

50+ HealthConnection

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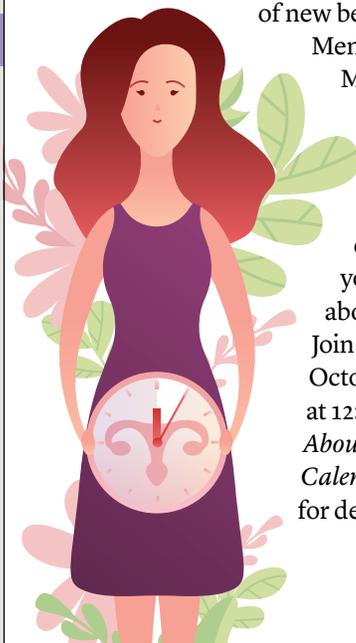
What you need to know about sex after 50.

Your body may have changed over the years, but you can still have a fun, fulfilling sex life into your golden years. On Wednesday, September 21, 2022, join sex therapist Nicoletta Heidegger, LMFT, for a Noon Hour lecture at 12:30 p.m. via Zoom that will discuss *Sex After 50*. See *Calendar of Events* for details.



Menopause awareness.

Menopause marks the end of your menstrual cycles, but it can also be a time of new beginnings. During Menopause Awareness Month, OB-GYN Bryan Jick, MD, will hold a Noon Hour lecture via Zoom to discuss everything you need to know about menopause. Join us on Wednesday, October 12, 2022, at 12:30 p.m. for *All About Menopause*. See *Calendar of Events* for details.



Bladder and bowel problems.



If you have bathroom troubles, you're not alone. Bladder and bowel problems are common in older adults. To learn more about these issues, join physical therapist Julie Vinh, DPT, on Wednesday, November 9, 2022, for a discussion about bladder and bowel dysfunction during a free Noon Hour lecture via Zoom.

Bladder and Bowel Health starts at 12:30 p.m. See *Calendar of Events* for details.

What to know about preventive care.

Preventive care is an essential tool in helping to maintain your overall health — especially if you're an older adult. Preventive health services can stop the onset or progression of disease and disability, ultimately helping patients avoid trips to the emergency department. “The importance of preventive care cannot be overstated,” says Huntington Health-affiliated emergency medicine physician David Ulick, MD. “Many diseases are treatable or even curable with early detection.”

The specific health screenings and services you need may depend on your gender, age, race, personal and family history. Common examples are:

- **Annual check-up.** No matter your age, it's crucial that you visit your doctor once a year to catch health concerns early.
- **Mammogram.** This is routine x-rays of breast tissue to check for cancer. Starting at age 40, women who are at average risk for breast cancer should get a mammogram every year.
- **Colonoscopy.** This exam is used to find problems in the colon or rectum, such as colorectal cancer. All adults ages 45 to 75 should be screened at least once every 10 years.
- **PSA blood test.** Starting at age 50 (or 45 for African Americans and people with first-degree relatives who had prostate cancer), men should discuss prostate cancer screening options like the PSA blood test with their doctor.
- **Pap test and/or HPV test.** Women should get screened regularly for cervical cancer, typically every three to five years. Women who are 30 or older should talk to their doctor about which testing option is right for them: a Pap test, an HPV test or both.
- **Osteoporosis screening.** Women ages 65 and over should get tested to detect their bone strength every 15 years.
- **Immunizations.** Important shots for older adults include the COVID-19 vaccine, the annual flu vaccine, the pneumococcal vaccine and the shingles vaccine.

Talk to your doctor about what other preventive care steps are right for you. “It all begins with a visit to your primary care physician,” says Dr. Ulick. “Don't wait until you have symptoms to see your doctor.”

Sources: AARP; CDC; NIH; and Healthline.



Below are some pro tips for scheduling your appointments.

- * **Call your doctor early.** Call first thing in the morning if you can. Avoid calling when the office is closed, such as after hours or during lunchtime. Visit www.huntingtonhealth.org/doctors if you need to find a trusted physician to help keep you healthy.
- * **Schedule efficiently.** Set up your next annual physical exam at this year's check-up. Schedule a “day of prevention” by lining up a few appointments; you may want to start your day with a physical exam, since routine blood tests may require fasting beforehand.
- * **Don't forget.** Keep all appointments on your calendar. Set up reminders via alarm or designated accountability partner such as a spouse, family member or friend.

As you schedule and attend your appointments, remember: Your caregiving team is doing everything they can to help you. Please practice patience and kindness.

