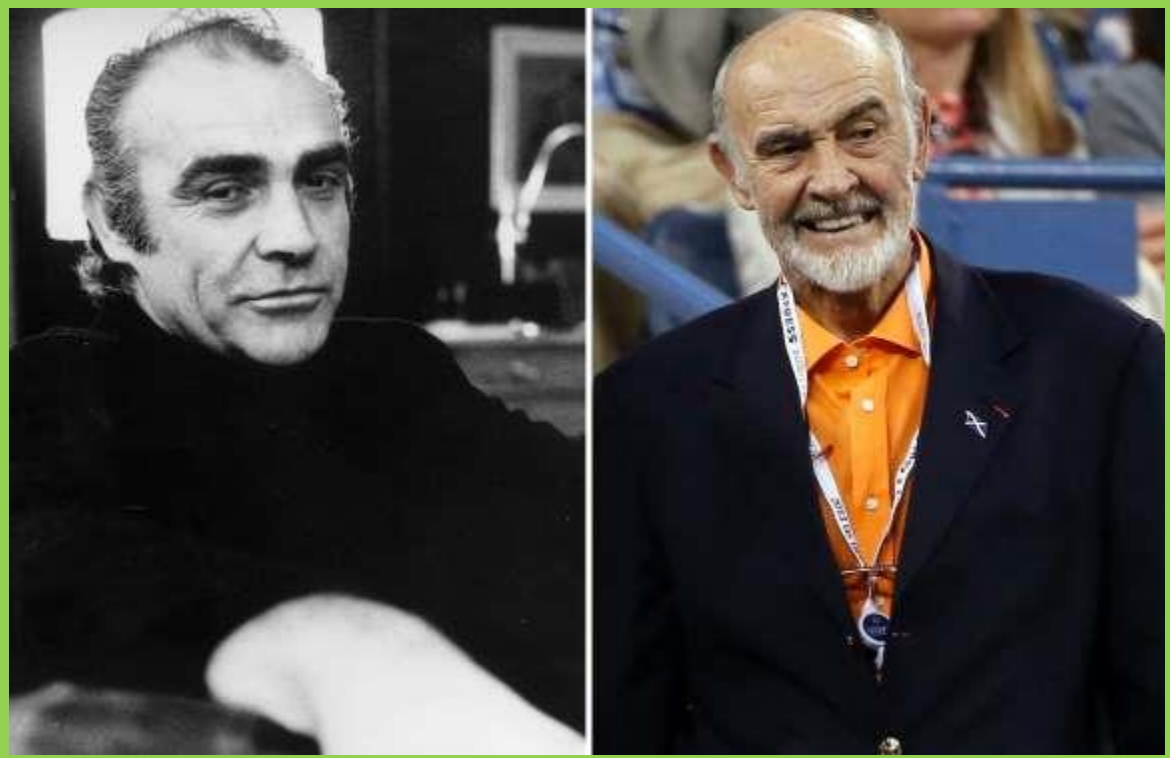
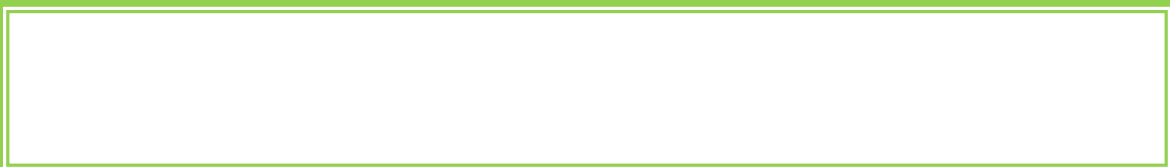


