

Resourceful Thinking

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OSTEOPOROSIS; NEW MEMORY CARE UNIT IN MONROE COUNTY, OH

OSTEOPOROSIS vs OSTEOPENIA

Osteoporosis. We hear about it all the time. What is it? How does it happen?

Osteoporosis is a disease of the bones that occurs when you lose bone too fast or fail to build new bone quickly enough – or both.

Osteopenia is a condition in which your bones are weaker than those of the average adult and bone mass is lower than average but not low enough to be considered osteoporosis.

[“Guide to Bone Health,” Healthmonitor]

COMMON RISK FACTORS IN WOMEN

Age: Risk of osteoporosis increases with age.

Gender: Osteoporosis affects more women than men.

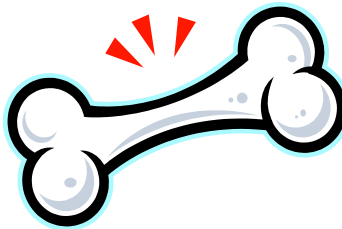
Family history: If one of your parents had osteoporosis, you’re more likely to get it.

Being petite: Small, thin women are at a higher risk.

Menopause: The hormone estrogen helps maintain bone. When estrogen levels

drop at menopause, bones may be at risk.

[“Guide to Bone Health,” Healthmonitor]



DO MEN DEVELOP OSTEOPOROSIS?

Men in their fifties do not experience the rapid loss of bone mass that women do in the years following menopause. By age 65 or 70, however, men and women are losing bone mass at the same rate, and the absorption of calcium, an essential nutrient for bone health throughout life, decreases in both sexes. Excessive bone loss causes bone to become fragile and more likely to fracture. Fractures resulting from osteoporosis most commonly occur in the hip, spine, and wrist, and can be permanently disabling. Hip fractures are especially

dangerous. Perhaps because such fractures tend to occur at older ages in men than in women, men who sustain hip fractures are more likely than women to die from complications.

[www.niams.nih.gov/Health_Info/Bone/Osteoporosis/men.asp]

RISK FACTORS IN MEN

Several risk factors have been linked to osteoporosis in men.

Chronic diseases that affect the kidneys, lungs, stomach, and intestines or alter hormone levels

Regular use of certain medications, such as glucocorticoids

Undiagnosed low levels of the sex hormone testosterone

Unhealthy lifestyle habits: smoking, excessive alcohol use, low calcium intake, and inadequate physical exercise

Age: The older you are, the greater your risk.

Race: Caucasian men appear to be at particularly high risk, but all men can develop this disease.

[www.niams.nih.gov/Health_Info/Bone/Osteoporosis/men.asp]

IS THERE A TEST?

Yes, there is. Your healthcare provider may have ordered a bone mineral density test. It's painless, doesn't require much – if any – prep, and doesn't take long at all. The results of your test are reported as a 't-score' which is a comparison of your bones with the bones of a 30-year-old adult.
[“Guide to Bone Health,” Healthmonitor]

WORK WITH YOUR HEALTH CARE TEAM

Talk to your primary care physician about your concerns. Your general practitioner, internist and family physician can offer guidance on testing and interventions. You may also talk to your gynecologist, orthopedic doctor, rheumatologist, endocrinologist, and/or geriatrician.
[“Guide to Bone Health,” Healthmonitor]

WAYS TO HELP PROTECT YOUR BONES

Exercise, diet, medications and calcium supplements are ways to be proactive about your bone health. There are other things you can do that can help.
**Review your medications with your doctor. Are you taking any medications that can cause bone loss or balance problems?
**Use railings when going up and down steps.
**Watch crash diets! They can deplete necessary nutrients and vitamins. Also, being underweight

increases the risk of breaking a bone.

**Lift with your legs. Avoid spinal fractures by hinging at the hips and bending the knees. Don't round your back.

**Keep the phone close so you don't have to rush to get to the phone.

**Carry your cell phone!

**Clean up spills quickly so you don't slip and fall.

**Put a bell on your pet so you know where they are. Many people fall over their pets because they don't know they are close by.