Especially for caregivers

Recognizing depression in older adults.

As a caregiver, you have become adept at tending to your loved one's physical care needs. Navigating his mood swings may be more unfamiliar territory: How do you know if the loved one in your care has a mood disorder like depression?

Depression is more common in older people than you might think. In fact, more than two million Americans age 65 and older suffer from some form of depression. It's also important to recognize that seniors are at risk for suicide.

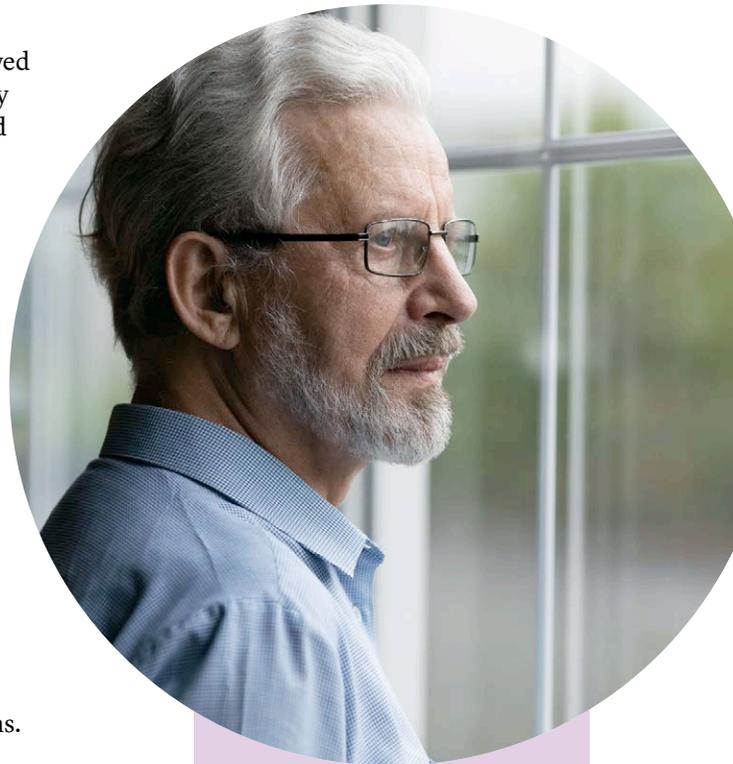
Making matters more complicated, older adults may be less likely to talk about their feelings of depression, or to seek mental health treatment. To help ensure your loved one gets the support he needs, it helps to know the signs. While everyone's experience of depression and suicidal thoughts is different, some common signs and symptoms include:

- Feelings of hopelessness, pessimism, guilt, worthlessness and/or helplessness.
- Irritability and/or restlessness.
- Loss of interest in once enjoyable activities or hobbies.
- Fatigue and decreased energy.
- Difficulty concentrating, remembering details and making decisions.
- Insomnia, early-morning wakefulness or excessive sleeping.
- Overeating or appetite loss.
- Persistent aches or pains, headaches, cramps or digestive problems that do not get better, even with treatment.
- Cutting back on social interaction, self-care and grooming.
- Breaking medical regimens such as diets and prescriptions.
- Experiencing or expecting a significant personal loss.
- Putting affairs in order or changing wills.
- Stock-piling medication.

Depression is a serious health concern, but it can be effectively treated and there is hope. Most older adults see an improvement in their symptoms when treated with medication, psychotherapy or a combination of both.

If you're concerned about a loved one who may be depressed, offer to go with him to see his health care provider. Huntington Health's Della Martin Center (DMC) also provides a wide range of comprehensive and compassionate mental health care services and referrals. Services include confidential assessments, diagnosis, treatment and rehabilitation. To learn more about DMC, please call (626) 397-2323.

Sources: CDC and NIH National Institute on Aging.



If you or your loved one is in crisis, don't wait to get help.

- Call 911.
- Go to the nearest emergency department.
- Dial 988 to be connected with the 988 Suicide & Crisis Lifeline 24 hours a day.

Are you a family caregiver? Senior Care Network is here to help. We offer professional assistance; referrals to important resources; and support and educational groups specifically designed for family caregivers. For more information, call us at (626) 397-3110 or (800) 664-4664. You may also email us at 50+membership@huntingtonhospital.com.



Ask the doctor

Q&A with Norman Chien, MD

Norman Chien, MD, is a
Huntington Health-affiliated geriatrician.

