



SENIOR FOCUS

A Guide to Healthy Living For Seniors and Others

6 simple tips to prevent a fall

(BPT) - Overwhelmingly, people say that they want to stay independent and in their own home as they age. One way to ensure they can is to learn about fall risks and make changes to reduce their chances of falling. Because, while one in four older adults falls each year, there are ways to be prepared for the changes of aging in order to prevent falls.

"The misconception is that falls are a normal part of aging, but this is untrue," says Kathleen Cameron, senior director at the National Council on Aging's Center for Healthy Aging. "Just because you're getting older doesn't mean you'll inevitably fall at some point. There are proven ways to prevent falls, so older adults can live healthy, safely and independently."

Every 11 seconds an older adult is seen in an emergency room for a fall-related injury, reports the National Council on Aging.

To prevent falls, follow these six simple steps. For additional advice about preventing falls, visit www.ncoa.org/FallsTips.

Step 1: Find a good balance and exercise program

As you age, it's important to maintain balance, strength and flexibility. Contact your local senior center or Area Agency on Aging for information on programs that can help you achieve these goals. Review your options and find one that appeals to you. Better yet, join with a friend to make it more fun and keep each other accountable.

Step 2: Talk to your health care provider

Have an open conversation with your healthcare provider about your fall concerns. Share your history of falls and ask for an assessment of your risk of falling again so you can come up with a plan proactively.



One in four older adults falls each year, there are ways to be prepared for the changes of aging in order to prevent falls.

Step 3: Review medications with the pharmacist

Some medications have side effects that can make it more likely for you to fall.

First, always take medications as prescribed. Second, make sure you know the risks and take precautions when necessary.

Step 4: Get vision and

hearing checked annually.

Your eyes and ears are key for keeping you safely on your feet. Getting your vision and hearing checked each year by a health care professional is important,

so you can update vision prescriptions and take any necessary measures to correct hearing loss.

Step 5: Secure your home

To keep your home safe you need to remove any tripping hazards like loose rugs or free cords. You should also increase lighting to improve visibility indoors and outdoors. Pay particular attention to stairs and consider installing grab bars or railings.

Step 6: Talk with family members

Falls affect all demographics and various ages. Talk with family members about your risks and concerns. Enlist their help as needed to secure your home and keep you safe.

"A few simple steps can dramatically reduce your risk for falling no matter your age," says Cameron. "By being proactive, you can live healthy and independently for longer."

Good gut gone bad: The C. diff Invasion

(BPT) - Trillions of bacteria, viruses and other tiny organisms - called "microbes" - live inside our bodies and make up a community known as the microbiome. The diversity of microbes is like a rainforest in our gut, helping us digest food and keep diseases at bay. Like bulldozing a rainforest, taking antibiotics can sometimes destroy that microbial landscape and allow dangerous bacteria like Clostridium difficile to take over.

Clostridium difficile, or C. diff, can lead to a life-threatening form of diarrhea. And that is not all; patients often become isolated because of their symptoms, with families taking on huge emotional and financial burdens trying to care for their loved ones. While treatment with more antibiotics may clear C. diff infections in many patients, others find themselves stuck in recurring cycles of antibiotics, illness and more antibiotics. About half a million

C. diff infections occur in the U.S. each year, killing more than 20,000 patients annually. The illness has even been labeled an "urgent health threat" by the Centers for Disease Control.

If you are suffering from C. diff, you are not alone.

There is good news. Scientists are developing a whole new category of non-antibiotic drugs that are designed to stop the disease cycle and prevent recurrence. One such drug under investigation in clinical trials, called RBX2660 (formulated by Rebiotix Inc.), aims to restore the beneficial microbes in the gut to a healthier state to potentially stop reinfection. RBX2660 is designed to be administered to patients in one easy treatment, replacing the microbial "rainforest" lost to antibiotic treatment. Clinical trials like those using RBX2660 will be key to understanding this new type of therapy and potentially providing patients and doc-

tors with more options to combat C. diff.

