

Living Well after Sixty



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Let's Talk about VIGOR

Vested
In
Growing
Older
Right



Why do we care?

Life expectancy	1800	35yo
	1850	38yo
	1900	47yo
	1950	68yo
	2000	77yo

In 1800's, the leading cause of death was infections (Penicillin discovered 1928); in 2000 it was heart disease.

We are living longer, but with more chronic health problems.

A Tale of Two Grandmothers

Ruby- died in 1975 at age 69yo after fall in Nursing Home (smoker, complications of COPD/emphysema and CHF)

Ellen- alive and well at age 99yo (mildly elevated cholesterol, low thyroid)

What factors account for ~ 30 yrs of healthy survival?

Exercise

“Exercise won’t prevent you from aging...only death does that.”

“It’s not complicated: hard exercise works...”



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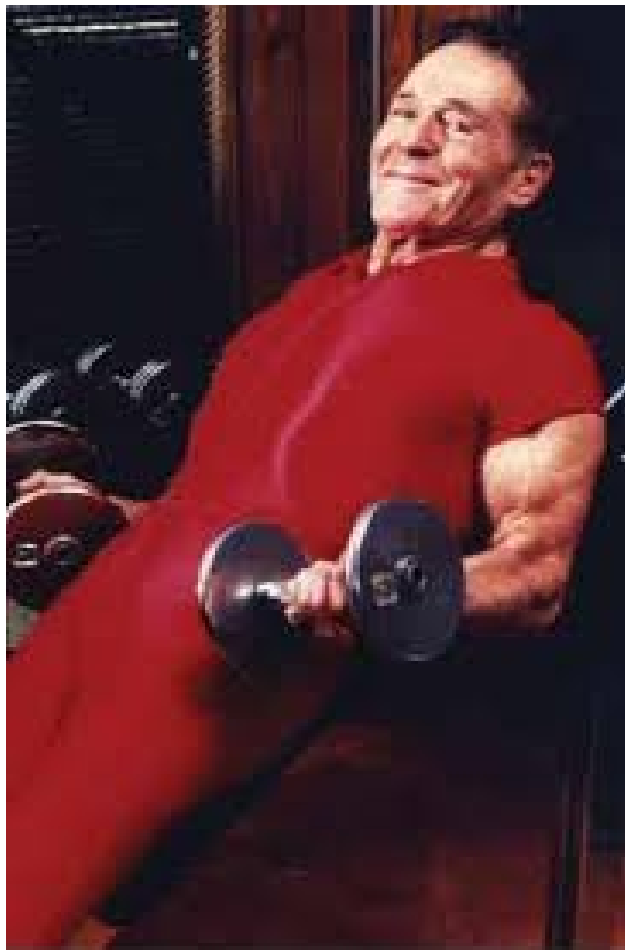
What does the Research say?

Right types and amount of exercise will

- Strengthen your brain
- Affect your waistline
- Clear debris from your cells
- Increase your endurance
- Help you sleep
- Decrease anxiety
- Lengthen your life

Exercise changes every cell in your body!!!

A Real Pioneer



1914-2011

What kind and How much?

- ~150min/week is ideal: walk or jog at a moderate pace (10-11min mile)

This can be done in short bursts of 10 min at a time or 30min in one session.

New studies showed that longer sessions and more vigorous activity is not necessary-people who exercised longer and harder often ate more and/or sat around more in the day.

Pedometer & 10,000 Steps

Just using a Pedometer adds

- 2491 steps per day
- Lowers BP by 4 mmHg

Pedometer & 10,000 steps = equivalent of walking 5 miles/day

Why 4 Workouts May be better than 6

Recent study of 72 older, sedentary women:
divided into 3 groups

Group One: 2 workouts/week (lifting and jogging or biking)

Group Two: 4 workouts/week (lifting 2x/week and jogging/biking 2x/week)

Group Three: 6 workouts/week (lifting 3x/week and jogging/biking 3x/week)

Is there a sweet spot?

Subjects worked up to 40min sessions of jogging or walking or lifting weights for 4mos

Group One-burned addl 100 cal/day

Group Two-burned addl 225 cal/day

Group Three-burned 200 cal FEWER /day

Why? They said it took too much time then walked less, drove more, avoided the stairs, etc.

What if you can't walk or jog?

Try water aerobics, rowing, biking-stationary or regular, yoga, pilates, swimming, zumba or dancing.

Lifting weights helps with muscle strength, but it doesn't do much for aerobic conditioning (i.e preventing heart attacks or strokes).

Just 10mins of exercise increases lifespan by almost 2yrs, even if overweight.

Pay yourself first-?morning exercise to get you going?

99 and counting



What are muscles good for?

- Prevent falls-everyone trips. Strong muscles help you keep your balance.
- Metabolism-muscle tissue burns 2x-3x the calories of fat. Lean muscle mass decreases with age, and maintaining muscle helps prevent “the middle age spread.”
- Fat causes insulin resistance-the disorder behind Type 2 Diabetes. Lean muscle helps prevent increased blood sugar levels.

Other Tricks for Strength

Weight machines are great but not necessary.

Yoga pushes one part of your body against gravity or another part of your body. Leg muscles and arm muscles can be worked with resistance bands or even soup cans in your hands.