Q. I cut my hand a few days ago and now I'm feeling feverish. Should I be concerned about sepsis?

A. Sepsis — your body's extreme inflammatory response to an infection — is a serious medical problem that can be tricky to diagnose. The symptoms are ambiguous at the onset, and often mimic other illnesses. Most cuts will improve with topical antibiotic treatment, but pay attention; if you have a fever or the following signs or symptoms, sepsis may be a concern:

- High heart rate or low blood pressure.
- Confusion or disorientation.
- Extreme pain or discomfort.
- Shivering or feeling very cold.
- Shortness of breath.
- Clammy or sweaty skin.

If you're experiencing any of these symptoms or if you have an infection that is not getting better, seek emergency medical care right away. If left untreated, sepsis can quickly result in organ dysfunction or failure, septic shock and death.

At Huntington, we have implemented best-practice protocols and processes to help deliver testing and treatment for sepsis patients as quickly as possible. If a patient meets two or more criteria and has a sus-

pected infection, we initiate a care plan that includes delivering antibiotics and fluids within one hour.

As a patient, you can take steps to reduce your risk of sepsis. This includes getting recommended vaccinations, such as for the flu or pneumonia; thorough, proper and frequent hand washing; and effectively caring for all wounds (even a small scrape or cut!). Although sepsis can be life-threatening, it's also preventable and treatable when caught early.

Q. My mother has an overactive bladder. What can she do to prevent leakage in her daily life?

A. Urinary incontinence, often due to an overactive bladder, happens when muscles in and around the bladder are working ineffectively, resulting in urine leakage. This may be the result of urinary tract infections, vaginal infection or irritation, constipation, weak pelvic floor muscles, prostate gland issues or pelvic organ prolapse. There are different types of urinary incontinence, each with distinct symptoms and causes.

Fortunately, there are effective ways to treat incontinence, so it's important

that your mother speak to her health care provider. Some common treatments doctors often recommend include pelvic muscle exercises (Kegel exercises), medications or topical creams, medical devices (such as catheters, urethral inserts or vaginal pessary rings), reducing alcohol intake and measures to prevent constipation.

While most incontinence isn't dangerous, if your mother is passing urine that is cloudy, bloody, painful, frequent (more than eight times in one day), sudden or in small amounts after strong urges to urinate, these could be signs of another issue. If she is experiencing any of these symptoms, she should talk to her doctor right away.

An overactive bladder can be uncomfortable. It can be embarrassing. Luckily, there are more methods to manage urinary incontinence than ever before. Treatment will depend on the type of bladder control problem your mother has, how serious it is and what best fits her lifestyle. She can work with her physician to determine a treatment plan that works best for her.

To learn more about how you can improve your bladder function, register to attend Senior Care Network's Noon Hour lecture Bladder and Bowel Health on November 9, 2022. See Calendar of Events for details.

Sources: CDC; Sepsis Alliance; and NIH National Institute on Aging.

This column is for information only. Please discuss any treatment options with your doctor.

On the younger side

Understanding the menopausal belly.

M

enopause can bring a variety of changes to your body. You may experience symptoms such as hot flashes, vaginal dryness, insomnia and more. You may also notice changes to your belly shape and size.

When you reach menopause, gynoid fat (found between your hips and upper thighs) often decreases, while android fat (found between your breasts and hips) increases. At the same time, the fat insulating your abdominal organs — visceral fat — can also increase.

There are many reasons why body shape changes during menopause, including weight gain from decreased muscle mass and a slowed metabolism. Other factors such as less physical activity, less sleep, an unhealthy diet and caregiver stress may also add pounds. And lower estrogen levels may play a role.

The good news is there are steps you can take to combat weight gain and build your health in the years around menopause:

1. Exercise regularly.

Exercise can help keep weight off. Physicians recommend at least 30 minutes of physical activity on most days of the week to improve health and mood in general. Ask your doctor about what exercise routine might be right for you.