"Clinical trials can be a tool for you to find more C. diff treatment choices," says Nancy Caralla, founder of The C. Diff Foundation. Caralla, a nurse who is a survivor of the disease, was inspired by her near-death experience to start the foundation to support C. diff patients around the world. The group works to educate patients about seeking clinical trials to treat or prevent their infections. "Become an advocate for your own healthcare," advises Caralla. "Start by asking your physician about clinical trials in progress. Help (your doctor) help you to help others. You aren't out of options."

If you're an adult being treated for C. diff infection or know someone who might be suffering from the disease, consider participating in the clinical trial (<https://rebiotix.com/punched3/clinical-trial-page/>) at sites throughout



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the U.S. and Canada to help further the development of the RBX2660 drug. If you are confirmed to be a candidate

and decide to participate, the cost of your study drug and study-related tests are paid for by the study sponsor.

You may also be eligible for compensation when completing required study visits and phone calls.

Keep your family safe: Get rid of unused prescription opioids

(BPT) - Want to help keep your family and community safe?

Get rid of any unused prescription opioids that may be in cabinets, drawers or anywhere else you store medicine.

What are opioids?

Prescription opioids are powerful, pain-reducing

medicines. You can find them in pill forms, syrups or even prescription patches. Commonly prescribed opioids include hydrocodone, morphine and oxycodone.

But they also can cause overdose deaths. Every day, 115 Americans die from opioid overdoses, according to the Centers for Disease

Control and Prevention.

Why leftover opioids are dangerous:

The United States is battling an opioid crisis. A study published in the Journal of the American Medical Association found that up to 71 percent of opioid tablets prescribed after surgery went unused. Trouble with

opioids can start at home, where unused medicines are stored in cabinets or drawers and are ingested either intentionally or unintentionally by people who do not have a medical need for these prescriptions.

"We're facing a public health tragedy right in our own backyards; opioid addiction and overdose affect communities across America," explained U.S. Food and Drug Administration (FDA) Commissioner Dr. Scott Gottlieb. "We know that people fighting addiction often begin by accessing prescription opioids from a friend or family member. It's critical we all do our part in safely

disposing of these medicines once they're no longer needed as part of our effort to ending this crisis."

Protect your family and your community:

Make sure your medicines do not get into the wrong hands. According to data from the National Survey on Drug Use and Health, half of people who misused prescription opioids got them from a friend or family member.

Unused opioids can also pose a risk to kids. Even child-resistant containers cannot completely prevent a child from taking medicines prescribed to someone else. Emergency departments see

thousands of patients for opioid overdose and addiction each year, according to data from the Nationwide Emergency Department Sample. As more opioids are being prescribed to adults, the risk of both accidental and intentional exposure increases for children and adolescents. Grandparents, neighbors and others who take care of children should make sure they have disposed of any unused medicines. Opioids also can be harmful to pets." In the last two decades, the FDA has received heartbreaking reports of accidental exposure to powerful prescription pain

SEE OPIOIDS ON PAGE B2

Chelan/Manson Senior Center
Activities / Lunch Schedule
 CHELAN - Senior Exercise Class: Monday, Wednesday, Friday, 1-2 p.m., any age welcome, sponsored by LCCH. SAIL Classes: Monday and Thursday evenings 5:30-6:30 p.m. Volleyball, Tuesdays, 5:30-6:30 p.m. Wii Bowling, Tuesdays, 10-11 a.m. Pinochle Tuesday, 1 p.m. Bingo Thursday, 1 p.m.
 Senior Meals, Monday-Thursday, call (509) 888-4440.
 For information Chelan Senior Center, 682-2712. Located at 534 E. Trow Avenue.

Brewster-Pateros-Bridgeport Senior Center
S.A.I.L Classes / Lunch Schedule
 BREWSTER - The Brewster-Pateros-Bridgeport Senior Center. S.A.I.L (Stay Active and Independent for Life) classes are every Tuesday and Thursday from 10-11 a.m. Please check with the Center to confirm schedule.
 The Center hosts Okanogan County Transportation and Nutrition (OCTN) meals Tuesday, Wednesday and Thursday. The suggested donation is \$4. For more information, 689-2815. They are located at 109 S. Bridge St.

