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WINTER PROTECTION

Winter is coming. We've been so fortunate to have had such mild weather thus far, but once that real taste of winter hits us it will test us to the bone. Speaking of 'BONE', now would be a great time to have a Fall Risk Assessment performed by our Medical Care Manager. For a nominal fee, we'll evaluate your balance, teach you how to prevent falls, and how to make your home safer for you. Stay warm and contact one of our Medical Care Managers at *Prestige Home Health Care* at (262) 970-7102 to arrange your Fall Assessment. Falls are devastating and can prove to be quite a detriment to your life.

Please call us today.



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The Art of Aging

Aging is an Art, not a science. Sometimes we get it right and come out on top, other times maybe not so lucky. Let me illustrate this with a story:

Jack was 94 years old when we started taking care of him. His bride of 60 plus years had passed away a few years back and Jack now found himself alone and lonely. He clung to his many great memories of his life with his beloved and tried to use these thoughts to help carry him through the day. Jack had once known how to have a good time; Country Club party's, dances, friends, his job as well. He was a small business owner and he loved what he did, way back then. As Jack aged, it became apparent to him that he needed help in his daily routine;

someone to take him to the bank, help with the groceries, assist him with his morning cares and housework. He expressed how it saddened him to have to lose his independence and be dependent on someone else. He felt defeated and ready to give up. That's when he met our caregiver, Emma. At first he was thinking maybe he'd made a mistake. He wasn't happy about the prospect of having a stranger in his house, he felt uneasy and intruded upon. That uneasiness quickly evaporated. Jack and Emma became close friends; Emma was there every day for Jack, her smile giving him a reason to get out of bed each day. Jack became Emma's mentor and confidante, sharing with her his life's stories, gaining from her in turn the joys of youthfulness. Emma put the light back in Jack's eyes and through her, Jack saw himself as a different person, one who again

carried himself with pride and developing a true appreciation for life. Jack got it right. He always told me it wasn't the years in your life that mattered, it was the life in your years. Jack cherished every moment of the life he was granted; heck, he'd say, some people are old at 40. Jack had discovered the Art of Aging, he didn't sit around being depressed or angry, he took life by the horn and lived it, right up to the day he passed peacefully at the age of 98. even as he approached being a Centurion and he maximized it, with a little help from Emma. Jack's been gone a few years now and as I look at his picture on our Memorial Wall I think about him and the valuable lessons he taught us about living. I hope you have a "Jack" in your life as well.

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Increase longevity through fitness and nutrition

By [Connie Roethel](#) , for BizTimes
Published [December 16, 2011](#)



"We are living longer and thanks to science, medicine and advances in fitness and nutrition, we can live a healthy, active life well into our 90's. But for most, living longer doesn't necessarily equate with quality of life. Although many of us have not reached the point where we can be referred to as "elderly," the time to start thinking about living an active life is not when we've reached age 70 or 80, and here is why: We reach maximum muscle size by about the age of 25. There is a 10-percent decrease between the age of 25 and 45 with a 45-percent shrinkage over the next 30 years, and then acceleration of shrinkage after the age of 50. We reach peak mass by age 30, and then lose 1 to 2 percent

per year for the rest of our life. Falls, resulting from loss of balance as we age, result in 1.5 million fractures-hip, spine and wrist each year. Many of these become lifetime disabilities. The good news is most of this is reversible. Research has shown that regular exercise, even when started late in life, has profound health benefits and can increase longevity. Exercise reduces disease, from cancer and heart disease to type 2 diabetes, stroke, dementia and depression. Exercise also slows down the rate of aging. Even a small amount of exercise may protect the elderly from long-term memory loss.

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Women between the ages of 75 and 85, all of whom had reduced bone mass or full-blown osteoporosis, were able to lower their fall risk with strength training and agility activities. Moderate exercise among those aged 55 to 75 may cut the risk of developing metabolic syndrome, which increases heart disease and diabetes risk. Among those who started exercising at age 50 and continued for 10 years, the rate of premature death declined dramatically, mirroring the level as seen among people who had been working out their entire lives. Exercise significantly improved muscle endurance and physical capacity among heart failure patients with an average age of 76.

Get off the Sugar Train
Nutrition plays a significant role in aging well, and sugar consumption is a major factor. "The average American

consumes 53 teaspoons of sugar per day", says author of "Healthy at 100" John Robbins, who turned down the Baskin Robbins fortune he was heir to when he learned what the standard American diet was doing to people's health. In his book, Robbins makes the point that in cultures where people live to over 100 they consume no refined sugar. The typical American diet includes white bread, white rice and white pasta, all of which turn to sugar the moment it touches the digestive enzymes in the mouth. We've traditionally been taught that it's the excess of fat in the diet that causes heart disease, obesity, and other chronic ailments. In truth, the No. 1 dietary cause of heart disease and the obesity epidemic is the amount of carbohydrates we consume. And by carbohydrates, we mean sugar. Sugar is the culprit of several aging

concerns. When consumed in large amounts the body stores excess sugar as fat. The body uses insulin to move sugar out of our bloodstream and into the cells for energy consumption. The constant bombardment of sugar in the diet causes the insulin receptors to burn out, which leads to Type 2 diabetes. The long-term complications of Type 2 diabetes include visual impairment, kidney dysfunction, heart disease, and poor circulation and wound healing, leading to amputation of limbs. Sugar is the primary fuel for cancer cells. Sustained exposure to sugar sets up a cascade of abnormal hormone functions that lead to premature aging and illness. Sugar increases the acidity of the body, creating an environment in which all disease thrives. If you've attempted to eliminate white flour and sweets from your diet, and have moved strictly to whole grains, you're on the right

right track. But there is more to consider. Make sure that the food label reads "100 percent Whole Grain", rather than a portion of whole grain mixed with refined flour. Remember that organic sugar, maple syrup, honey and cane juice, while less processed than white sugar, have the same negative impact on your body. Dextrose, fructose, glucose, sucrose, maltodextrin, and honey are all types of sugars that should be limited. Finally, as you lessen sugar from your diet, you may go through a seven- to 14-day withdrawal period. During this time, you may want to look to natural sweeteners, such as Stevia and Xylitol, which do not elevate blood glucose, insulin, or cause inflammation, (Roethel, Increase Longevity Through Fitness and Nutrition)." Roethel, Connie. "Increase longevity through fitness and nutrition." BizTimes.com [Milwaukee] 16 12 2011, n. pag. Web. 29 Dec. 2011. <http://www.biztimes.com/news/2011/12/16/active-aging>.

Healthy Lifestyles

Happy New Year!

My name is Dr. Michael LaBlanc. I am a Chiropractor and certified Nutritional Counselor. I have been in practice for 26 years and my clinic is located in Elm Grove, WI. I provide traditional chiropractic care along with recommending the correct vitamin supplements and/or herbs. The belief at our clinic is that you get healthy and stay healthy from the inside out!

Now that the New Year is upon us, it is a great time to resolve to get and stay healthy. Here are a few pointers for good health:

To avoid low back injuries, make sure to do some low back stretches before doing any work that involves low back muscles.

Work for short periods and then rest for awhile.

Stay hydrated.

Eat healthy meals that include a protein, a carbohydrate and a good fat, like olive oil.

Most of us need a good multivitamin along with extra Vitamin D.

Don't forget to take a good Calcium Supplement to not only improve bone health, but muscle too!

If you have any questions about back pain or what supplements to take, please feel free to contact our clinic.

Yours in Health,

Dr. Mike LaBlanc

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The Health Corner