2. Maintain a healthy diet.

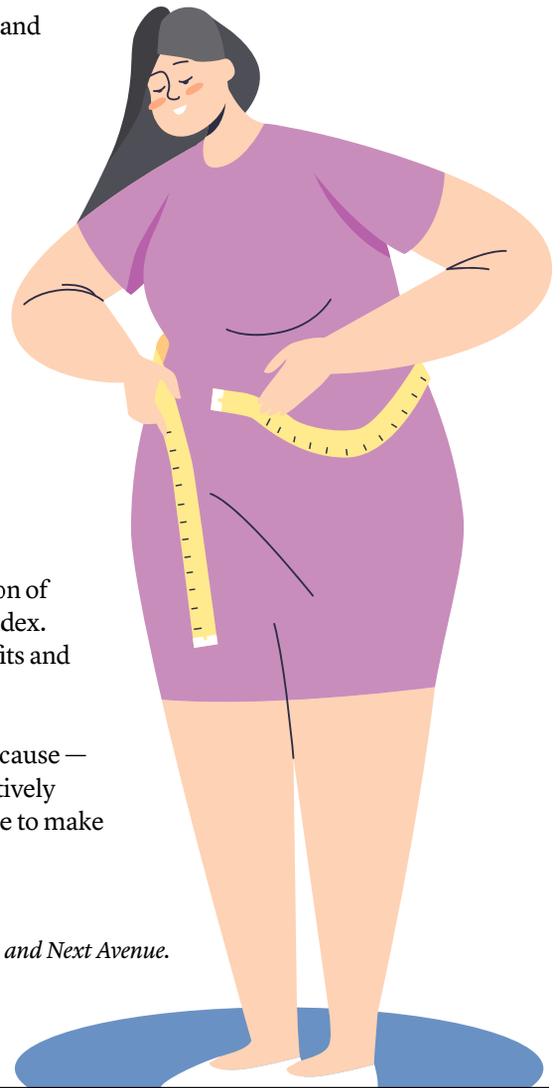
It's important to integrate vitamins, minerals, fiber, calcium and other essential nutrients in your diet. Try your best to reduce your simple carbohydrate intake. Keep in mind your body does not need as many calories post-menopause as it did pre-menopause.

3. Menopausal hormone therapy/hormone replacement therapy.

Some studies show that prescribed low-dose estrogen or a combination of estrogen and progesterin may help reduce visceral fat and body mass index. This treatment isn't right for everyone, so be sure to discuss the benefits and risks involved with your doctor.

Weight and shape changes during menopause — and the stress they may cause — are completely normal. However, if your menopause symptoms are negatively impacting your daily life, talk to your doctor about what steps you can take to make the transition easier.

Sources: U.S. Department of Health and Human Services Office on Women's Health; and Next Avenue.



To learn more about menopause, we invite you to register to attend Senior Care Network's Noon Hour lecture All About Menopause on October 12, 2022. See Calendar of Events for details.

Senior Care Network

100 West California Boulevard
Pasadena, California 91105
www.huntingtonhealth.org/SCN
Return Service Requested

We speak your language. We are committed to providing you with compassionate care regardless of the language you speak. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (626) 397-5211. 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (626) 397-5211。



Huntington Collection has moved!

Visit Huntington Collection's new location at 2670 East Colorado Boulevard in Pasadena. Purchases made at this unique resale shop help fund Senior Care Network's important work supporting seniors and other vulnerable adults. Donations are welcome and tax deductible. The Collection is open Monday through Friday from 10 a.m. to 3 p.m. Please note the entrance to Huntington Collection is located off of San Gabriel Boulevard. Call (626) 535-2468 or visit www.huntingtoncollection.org to learn more.

50+ members receive informative publications, including event calendars, from Senior Care Network throughout the year. If you received this newsletter and are not yet a 50+ member, you can sign up for free by visiting www.huntingtonhealth.org/50+. If you prefer, you can leave a message on our membership line at (626) 397-3147 or (800) 664-4664 and a member of our staff will be in touch to sign you up by phone. Alternatively, you may email us at 50+membership@huntingtonhospital.com. In addition to sending our future publications, we'll also provide you with a membership card so you can begin enjoying all the benefits of our 50+ program.

Since 1984, Senior Care Network has worked to positively impact the health and well-being of older adults, adults with disabilities and their families throughout our community. Reaching thousands of individuals each year, we educate on aging; link to in-home and community services; and increase the skills of caregivers, service providers and others. Our models of eldercare have earned us a national reputation for excellence and innovation.

*Eileen Koons, MSW
Director*

*Kristen Tachiki, LCSW
50+ HealthConnection
Program Coordinator*

FRIDAYS, OCT. 7 THROUGH NOV. 11

Taking Care of You:

Powerful Tools for Caregivers.

10 – 11:30 a.m. via online platform

This six-session online course — designed for family caregivers of adults — will provide information you can use to increase your self-care skills and help you manage difficult situations. Instructors include expert staff from Senior Care Network. Please call Kristen Tachiki, LCSW, at (626) 397-8145 to register. Class size is limited so be sure to register early. Cost: \$25 for digital copy of workbook or \$30 for hard copy of workbook (plus shipping). Scholarships are available for those unable to afford this cost.