BARBARA STREISTAND



ROBERT DINERO



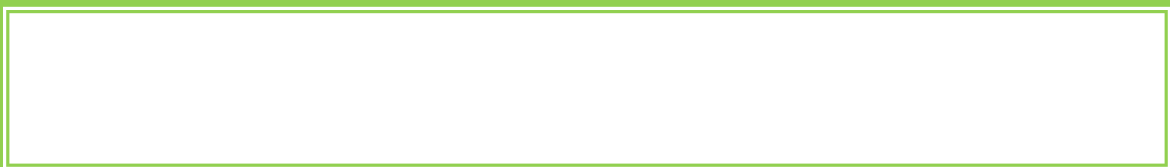


CLINT EASTWOOD

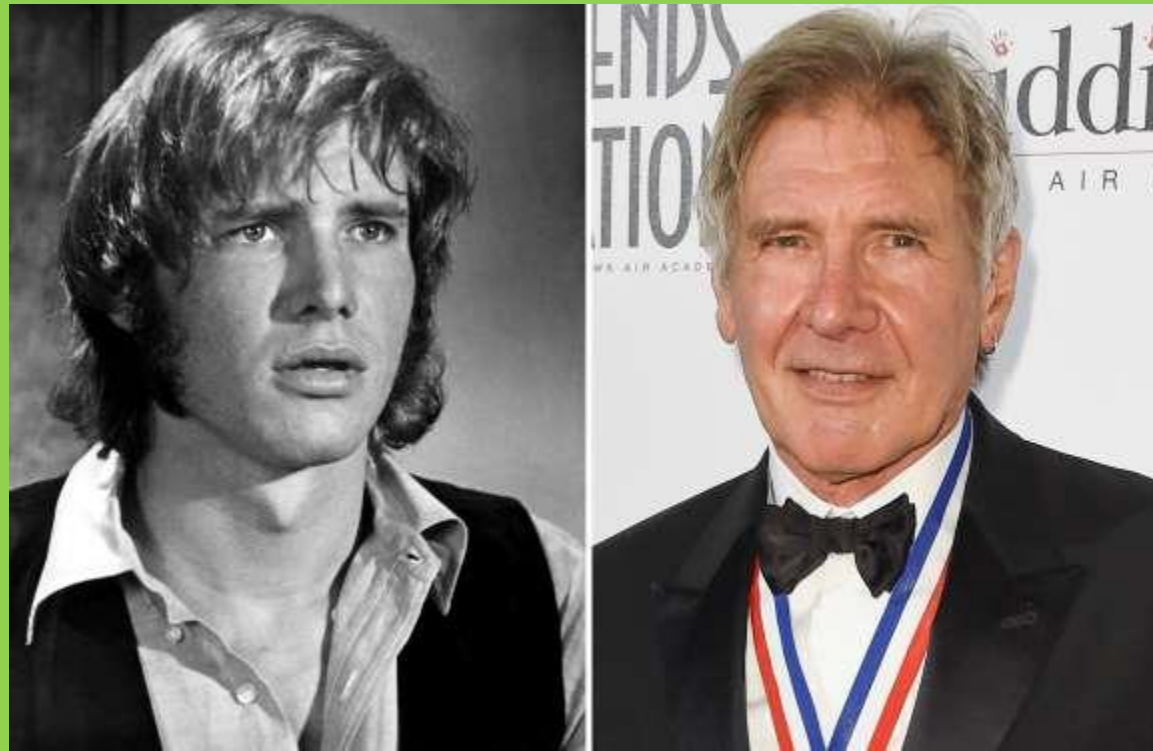


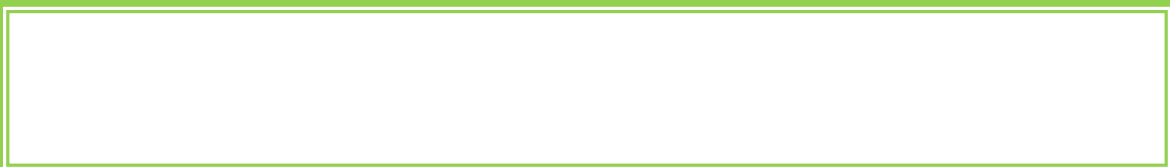
ROBERT REDFORD





HARRISON FORD

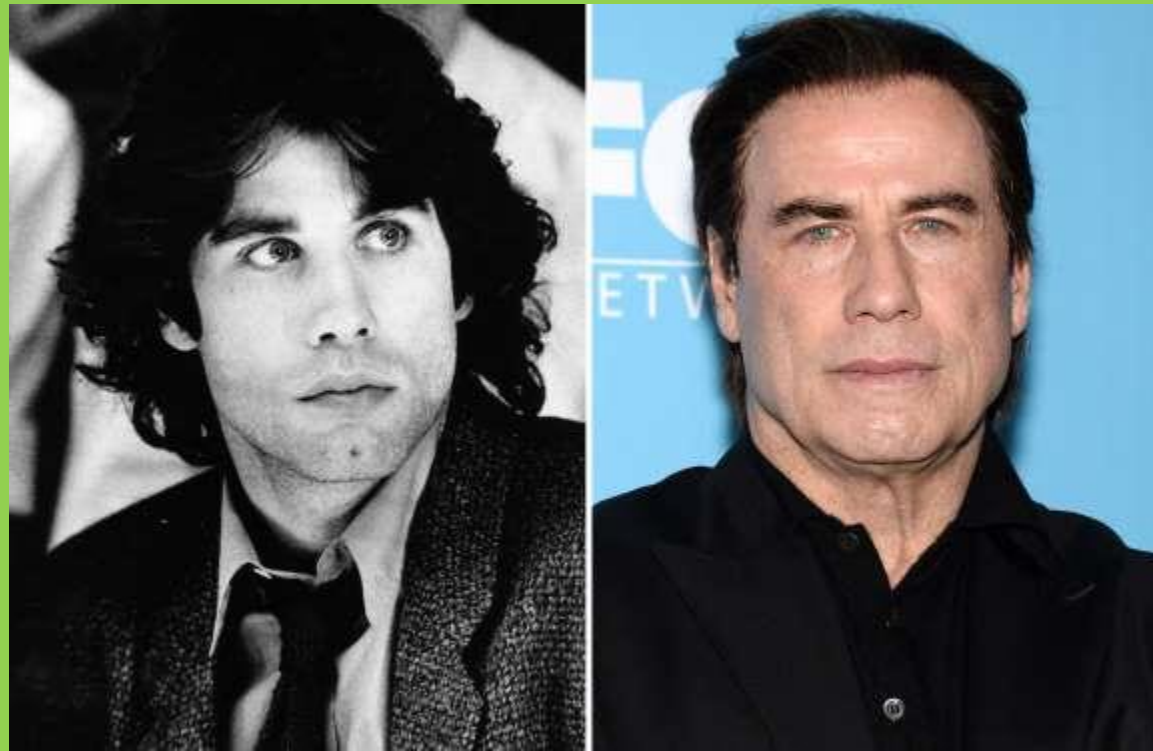




AL PACINO



JOHN TRAVALTA



SYLVESTER STALLONE







