



Product of the Month:
PenAgain



To Your Good Health:
Banana Yogurt Smoothie



FOCUS ON... Preparing
for a doctor visit

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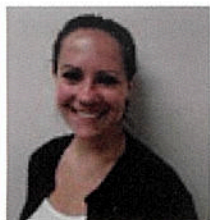
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Services offered:

- Skilled Nursing
- Telehealth monitoring
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Home Health Aides
- Medical Social Work

Employee Highlight



Colby Neubauer, OTR
we are pleased to have Colby working with our homecare patients to assess safety needs and adaptive devices beneficial with activities of daily living. She also specializes in hand therapy provided within several outpatient facilities.

*Effective August 1, 2015 we will be a participating provider with the Aetna Health Plan including Health America, Advantra and Coventry insurances.

health & home

A **FREE** health care newsletter from your friends at
WESTARM Homecare Nursing & Therapy

Issue - Summer 2015

Strengthen Bones to Prevent Falls



Brittle bones aren't a normal part of aging. In fact, there is much we can do to prevent developing osteoporosis.

Because bones are living tissue, they are broken down and replenished by our bodies throughout our lives. As we age, our bodies break down more bone

tissue than they replenish. The result is bones that are weaker and less dense. As osteoporosis progresses, people can fracture bones from simple bumps, strains or falls.

People often don't know they have osteoporosis until they break a bone. Other symptoms include back pain, loss of height, a stooped posture or a fracture that occurred easily.

You can do many things to improve your bone health, reduce your fall risk and prevent the progression of osteoporosis.

- ☼ Don't smoke.
- ☼ Limit the amount of alcohol you drink.
- ☼ Get plenty of calcium every day. To get the recommended 1,200 mg recommended for those ages 50 and older, consider yogurt, milk, tofu with calcium, spinach and canned beans. Ask your doctor whether calcium supplements are right for you.

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"One of the most important elements in a humane and effective health care system is the ability to treat people in their own homes when medically appropriate." — Senator Edward M. Kennedy

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- ❖ Get plenty of vitamin D every day or at least 10 to 15 minutes of sunlight three times a week. Milk fortified with vitamin D can help, but your doctor might recommend a supplement.
- ❖ Eat a healthy, balanced diet.
- ❖ Exercise to slow bone loss, improve strength and improve balance. To avoid fractures and other injuries, ask your doctor what exercises are best for you if you already have osteoporosis.
- ❖ Reduce fall risks in your home such as low furniture, loose throw rugs and slippery shower floors.
- ❖ Ask your doctor whether medications designed to treat or prevent bone loss are a good choice for you. **h&h**



FOOD FOCUS

Yogurt

Just one cup of plain, skim milk yogurt has 49 percent of your daily calcium. It's low in fat, low in calories, and provides 14 grams of protein. Yogurt with added probiotics can help improve your digestion and boost your immune system. It's an effective part of a healthy diet and some are even fortified with vitamin D to help make your bones stronger. **h&h**



Quote Search Dolly Parton

I graduated high school on a Friday night, left for Nashville on a Saturday morning, and never looked back. I hoped that I'd make enough money to be a star, but I would have still spent my life



singing.
I'd have
probably
been a
beautician
musician —

sung in
a bar
at night
and done
hair in
the day.

Product of the Month: PenAgain

This line of pens is ergonomically designed to adapt to the contour of the hand, thus alleviating stresses normally observed with most pens.

The natural weight of the writer's hand provides sufficient pressure to apply ink to the paper. PenAgain may help alleviate the symptoms of carpal tunnel syndrome, calluses and arthritis.

From \$4.99. Visit penagain.net for more information. **h&h**



FOCUS ON...

Preparing for a doctor visit

Make the most of it with these tips. You can keep all this information handy by storing it in your smartphone.

- Take along a list of all the medications you are taking, including the name, dose, and how often you take it. Include prescription medications, supplements and over-the-counter drugs. (Or just toss everything in a bag and bring it with you.)
- Write down any health concerns or questions you have before your visit and then discuss them with your doctor.
- Write down a list of your personal and family medical history, including any surgeries and current and former conditions you have, as well as chronic illnesses experienced by your immediate family members.
- Be prepared to give your doctor good descriptions of any problems or symptoms you're experiencing, including how it feels,



when it happens, and what you do to make it better or worse. Tell your doctor about any changes you have experienced since your last visit.

- Tell your doctor about any changes to your medical record since your last visit, including any tests you have been given. Bring along your test results if you have them.
- Have your pharmacist's phone and fax numbers handy, as well as a list of all the doctors you see.
- Ask a friend or family member to go with you to see your doctor to help you understand and remember the advice you receive. **h&h**

Did You Know?

Thyroid problems could be the single most common cause of fatigue.

In fact, the American Association of Endocrinologists estimates that 13 million Americans have thyroid disorders — and more than half are undiagnosed!

What the fatigue feels like: You feel run-down, weak, and sluggish. And your muscles ache, especially in cold weather.

Other symptoms include weight gain or difficulty losing weight, hair loss, dry skin or hair, and irritability. **h&h**

To Your Good Health

Per serving
Calories
245
Total Fat
4 g
Carbohydrates
49 g
Fiber
4 g
Protein
9 g



BANANA YOGURT SMOOTHIE

- 2 **t** flaxseed
- 1 medium banana
- 1/2 **C** low-fat plain yogurt
- 2 **t** honey
- 1/3 **C** ice cubes

1. Puree flaxseed in blender for 30 seconds, until coarsely ground.
2. Add rest of ingredients and blend until smooth.
3. Serve immediately.

Source: www.marthastweart.com

HEMOCARE NURSING & THERAPY **WESTARM**

WHAT'S INSIDE?

- Osteoporosis
- FOCUS ON...
Preparing for a doctor visit
- Product: PenAgain
- How to Make
Banana Yogurt Smoothie
- Take the Brain Booster Quiz

This information is for educational purposes only and is not intended to replace the advice of your doctor or healthcare provider.

DO YOU KNOW THE ANSWER?

1. What can you do to prevent osteoporosis?
2. What tasty food provides nearly half of your day's calcium needs?
3. What problem may be the single most common cause of fatigue?

**Confident in how you would respond to these questions?
Open this newsletter to get the right information!**

And, if you need help finding answers to your important home care questions, contact us:

Tel: 724-337-0420 | Fax: 724-337-0630
www.westarmhomecare.com

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