Senior Living Initiative Summit

Wed, Sept. 26, 2018
5-7 p.m.
Chelan Senior Center
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 In this Summit, we will learn about actions taken to achieve the Vision--new local programs available through home visits and, on the drawing board, specialized memory care and affordable senior housing.
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Helping you understand total knee replacement

(BPT) - Total Knee Arthroplasty (TKA), often referred to as knee replacement surgery, can sound like an intimidating and worrisome procedure, especially for those who aren't familiar with advances in knee replacement implants. Knee replacement surgery is a viable option because it can help alleviate pain and improve mobility by replacing damaged bone. Many patients discover they are able to get their mobility back after surgery and return to doing the things they love.

According to the Centers for Disease Control and Prevention, about 43.5% of adults with doctor-diagnosed arthritis have limitations in their usual activities due to their arthritis (1).

Osteoarthritis is the most common form of arthritis. Knee replacement surgery is a common approach to treating osteoarthritis of the knee - a disease where cartilage covering the bones wears down over time, leaving them to rub against each other and causing pain and reduced motion.

Even though TKA is a common procedure performed more than 600,000 times each year in the U.S. alone (2), many have misconceptions about knee replacement surgery. Two of the most common fears people express are how painful the procedure and recovery will be, and

whether they will regain their mobility afterward.

In part, advancements in knee replacement implants such as the ATTUNE Knee from DePuy Synthes can help alleviate some of these concerns. Because it was designed to work in harmony with a patient's knee muscles and ligaments, the ATTUNE Knee can help increase stability and reduce pain, thereby helping patients get back to living life and pursuing passions sooner (3,4).

"I've been using the ATTUNE Knee in my practice for about three years," said Dr. Sarkis Bedikian, orthopaedic surgeon, MidAmerica Orthopaedics. "With the improvements in technology that the ATTUNE Knee delivers, my patients have had less pain and swelling after surgery, allowing them to recover quicker so they can get back to life quicker."

Just as important as the choice of implant, is a focused rehabilitation protocol. "I tell my patients to expect pain after surgery. They know that they need to listen to their physical therapist and work hard at rehab," said Dr. Bedikian. "The benefit I have seen with the ATTUNE Knee is that the rehab activities that used to take my patients three months, now take about six weeks."

In fact, in a clinical study, physical therapists noted



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that ATTUNE Knee patients had significantly greater range of motion than other knee replacement patients, both at two and six weeks post-surgery (5).

"Before surgery simple tasks like sleeping, visiting friends, and even using the restroom are difficult and significantly impact quality of life," said Dr. Bedikian. "After surgery, it's rewarding when my patients tell me they are happy and are able to get back to their activities with less or no pain."

Choosing the right knee replacement is an essential

part in helping patients get back to the activities they love sooner.

It's important to know that the performance of knee replacements depends on age, weight, activity level and other factors. There are potential risks and recovery takes time. People with conditions limiting rehabilitation should not have these surgeries. Only an orthopedic surgeon can determine if knee replacement is necessary based on an individual patient's condition.

Knee replacement surgery is not always the answer, but

for those wishing to learn more, www.ATTUNEknee.com has resources to learn about TKAs and hear from patients who have faced similar situations.

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Four simple ways to tune up your nutrition and live healthier longer

(BPT) Just about everyone feels like they could use a little extra pep in their day, that surge of energy to get things done and enjoy their favorite activities. This is especially true as we age. However, very few people actually feel as if they have the energy they need. The stress of modern life, poor sleep habits, consuming processed foods and less than optimal digestion are triggering a perfect storm for a human energy crisis.

There are several simple ways to tune up your nutrition and lifestyle habits so you can feel better than ever. A great

place to start is with your diet.

"A healthy diet that is rich in plant foods, whole grains and lean proteins is always the starting point in reaching optimal health," says Dr. Jacob Teitelbaum, an author and internist. "At the same time, as we get older, it's important to understand how our bodies change, and what we need to do to help our bodies get what they need to keep our systems running well. "However, despite our best efforts," Teitelbaum explains, "it is very difficult for us to get all of the nutrients we need from food

alone. Sometimes nutritional supplements may be needed to fill nutrient gaps." In addition to movement and a healthy diet, Teitelbaum shares things people in their 50s and 60s need to know to optimize their health and feel good.

