



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

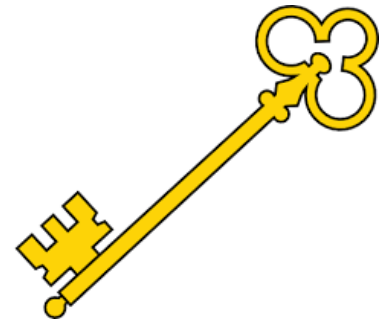
- ▶ The D word continued
- ▶ Living arrangements
- ▶ Advanced care planning
- ▶ Tips for talking with your doctor

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

**IT'S
NOT
TOO
LATE!**



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 (Pneumovax®)
 - ▶ PPSV-23 (Pneumovax®)
- ▶ Tdap (tetanus-diphtheria-**pertussis**)
- ▶ Shingles:
 - ▶ ~~Zoster Vaccine Live (Zostavax®)~~
 - ▶ Recombinant Zoster Vaccine Adjuvanted (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

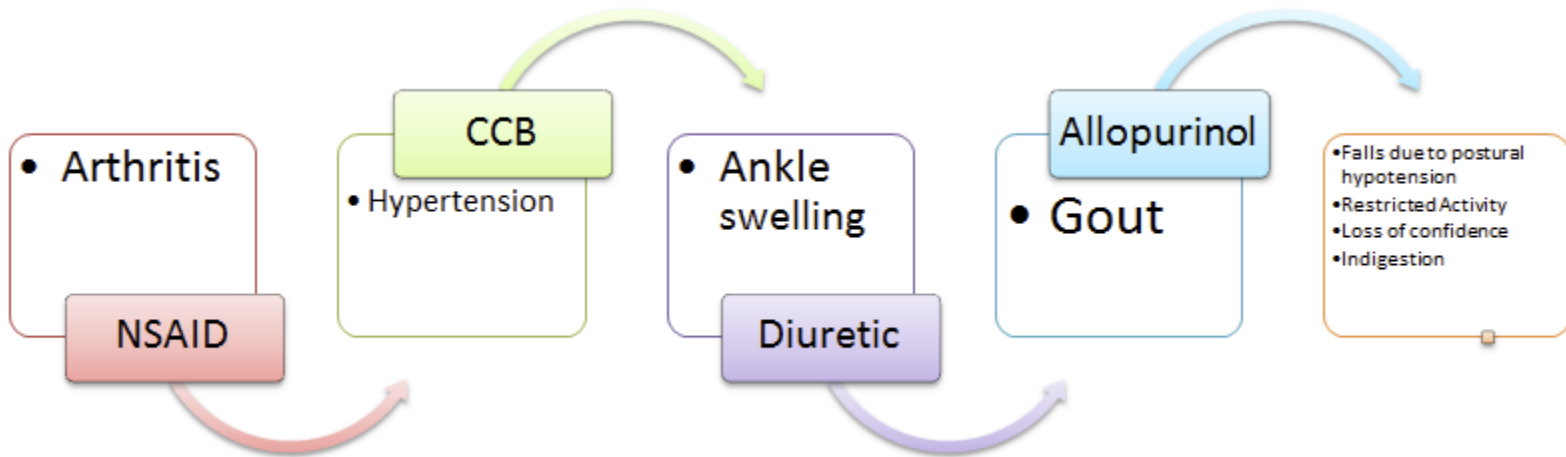
- ▶ HypOthyroid
- ▶ Diabetes (Type 2)
- ▶ Low bone density or osteoporosis
 - ▶ Diet/food is the best way to increase calcium and vitamin D
 - ▶ Weight bearing exercises
 - ▶ Stop smoking

Common Ailments

▶ Polypharmacy



Common Ailments: polypharmacy



THE PRESCRIBING CASCADE

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

Musculoskeletal



Common Ailments

Musculoskeletal

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

Common Ailments

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

Common Ailments

- ▶ 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