**Check your shoes! Are they safe? Are the soles worn? Are the heels too high?

**Get rid of throw rugs and tack down loose rugs

**Use a cane or walker if your balance is poor.

**Turn on the lights!

**Get help with grocery bags that could throw you off balance.

**Stop smoking! Smoking robs bones of vital nutrients.

**Check your vision. Make sure you can see clearly.

**Wear your purse across your body rather than slung over your shoulder, where it could slip off and skew your balance.

**Talk to your doctor about your calcium and Vitamin D supplements.

Being proactive can help keep you on your feet and avoid falls and subsequent breaks!

[“Guide to Bone Health,” Healthmonitor]

NEW SPECIAL CARE UNIT

The Monroe County Care & Rehab Center in Woodsfield Ohio has

opened a memory care unit. The facility located at 47045 Moore Ridge Road in Woodsfield offers assisted living at Brandy Woods Assisted Living, and skilled and long term services in the Care Center. For more information or to schedule a tour, contact Patti Haralson at 740 472-0144. We are thrilled to have another memory care unit in the area! Best wishes, Monroe County Care Center!



WALK TO END ALZHEIMERS

The Annual Northern Panhandle Walk to End Alzheimer's will be held at Wheeling Park on October 11, 2014 with event activities starting at the Stone Room (by the pool) at 8:30am. Plan to join us and help us **FIGHT ALZHEIMER'S DISEASE!** Join a team – start a team – walk as an individual! Call Wendy Hamilton at 304 865-6775 or 800 272-3900 for information on registration or on how you can help. (For those of you outside the area, Walks are held in several areas of WV and across the country.) Go to www.alz.org and find a Walk near you. There are several fundraisers coming up to help benefit the cause, too. Call Ann @ 304 243-0996 for information. All are welcome!



INFORMAL POLL

In order to help us prepare information for our newsletter, plan programs and get a picture of the resources available to our contacts, I recently sent a poll by email on service availability. I would appreciate it if you – our print readers – would take a few minutes to answer the same questions.

1. What is your job (generally), are you a consumer (caregiver or care receiver) or do you fill both roles? (If strictly a consumer, skip to #4)
2. What is the primary age group with whom you work?
3. What state(s) do you serve?
4. What county or counties do you serve? Or, where were you seeking services?
5. In what service areas do you see your biggest needs or your biggest service gaps?

****Jot down a few areas where you see needs and / or where your consumers have expressed unmet needs.**

****Be specific where you can.**

****Think broadly and feel free to share information on**

the unmet needs you've encountered.

You can snail mail your response to Ann Koegler, ARRS, 1387 National Road, Wheeling WV 26003 or send me an email at akoegler@frontier.com If you've already responded to the email – thank you! And to our print readers - thank you for your help, too!

LOW VISION OPEN HOUSE

The Seeing Hand, 750 Main Street, Wheeling WV will sponsor a Low Vision Technology Open House on Monday, August 18 from 1:00 pm – 3:00 pm. Learn about the latest technology available for people with macular degeneration or other low-vision conditions. Michael Rowley of Central Vision Solutions will offer demonstrations of portable and desktop devices. For more information or to RSVP, call 800 440-9476 ext. 2231 or email rmayer@enhancedvision.com.

WV SOCIAL WORK BOARD HAS MOVED

The WV Social Work Board has moved to 900 Pennsylvania Avenue, Suite 500 B, Charleston WV 25302. We have been notified that visitors need to sign in at the security desk and will then be escorted to the Board's suite. You are asked to let them know if you are planning to go to the office. They also have a new phone number which is 304 400-4980. The fax number is 304 400-4976. The mailing address which

is PO Box 5459, Charleston WV 25361 has NOT changed.

ELDER LAW ATTORNEY TOWNSEND RETURNS

We will once again be welcoming Gerald Townsend, Elder Law Attorney, for a program on Estate Planning. Jerry will be with us on September 19 from 9am – 12noon at Wheeling Park's Trophy Room which is adjacent to the Stone Room. Participants will have an opportunity to learn what documents need to be executed to express their wishes, what Medicare covers – and what it doesn't, and how to best plan for future long term care needs. There will be an opportunity to ask questions. Call us at 304 243-0996 to register!

LET US HELP!

Altenheim Resource & Referral Services can help!

- Free confidential assessment
- Free confidential consultation
- Information on aging & caregiving
- Community programs
- Professional workshops
- Lending library

Contact us at 1387 National Road, Wheeling WV 26003, 304 243-0996 or akoegler@frontier.com.

We will arrange a time that is mutually convenient if you need an appointment!