1. Your digestive system changes as you age, so make sure it's getting support.

A healthy digestive tract is crucial for overall health. As we age, our digestive systems often need more support in order to properly break down food and absorb the nutrients our bodies need to function optimally, according to a study published in *Oncotarget*.

To get the most nutrition from the food you eat, Dr. Teitelbaum recommends talking to your doctor about adding a plant-based enzyme supplement to your regimen to support your digestive health. *GI Digest*, for example, is a comprehensive digestive enzyme formula designed to assist in the proper digestion of proteins, fats, starch, dairy and gluten.

2. Small things can make a big difference for heart health.

Getting an adequate supply of omega-3 fatty acids along with vitamin D, also known

as the sunshine vitamin, may support cardiovascular health. Because vitamin D is best absorbed in the body when taken with a fat source, Dr. Teitelbaum suggests talking to your doctor about a supplement that has a combination of omega-3 fatty acids and vitamin D, like Fish Oil EPA/DHA Plus D. Also, be sure to talk to your doctor about other heart-healthy habits you can incorporate into your life, because things like daily walks, reducing stress and increasing your fruit and vegetable intake can all support heart health.

3. Is your energy lagging? It may be a simple deficiency.

As we age, we tend to accept at face value that having less energy just comes with the territory. Sometimes the solution is a simple matter of meeting our bodies' nutritional needs. For example, one mineral that helps the body convert nutrients into energy is magnesium. When levels get low, it can interfere with your body's ability to access its energy stores, causing the body to work harder, as shown in a study published in the *Journal of Nutrition*.

To support your body's metabolic function, a supplement like Magnesium Glycinate contains 100 mg

of magnesium in an easy-to-swallow tablet.

In addition, vitamin B12 is a nutrient that helps your body convert food into energy; however, as we age, our bodies can begin to have trouble absorbing enough B12. To support your body's energy needs, ask your doctor about taking Methyl B12 Plus, a great-tasting lozenge that rapidly dissolves in the mouth.

If your energy levels are lagging, Dr. Teitelbaum says, it's important to talk to your doctor, so together, you can uncover the root causes, and he or she can make recommendations.

4. Feed your body with real, whole foods.

Food processing destroys most of the vitamins, minerals and other key nutrients the body needs to function optimally. Dr. Teitelbaum says the best thing you can do is cut the sugar from your diet and slowly add whole foods. Though most adults should be eating at least 1.5 cups of fruit and two cups of vegetables per day, a mere 9 percent actually meet that target, according to the Centers for Disease Control and Prevention.

It may sound like a tall order to work all those fruit and veggie servings into your

diet, but break down the daily goal into smaller parts and it may feel more attainable. For example, just take the simple step of adding one extra serving of fruits and veggies to each meal. Slice some banana on your morning cereal, opt for the steamed veggies with your entree, snack on veggies and hummus, and close the meal with fresh berries. Supplementing with a high-quality multivitamin can also help fill the gaps in your diet. Dr. Teitelbaum recommends Ultra Preventive X as a daily multivitamin that can help provide the nutrients you need in their most usable forms for the body.

To address your needs and support your health, always talk to your healthcare practitioner about adding nutritional supplements to your daily routine. To discover new ways to use nutrition to tune up your health, visit the Douglas Labs website and watch the videos at www.douglaslabs.com/tune-up-teitelbaum/.

Dr. Teitelbaum has been retained as a medical consultant in advising Douglas Laboratories.

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A Guide to Healthy Living

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OPIOIDS

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New technology promotes healthy aging in place

(BPT) - As millions of baby boomers reach their golden years, they're changing the world yet again, this time by driving a booming market in senior-friendly aging-in-place technologies. From simple wearable devices to high-tech monitoring systems, the list of gadgets designed to help aging boomers stay independent is extensive and growing.

Home-based technology tools are a great way to deliver peace of mind to caregivers and family members who want to help an aging parent or grandparent stay safe in their home, and to combat the debilitating isolation that often accompanies growing older.

Here's a look at a few of the innovative technologies that are revolutionizing aging, and the benefits they provide.

