

# Partners In Health



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The rate of falls increase with advanced age. Many of these falls can result in serious injury; including hip, wrist, or vertebra fractures. Not only that, but falls can prevent older adults of feeling completely independent; sometimes resulting in having to move into a nursing home or other assisted living location.

Due to a fear of falls, older adults reduce their level of physical activity which leads to a reduction in strength, muscle tone, balance issues, decrease in overall health and can even lead to depression. This then creates the vicious cycle seen below



## Fall Prevention

### What happens when we fall?

A person's full weight lands on the few points of contact, resulting in immediate soft tissue damage. The person can experience additional pain as increased pressure can lead to a swelling of the affected limbs.

Once the person is able to get back up, the pressure is alleviated and only soreness and bruising have occurred. In the case that the person cannot get back up (take the weight off the injury), the swelling can expand to other limbs that are lying on the hard surface of the floor.

### Falls can be preventable

First step is to overcome fear of falling and transform it into action.

**On average, every 22 seconds, a person over the age of 65 will fall.**

If you happen to fall, here are certain steps that Philips Lifeline suggest can be taken to help you get back up more safely:

#### 1. Prepare

- If you are hurt, call for help (by phone or make yourself heard by being loud).
- Look around for sturdy furniture
- Roll over onto your side (turn your head in the direction you are trying to roll). Move your shoulders, arms, hips and legs over

#### 2. Rise

- Push your upper body up (lift your head up). Pause for a few mins)
- Slowly get on your hands and knees, crawl to a sturdy object (ex.: chair)
- Place your hands on the seat and slide one foot forward (flat on the floor)

#### 3. Sit

- Keep the other leg bent
- Slowly rise into a kneeling position
- Turn your body to sit on the chair.
- Rest for a few minutes

### Important!

**After a fall, talk with your caregiver, or health care practitioner to have a fall-risk evaluation.**

Source: Philips Lifeline (2013). *Avoiding falls and After a Fall*. In Print.

## Pumpkin Butter Pecan Gingersnap Rolls

Yield: 8 servings

### Ingredients:

- 1 dough sheet (Pillsbury® Crescent)
- 1/3 cup pumpkin butter
- 1/4 cup chopped pecans
- 1/2 cup crushed gingersnaps



### Preparation:

- Preheat oven to 375°F.
- Line a baking sheet with parchment paper. Unroll the dough and cut in half non-lengthwise

- Dividing the 1/3 cup quantity equally between the two halves, spread the pumpkin butter across the dough, leaving a 1/2-inch margin from the edges.
- Sprinkle the chopped pecans across the pumpkin butter of both halves.
- Coat each half with gingersnap crumbs.
- Roll each dough from the short side into a log, pinching the seam closed.
- Cut each dough-log into 4 fairly equally-sized slices.
- Arrange the newly-cut slices so that they're standing up vertically, then bake until golden brown, about 15 minutes.
- Allow 5 minutes to cool, but definitely enjoy them while they're still warm!

Source: [spoonuniversity.com/recipe/pumpkin-butter-pecan-gingersnap-rolls](http://spoonuniversity.com/recipe/pumpkin-butter-pecan-gingersnap-rolls)



## Assisted Living

There comes a time when one must sit down with family and caregivers and look at different options. Assisted Living is a type of housing designed for people who need various levels of medical and personal care. Living spaces can be individual rooms, apartments, or shared quarters. The facilities generally provide a home-like setting and are physically designed to promote the resident's independence. Services are offered to assist residents with daily living.

The services offered by assisted living communities vary from facility to facility. Services often include:

- One to three meals a day

Source: [www.webmd.com/healthy-aging/guide/assisted-living#1](http://www.webmd.com/healthy-aging/guide/assisted-living#1)

- Monitoring of medication
- Personal care, including dressing and bathing
- Housekeeping and laundry
- 24-hour emergency care
- Some medical services

Take time to consider what services are important to you before you visit assisted living communities. This step will help ease your transition. Think about these questions:

- Why do I want/need to change my living arrangements?
- What daily activities do I need help with (bathing, dressing, toileting, eating, remembering medications)?
- How often do I need help?

## Healthy Hearts



Heart Research Institute proudly celebrates *World Heart Day* on Sept. 29 as an opportunity for people across the globe to take

part in the world's biggest intervention against cardiovascular disease (CVD).

By ensuring that everyone has the chance to make healthy heart choices wherever they live, work and play, *World Heart Day* encourages us all to reduce our cardiovascular risk, and promotes a heart-healthy planet for those around us.

- In Canada, 70,000 people suffer heart attacks each year. That is one every 7 minutes
- Close to 14,000 Canadians die each year as a result of heart attack
- Risk factors for cardiovascular disease remain high: over 60% of Canadians are now overweight

## Prostate Cancer, a silent killer

September is Prostate Awareness Month



Prostate cancer is the most common cancer to affect Canadian men. It starts in the cells of the prostate; which is part of a man's reproductive and urinary systems (a gland just below the bladder).

Cells in the prostate sometimes change and no longer grow or behave normally. These changes may lead to non-cancerous (benign) conditions such as prostatitis and benign prostatic hyperplasia (BPH). Abnormal cells are not yet cancer, but there is a chance they will become cancer if they aren't treated in a timely manner.

Many older men can have this disease without knowing it. It usually grows slowly and can often be completely removed or successfully managed when it is diagnosed.

Source: [www.prostatecancer.ca/Prostate-Cancer/Treatment](http://www.prostatecancer.ca/Prostate-Cancer/Treatment)

## BRAIN GAME CORNER



See if you can answer the following 3 riddles:

- A) What belongs to you, but is used by others?
- B) What do you throw away that keeps returning?
- C) I have billions of eyes, yet I live in darkness. I have millions of ears, yet only four lobes. I have no muscle, yet I rule two hemispheres. What am I?

Answer: a) Your Name, b) A Boomerang, c) The Human Brain

Source: <https://www.quora.com/What-are-the-best->

## Jokes

A) What's small, red and has a rough voice? **Answer:** A hoarse raddish!

B) What is a plumber's favourite vegetable? **Answer:** A leek.



## Important dates on the horizon:

**Sept. 8 to Sept. 14:** National Assisted Living Week

**Sept. 16 to Sept. 22:** National Rehabilitation Awareness Week

**Sept. 29:** World Heart Day

**October** is National Breast Cancer Awareness Month