Intro to Aging Issues: Part 1

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Disclaimer

This talk contains general medical information and is intended for educational purposes only. It is not intended or implied to be a substitute for your own medical doctor’s advice. Please consult your medical provider before seeking any new treatment.
Outline

Part 1
➤ Healthy aging
➤ Common ailments
➤ The D word

Part 2
➤ The D word continued
➤ Living arrangements
➤ Advanced care planning
➤ Tips for talking with your doctor
The key to healthy aging

Risks versus benefits

Ask about your options

Weigh your options
Healthy Aging

Risk vs benefits:

- Ageism vs treatment options/outcomes
- Values and beliefs
- Physicians can help with risk profile
Healthy Aging

- Genetics plus environment
Healthy Aging

Medicare: (65 and older)

- “Welcome to Medicare” in first year
- Annual Wellness exam after that
Medicare

- Part A - Inpatient/Hospital/Skilled Nursing Facility (100 days)
- Part B - Outpatient/Observation Stay
- Part C - Medicare Advantage (HMO/PPO)
- Part D - Prescription Drug Coverage
Medicaid

- Varies by state
- Income requirements
- CHIP, HIP
- Approx 65% nursing home residents rely on Medicaid
Healthy Aging

Diet and Exercise

► Fresh fruits and vegetables

► Complex carbohydrates

► Both cardio and weight or strength training

► Unless rec by doctor, supplements not necessary
Healthy Aging

Screening tests:
- Colon cancer
- Lung cancer
- Bone density
- Prostate cancer
- Breast cancer, cervical cancer
- Other: mood, obesity, alcohol, aortic aneurysm etc
Healthy Aging - Vaccines

- Pneumonia-two:
  - PCV-13 (Prevnar®)
  - PPSV-23 (Pneumovax®)
- Tdap (tetanus-diptheria-pertussis)
- Shingles:
  - Zoster Vaccine Live (Zostavax®)
  - Recombinant Zoster Vaccine Adjuvanated (Shingrix®)
- Yearly influenza
BREAK/QUESTIONS
Clinic Visit Tips

- Written list of maximum of 3 things to talk about
- Doctors want to hear the truth
- Brown bag your medicines
- Take your medicines before your appointment
- Weigh your options: risks vs. benefits
Common Ailments

Cardiovascular

- Hypertension
- Heart failure/CHF
- Coronary artery disease (heart attack)
- Stroke
- Peripheral vascular disease
Common Ailments

**Endocrine**

- HypOthyroid
- Diabetes (Type 2)
- Low bone density or osteoporosis
  - Diet/food is the best way to increase calcium and vitamin D
  - Weight bearing exercises
  - Stop smoking
Common Ailments

- Polypharmacy
Common Ailments: polypharmacy

- NSAID = non-steroidal anti-inflammatory drugs = ibuprofen, naproxyn
- CCB = calcium channel blocker = blood pressure medicine
- Diuretic = “water pill” = increases urination
Common Ailments

**Musculoskeletal**

- “Arthur” or arthritis:
  - Osteoarthritis
  - Rheumatoid arthritis
- Broken bones (osteoporosis)
- Joint replacement (obesity, arthritis)
Hematology/oncology

- Increased risk of cancer
- Increased risk of anemia

- Increasing specialization in geriatric oncology
Common Ailments

Neuropsychiatric

- Depression & Anxiety
- Delirium
- Dementia

- MUST distinguish the first two from the third
The C word is now “the D word”
The D word

- Dementia
- Alzheimer’s disease
- “Old Timer’s Disease”
- Vascular dementia
- Lewy body dementia
- Frontotemporal Dementia
- (Parkinson’s disease)

- (Mild) Cognitive Impairment
BREAK/QUESTIONS