Digital solutions for staying in touch it's easy nowadays to take using smart phones or other digital technology for granted. But for many seniors, it has never been an integral part of their lives, meaning they can be left out of the family communications loop.



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Home-based technology tools are a great way to deliver peace of mind to caregivers and family members who want to help an aging parent or grandparent stay safe in their home, and to combat the debilitating isolation that often accompanies growing older.

Filling that gap are products like GrandPad, powered by Consumer Cellular. It's a touchscreen-based tablet with simplified apps that let older users easily make voice or video calls, send and receive email, share photos, stream music and enjoy other recreational activities such as digital games.

GrandPad also offers comprehensive security, operating on a closed private network to guard against online scams, and can be managed by a designated family administrator for added personalization and protection. Plus, it's offered by Consumer Cellular, a provider with a long

history of serving the senior market.

Fall alerts can be lifesavers. Wearable devices that monitor and track health are becoming more popular among all ages. However, for seniors, especially those without a caretaker in the home, they can be lifesaving. With

just the press of a button, help can be summoned for a wide range of emergency situations.

The most valuable types of these personal emergency response devices include accurate fall detection; falls are a leading cause of death for adults age 65 and older. Devices can automatically alert 911 or a close family member the moment a fall has been detected. This is especially valuable for aging-in-place situations where stairs are present.

Smarter access to healthcare and medications As their mobility declines, it may become more difficult for seniors to make it to the doctor's office. In response, many providers now offer video consultation for those who cannot come in for an appointment. This technology is ideal for those suffering from minor ailments that do not necessarily require an in-person visit.

In addition, for many seniors, medication regimens can become difficult to follow, and the misuse of prescribed medications can lead to negative health

consequences. One technology on the rise, especially for those without assistance in the home, is the automated pill counter designed to alert and properly dispense all medications that need to be taken.

In-home tracking for safety Placing activity sensors throughout the house is becoming a more and more popular way to monitor loved ones who are living unassisted. Sensors can be placed in multiple discreet locations, like doors, cabinets, windows or beds to track movement around the house and report back to a caretaker or family member.

If the sensors haven't tracked movement in an expected amount of time, alerts can be set up to ensure a designated family member, caretaker or friend is notified to check in on the senior. Tracking and monitoring systems run the gamut from units that are integrated with a full in-home security system, to simple free-standing versions that are less costly and more mobile, but may also be less sensitive.

Prediabetes and high blood pressure can be managed: What to know

(STATEPOINT) Even as chronic diseases like prediabetes and high blood pressure touch more and more Americans, physicians are urging patients to keep in mind that early detection is key, and that chronic disease can often be managed with lifestyle changes.

"To confront our increasing chronic disease burden, patients must be aware of their risk for type 2 diabetes and hypertension," says Barbara L. McAneny, M.D., president of the American Medical Association (AMA). "To prevent both of these chronic diseases, awareness and action are key."

As part of the effort to empower Americans to confront chronic disease, the AMA offers the following guidance.

Prediabetes

While prediabetes -- the precursor to type 2 diabetes -- has serious health implications, people who are at risk can take steps

to reverse the condition and prevent or delay type 2 diabetes through lifestyle changes like weight loss, healthy eating and increased physical activity. Unfortunately, not everyone is even aware they are at risk. Eighty-four million people in the U.S. are living with prediabetes, and of those that have it, 90 percent are unaware, according to the Centers for Disease Control and Prevention (CDC).

The AMA urges patients to find out their risk by taking a one-minute online test at DoIHavePrediabetes.org. In addition to the risk test, the site contains other resources and links. Developed as part of a first-of-its-kind joint national prediabetes awareness campaign launched in 2016 by the AMA, Ad Council, CDC and the American Diabetes Association, the campaign has helped hundreds of thousands of Americans learn their risk of developing type 2 diabetes. The campaign website also



STATEPOINT

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features lifestyle tips and links to CDC's National Diabetes Prevention Program, which connects visitors to a registry of CDC-recognized programs across

the country.

Hypertension

"With nearly half of all adults in the U.S. now living with high blood pressure and at increased risk of

heart attack and stroke, more Americans should be monitoring their blood pressure levels and taking quick action to get their high blood pressure, also

known as hypertension, under control," says Dr. McAneny.