Noon Hour

This fall, you can enjoy Senior Care Network’s Noon Hour lecture series in a virtual format. These educational lectures will now be held via Zoom, but a call-in option is also still available. All Noon Hour events will begin at 12:30 p.m. on the dates listed. Each will last about an hour and will include time for questions. Participation is free.

For all lectures, you must register in advance. There are two ways to register:

1. Complete the registration form online by visiting <https://qrco.de/bdAJec> or scanning the QR code with your smartphone.
2. Call our membership line at (626) 397-3147 and a staff member will assist you with registration.

Not technologically savvy? If you need help using Zoom or would like to join a Noon Hour event by phone only, please call Senior Care Network’s membership line at (626) 397-3147. We’re happy to help!



WEDNESDAY, SEPTEMBER 14

Dysphasia and aging.

Join us as speech and language pathologist **Amy Bowmen, MS, CCC-SLP**, discusses the causes and symptoms of the language disorder dysphasia, and how you can cope.

WEDNESDAY, SEPTEMBER 21

Sex after 50.

During Sexual Health Awareness Month, come learn from sex therapist **Nicoletta Heidegger, LMFT**, about sex after age 50.



WEDNESDAY, OCTOBER 12

All about menopause.

In honor of Menopause Awareness Month, OB-GYN **Bryan Jick, MD**, will share everything you need to know about menopause, including symptoms and when they often begin.

WEDNESDAY, OCTOBER 26

Treatment for hip pain.

Orthopedic surgeon **Timothy Jackson, MD**, will talk about treatment for hip problems, including total hip replacement surgery.



WEDNESDAY, NOVEMBER 9

Bladder and bowel health.

In honor of Bladder Awareness Month, physical therapist **Julie Vinh, DPT**, will discuss common conditions that can affect the bladder and bowel, including urinary incontinence.

WEDNESDAY, DECEMBER 7

Improving your financial health.

During the holiday season, **Trinnell Taylor**, financial consultant for Fidelity Investments, will share tips for financial health during challenging economic times.





Around the campus

Huntington Health + Cedars-Sinai Health System.

Huntington stands for community. We stand for compassion. But more than anything, Huntington stands for health. Providing world-class health care is our specialty, and it's what we've been doing for the San Gabriel Valley since 1892.

That commitment to the health of our community is who we are. Now, it's part of our name, too. We recently updated both our name and our logo to reflect our evolution as a leader in creating community well-being.

We're pleased to re-introduce ourselves as Huntington Health, an affiliate of Cedars-Sinai!

This name change reflects the fact that we're more than just trusted hospital care. And thanks to our new affiliation with Cedars-Sinai, we now have access to additional resources that further strengthen our ability to provide affordable, personalized, high-quality care. This affiliation ensures we can continue to care for you, your family and our community for generations to come.

Visit www.huntingtonhealth.org/trustedcare to learn more about our new affiliation.

Huntington Health's Calendar of Events

Visit www.huntingtonhealth.org/events to view classes and events offered by Huntington Health, including virtual support groups. You may also call Senior Care Network's membership line at (626) 397-3147 or (800) 664-4664 or email us at 50+membership@huntingtonhospital.com for assistance.



Medicare 101

Did you know Medicare eligibility begins at age 65? We invite you to attend a free webinar to learn about your Medicare coverage options. These one-hour sessions will provide a basic overview of Medicare and a review of health plan details, as well as time for questions. Visit www.huntingtonhealth.org/hhpevents for scheduled dates and reservation information. If you have questions, call (626) 397-8331. Once registered, you will receive a link by email to join the webinar you chose.

Senior Care Network Resource Center

If you're caring for an older adult or an adult with a disability, need information on community resources for seniors, or have questions about aging, the professionals in our Resource Center can help. Call (626) 397-3110 or (800) 664-4664 (option 1) to learn more.



Senior CareLine

Are you looking to connect and laugh with someone new? Senior CareLine is a free service that will match you with a friendly volunteer to chat with by phone from time to time. To get connected to this service, call the membership line at (626) 397-3147 or (800) 664-4664. You may also email us at 50+membership@huntingtonhospital.com.

Support groups for caregivers

When caring for an aging relative or close friend, participating in a support group can make a difference. Online support groups are available, offering opportunities to share feelings and exchange information and ideas while you remain safe in your home. Call the Resource Center at (626) 397-3110 (option 1) for a referral.



Visit us at www.huntingtonhealth.org/SCN to learn more about Senior Care Network.