In nursing homes, strength training can get the bedridden up on walkers, those using walkers to a cane, those using a cane to walking freely, etc.

Other Payoffs for Strength

- Less joint pain-arthritis
- Improved Lung health: do-it –yourself pulmonary training
- Better connection between brain, joints, tendons, and muscles- a neural unit for movement and coordination...ie, prevents falls when you trip or stumble

A few words about Balance

- As we age, our gait (way of walking) changes. We tend to adopt a more shuffling gait, and falls are common.

Before the advent of assistance devices like canes, walkers, and wheelchairs, loss of mobility was often followed by death. Even now, falls contribute to hospitalizations for broken hips, pneumonias, nursing home placement, and DEATH.

Hang Ten!



Prevention, Prevention, Prevention

- Do 1 legged balance exercises. When they get easier, close your eyes, add a pillow under your foot, hop, bend over & pick up a shoe. Train your brain and muscles.
- Avoid polypharmacy-ask your physician if you can stop any of your medications. The more medicines you take, the more likely you are to have interactions that can make you dizzy.

Prevention, cont'd

- Remove loose rugs or items on your floor that lead to falls (I call them slip rugs, for a reason).
- Use bright light (you can't step over what you don't see).
- Be careful getting up from a lying position, especially if you take medications that lower your blood pressure. Take care at night when many people over 50yo need to get up frequently to go to the bathroom.

What's the problem here?



Nutrition

- Maintain a healthy weight-lowers blood pressure, stroke risk, diabetes risk, even some types of cancer.
- If you are overweight, consult your physician or make an appt to see a Nutritionist. We have more information than ever on healthy eating.
- 45-65% calories from Carbohydrates, 10-35% from fat, and 10-35% from protein.

Nutrition, cont'd

- Track your food intake and exercise-people are more successful with change.
- Cholesterol is more affected by fat in foods versus cholesterol in foods. Trash carbohydrates raise insulin-> higher chol too.
- Focus on hunger/need for food rather than desire/pleasure. Limit treats.

Nutrition, cont'd

- For adults, a calorie deficit of 250 cal/day is ~1# wt loss every 2 weeks, 500 cal/day is 1# wt loss/week. Every 1# you lose, is 4# of pressure off your knees/ankles.
- Use the plate method of balanced eating: non starchy vegetables fill $\frac{1}{2}$ the plate, carbohydrates like grains or starchy vegetables fill $\frac{1}{4}$ of the plate, and protein fills the other $\frac{1}{4}$ of the plate, with a side of milk/yogurt and a fruit.

Easy Nutrition Advice

Eat food. Not too much. Mostly Plants-Michael Pollan

Mediterranean Diet-emphasizes heart-healthy eating with fruits, vegetables, whole grains, beans, nuts, seeds, and healthy fats.

More fish/poultry-less red meat

More olive oil-less butter/margarine

Limit sweets/alcohol

Use herbs not salt

A Healthy Plate



Nutrition, cont'd

Use a smaller plate

Don't buy junk foods at the Grocery store

Drink 2 glasses water w/each meal (women who did this lost extra 5#)

Avoid "trigger foods"-if cookies get you eating more, cut them out.

Avoid fast food-tends to be calorie rich and nutrient poor.

Watch out for sugary drinks-sweet tea& soda= empty calories

Tobacco

Call 1-800-Quit NOW

If a physician tells 100 smokers to quit, 8 will
give it up!

(Who knew we were so influential???)

Alcohol

Drink moderately

2 drinks or less/day for men

1 drink or less/day for women

Stay Connected

Grant Study-long term study of Harvard University men found that those with good social connections live longer and happier lives ->

Volunteer, don't stop working, give to others, join a hobby group, join a church, join a support group (Living Well-Council on Aging groups for those with Diabetes or other chronic diseases, Silver Sneakers, Land of Sky programs, OLLI)

Human Flourishing = LOVE



The Singing Saints

(L to R) 1st row: Jackie Geiger, Barbara Mobley, Ellen Fralix Annette Tilman; 2nd row: Marlene McMahon, Debbie Drew, Marlene Knight, Melissa Roberts, and Nellie Roessler.

Musical “Saints” Performed 46 times in 2005

The musical group, The Saints, above, have a wonderful ministry traveling around South Carolina performing at nursing homes, assisted living facilities, and before retirement groups and church senior groups.

They began their “act” in May 1995 and have done a total of 557 perfor-

mances to date. In 2005 they performed 46 times. They even performed at the Diocese of South Carolina Convention in March 2005. The group is made up of members of Cherokee Place United Methodist Church, North Charleston, and members of St. Peter & St. John, Charleston.

Which grandmother do you want to be?

Homework assignment

“Younger Next Year”-Crowley and Lodge

“The First Twenty Minutes”-Gretchen Reynolds

“Dancing Fish and Ammonites”-Penelope Lively

The End

Questions?

Be Engaged & Be Hopeful

“Perhaps the real fountain of youth emanates not from a cosmetic counter but from what’s between your ears.”

- Dr. Hilary Tindle from “Up: how positive outlook can transform our health and aging”

Blue Ridge Community Health Services Presents:

Living Well Past 50.

Discover the Factors of Human Flourishing



Presented by - Teresa A Fralix, MD