Unfortunately, there are often no signs or symptoms of high blood pressure, which is why it is often referred to as the "silent killer." If left untreated, the condition damages the blood vessels and increases the risk for heart attack, stroke and other serious conditions.

To help understand and manage your blood pressure numbers, visit LowerYourHBP.org, a site launched by the American Heart Association, American Stroke Association, and the AMA in partnership with the Ad Council. The site helps raise awareness of the life-altering consequences of uncontrolled high blood pressure and motivates people to work with their doctors on developing and committing to a treatment plan.

By being proactive and knowing your risks, you can take control of your health.

Do you know how that new supplement will affect your existing medication regimen?

(BPT) - Mahatma Gandhi once famously said, "It is health that is real wealth and not pieces of gold and silver." If you count yourself as a believer in this statement, your health is more important to you than any material possession and you do your best to protect it every single day. That's why you eat right, exercise regularly and support your total health with supplements. But did you realize that, if you are already taking medications for an existing condition, the supplements you mix with these medications

could actually be hindering your overall health instead of helping it? It's an all-too-common occurrence and one many people are unaware of.

"Nutrient deficiencies and diagnosed health conditions often require the use of vitamins and prescription medications, but they can interact. It is critical that users understand potential interactions," said Michael Roizen, M.D., chief wellness officer, Cleveland Clinic and Persona medical advisory board chair.

Research from Persona, the leading personalized

nutrition brand combining smart science, data and the highest quality supplements, shows that nearly 40 percent of survey participants - those already taking vitamins alongside prescription medications - did not know vitamins and supplements can impact the effectiveness of their medications. Forty-five percent assumed they didn't need to tell their doctor before they started taking a new vitamin or supplement. This eliminated the possibility for doctors to warn them of potential negative effects of the two interacting.

Examples of common negative reactions

The market is flush with myriad medication and dietary supplement solutions and while many will not interact with each other,

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Nasal sprays

Being allergic to something can be just an occasional annoyance, like my ragweed allergy which torments me every August, but for others it's an ongoing source of misery. Developing an allergy to something important to you can even change the course of your life. Forty-one years ago, my friend Steve graduated from pharmacy school in the class one year behind mine. After years of dedicated study, his lifelong dream of taking care of small animals as a veterinarian was crushed to pieces when he developed a life-threatening allergy to dogs and cats within his very first year of practice. After a couple of near-death anaphylactic experiences despite trying every antihistamine and desensitizing treatment available at the time, Steve reluctantly decided to give up the world of veterinary medicine and eventually became a pharmacist, a



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career that doesn't include daily exposure to pet dander.

Your allergy may be occasional or seasonal like my allergy to ragweed or it may be year-round or chronic, triggered by grass, mold or pet dander and can range from mild and uncomfortable to violent and life-threatening, like my friend Steve. Allergic reactions that target the nose are called allergic rhinitis, and can show up as sinus pressure, nasal congestion, runny nose or sneezing. Allergic rhinitis can be occasional (seasonal) or year-round (chronic). Luckily, there are several types of nasal sprays available without a prescription that can help relieve the symptoms of allergic rhinitis, including saline, decongestant,

and anti-inflammatory nose sprays and drops.

Saline nose drops or spray can help liquefy mucus and relieve stuffiness. You can make your own saline by adding ½ teaspoonful salt to 1 cup of distilled water or boiled tap water. I like to add a pinch of baking soda to make it less likely to sting when you use it. Decongestant nose drops and sprays such as Afrin® (napazoline) and Neo-Synephrine® (phenylephrine) relieve nasal congestion by rapidly shrinking the blood vessels in your nose, which reduces swelling. There's a catch, however; they tend to stop working after a few days of continuous use, which is called rebound. Some people can use them intermittently for months

and manage to avoid getting rebound stuffiness, while others get rebound after only a few days. If you have high blood pressure or a heart condition, you should avoid decongestant nose sprays completely, as the blood vessel constriction they create can increase your blood pressure.

One type of nasal spray contains anti-inflammatory medicines that work similarly to prednisone and are very effective for allergic rhinitis. These steroid nose sprays are one of the most effective ways to treat allergic symptoms, especially those that involve the nose like sneezing, sniffing and stuffiness. Nasacort AQ® (triamcinolone), Flonase Allergy Relief® (fluticasone), Rhinocort® (budesonide) were prescription-only for years, but are available without one. Soon they will be joined by Nasonex® (mometasone). NasalCrom® nasal spray is a unique type of anti-inflammatory agent that calms allergy symptoms by stopping the reaction before it gets going. It works best if you start using it

several weeks BEFORE you are around whatever you're allergic to, and needs to be used 3-4 times daily for best effect.

5 Tips on Getting the Most Out of Nasal Sprays:

1. The most effective remedy for allergic rhinitis is one of the prescription-strength nasal sprays available without a prescription (OTC). You'll have even more choices soon, as Nasonex® will become available OTC within the next few months.
2. Most steroid nasal sprays should be shaken well before using them. To avoid irritating the delicate tissue that separates your nostrils, called the septum, always angle the tip of the sprayer away from that middle tissue. Breathe in gently as you spray. Snorting can carry the medicine up and down your throat instead of the lining of your nose where it is needed.
3. Decongestant nasal sprays are not as effective for allergies as steroid nasal sprays and tend

to stop working after only a few days of continuous use. They also can increase your blood pressure. However, they can be useful in stopping a nosebleed because of how they constrict the blood vessels in your nose.

4. In infants and small children saline nose drops to relieve stuffiness are much safer than decongestants and just as effective. Put 1-2 drops of saline in each nostril, wait 15 minutes and then use a small bulb syringe to suck out the liquefied goop.

5. Any of these nose sprays can be used in addition to other ones, as long as you wait at least 30 minutes between them.

Dr. Louise Achey, Doctor of Pharmacy is a 39-year veteran of pharmacology and author of Why Dogs Can't Eat Chocolate: How Medicines Work and How YOU Can Take Them Safely. Your questions and comments are always welcome at www.AskDrLouise.com 2018 Louise Achey

Eating right and staying healthy in retirement

(BPT) - Americans are now living longer than ever before. In fact, one of the fastest growing segments is people over the age of 85 who will represent 20 percent of the population by the year 2040. Because we are living longer, certain conditions specific to seniors are also on a steady rise. Dehydration, falls, fractures, cognition loss and attention deficits are now becoming more commonplace.

In a recent paper titled "Salt

Appetite Across Generations" presented at a medical conference in Switzerland, Israeli researchers from the University of Haifa indicated that among seniors, a reduced sense of thirst could increase the risk of serious dehydration. They also noted that the appetite for salt does not diminish with age, and suggested that this could be used to help sustain hydration and prevent the dangerous symptoms that result from dehydration.

Another study published in the American Journal of Hypertension identified significant risks to cardiovascular health and longevity from consuming less than one or more than 3 teaspoons of salt per day. Fortunately, most Americans, including seniors, when left to their own choice, consume right in the middle of this range.

Seniors in assisted living centers can be especially susceptible to the dangers of

low-salt diets. In 2013 a task force of 12 professional medical, nursing and nutritional organizations assembled by the Pioneer Network published the "New Dining Practice Standards." Their report concluded that low-salt diets were contributing to malnutrition and weight loss among a significant percentage of seniors in assisted living facilities.

Low-salt diets can also cause seniors to suffer from

mild hyponatremia, an electrolyte imbalance in the blood that may not sound bad but can lead directly to walking impairment, attention deficits and a much higher frequency of falls. Several recent medical papers found a direct relationship between hyponatremia and unsteadiness, falls, bone fractures and attention deficits.

Falls are one of the most serious problems for the elderly and about a third of

people over 65 fall at least once every year. Fall-related injuries in the elderly are associated with numerous psychological and physical consequences and are a leading cause of bone breakage and hip fractures, which can lead to complications and permanent disability or death. Some seniors do need a low-salt diet but many do not, and would not benefit from such a diet.

3 things you didn't know about chocolate - and why you should care

(BPT) - As you stand in the chocolate aisle of the grocery store, have you ever stopped to think about the story behind each bar?

Knowing that your choice of chocolate has a positive impact on the farmers who cultivated the cocoa beans can sweeten the entire experience. When choosing your favorite treat, make sure it is one that combines pleasure with purpose. Here are three things you might not know about chocolate, and how each one could impact your decision in the candy aisle:

1. The cocoa industry affects over 5 million small holder cocoa farmers around the world. The majority of cocoa is grown on small farms operated by independent farmers in developing countries in West Africa, Southeast Asia and the Americas. Your choice in the chocolate aisle can go a long way toward

supporting these households: DOVE Chocolate partners with CARE, an organization dedicated to fighting global poverty. This partnership powers the development of Village Savings and Loan Associations (VSLAs): savings-led, community-based programs that allow members, such as cocoa farmers and their families, to support each other with low-interest loans and savings plans. The loans help cocoa farming households access capital to improve their farming practices, expand and diversify their businesses, and invest in education and health for their families and enrich their local community.

2. Fifty percent of cocoa farming activities are completed by women, yet women rarely benefit from cocoa-related income. While women play a key role in cocoa farm-

ing, many of them do not receive the income benefits they deserve. The VSLA initiative provides women with ways to save money and access small loans. In turn, women in cocoa farming communities can increase productivity on their cocoa farms and even achieve greater equality with their male counterparts. Within the past year, female representation in VSLAs has risen to 80 percent, and many members have increased their initial investments by 58 percent since joining a VSLA.

3. Cocoa is produced by farming households in developing African countries who often lack affordable financial services, according to CARE. Rural Africans have been forced to use whatever high-cost lenders are available in their area. By choosing chocolate that supports

VSLA programs, you're helping women in cocoa growing communities find a safe and community-supported way to access loans and put their money into savings. What's more, these programs have further evolved with the linkage of many VSLAs and their members to formal Micro-Finance Institutions (MFI). This linkage gives VSLA members opportunities to access more modern financial tools that can increase profitability.

"Today's consumers are savvy in that they are increasingly conscientious about their impact on the world based on their purchase decisions," says Leslie Philipsen, Brand Director, DOVE Chocolate. "For example, we are finding that people appreciate knowing that their favorite brands stand behind real commitments to the people

who create the products they know and love, and are doing what they can to help them succeed. That's why we continue to partner with CARE to positively impact thousands of women in the cocoa growing communities of Cote d'Ivoire through the VSLA program."

"We know when a woman joins a VSLA, her involvement creates ripples of positive change that extend past her-

self to include the people in her community," says Marcela Hahn, Executive Director of CARE's Strategic Partnerships team. "VSLAs are about more than giving women financial opportunities. They are about transformation. We are honored to stand in partnership with DOVE Chocolate, changing the lives of thousands of women and their families in Cote d'Ivoire."

NEW

CONTINUED FROM PAGE B3

those that do cannot be ignored.

One common area for a negative reaction is with those who take a blood pressure medication and combine it with an iron supplement. In many cases taking the supplement two hours before or after the medication can decrease its absorption rate significantly, making the prescription med less successful.

People who take a synthetic thyroid hormone should also be wary of taking their medication in conjunction with any supplement containing soy, iron or calcium. Taking both the medication and supplement within four hours of one another will decrease the absorption rate and effectiveness of the thyroid hormone.

Identifying situations where the pairing is successful

Combining a supplement and a medication isn't always a hindrance; it can be successful as well. For example, if you are taking a statin, you will want to add Coenzyme Q10 (CoQ10) because the average blood concentration of CoQ10 in blood plasma decreases.

In another instance, if you take medication to treat allergies or inflammation, adding a vitamin D and

calcium supplement will support bone health and calcium absorption.

Finding the right supplement solutions for you

With so many supplement options available, it can be difficult to determine which choices are right for you, and if you are already taking a medication, choosing the proper supplement becomes even more important.

Persona can help by cross-referencing more than 650 prescription medications when making supplement recommendations. This thorough cross-referencing

ensures you'll receive the full benefits of the supplement without having to worry about negative reactions. In addition, Persona's customer service team of dietitians and nutritionists will work with you to determine the right supplement plan for you based on your needs and medical considerations.

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