Winter 2005

HEALTHY AGING

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Lincoln University Cooperative Extension

Paula J. Carter Center on Minority Health and Aging

Town Hall To Discuss Medicare Changes

United States Senator Jim Talent (R-MO) recently visited the Inman Page Library on the campus of Lincoln University. Senator Talent is holding town hall meetings that he has been holding across the state to discuss the new Medicare Prescription Law. The law was passed by the U.S. Senate, and went into effect January 1, 2006. According to Talent, this is the first time that seniors will have access to a comprehensive, voluntary prescription drug benefit. "Now that the enrollment period has begun," says



Senator Talent at the Page Library

Talent, "my office is doing what it can to help seniors get the information they need." The changes in the Medicare program are time sensitive, and can be confusing, so make sure all of your questions are answered when you talk with someone about your insurance coverage. The Paula J. Carter Center on Minority Health and Aging will provide informational meeting to address changes in Medicare coverage. If you would like to attend, or want more information, call the Center at (573) 681-5530.



Outreach Workers Shirmere Singleton (L) and Brian Valentine listen to Senator Talent discuss Medicare change.

Inside this issue:	
Coordinator's Corner Video Conference	2
Doctors and Racism	3
Whole-Grain Diet Has Benefits	4
Alzheimer's Information	5
More Than Just A Pet	7

From the desk of Coordinator Treaka Young

Great News! We can officially tell you to mark your calendars for August 3, 2006. That is the date for the Missouri Institute on Minority Aging (MIMA), and it will be held on the campus of Lincoln University, here in Jefferson City. While the specifics are still being



planned, we can tell you the theme for the Institute is "Cultural Health = Wellness for Seniors." There will be two panels for the day to cover topics ranging from serious illnesses to preventive wellness. There is something for everyone. If you are interested in coming, or in getting more information, please give us a call at the Paula J. Carter Center on Minority Aging (573) 681–5530. The next issue of the Healthy Aging newsletter will have more information on MIMA. We hope to see you there.



The Lincoln University Cooperative Extension/Paula J. Carter Center on Minority Health and Aging is proud to present a series of 8 video conference presentations dealing with heath disparities, cultural competency and working with ethnic populations. The videos will generally be shown on the last Wednesday of the month.

<u>Video presentations include</u>:

Health Disparities: From Civil Rights to Human Rights (February 22),

Epidemiology of Diabetes: Prevalence, Complications and Health Services Disparities (March 22),

False Promises & True Disparities: Why Healthy People 2010 Will Fail (April 26),

Voices of Wisdom: Seniors Coping With Disaster (May 24),

It Takes A Whole Indian Village: Decreasing Health Disparities In Indian Country (June 28),

The Health Of U.S. Pacific Islander Populations: Emerging Directions (July 26),

Preventing HIV Among Women: Diffusing A Group And Community Level Intervention Part 1 (August 30),

Preventing HIV Among Women: Diffusing A Group And Community Level Intervention Part 2 (September 27).

These FREE presentations come from the University of North Carolina, Chapel Hill School of Public Health Research Institute and Videoconference on Minority Health. They will be held in Room 100, Allen Hall on the Lincoln University campus. Each presentation is scheduled to begin at 10:00 a.m., and will end at noon. There will be light refreshments available.

Doctors...and Racism!

A new study published in the February issue of the American Journal of Public Health highlights a case of racial discrimination that could be life threatening. While not the civil rights battles fought in this country's history, the study shows that doctor's perceptions of patient's characteristics can lead to racial disparities in the treatment of coronary heart disease. The study evaluated the factors associated with recommendations from doctors for coronary artery bypass graft surgery (CABG). More than 500 patients were appropriate candidates for the procedure, 34 percent white, 30



percent black, and 36 percent were Hispanic. Only 21 percent of black men were recommended for CABG, compared with 40 percent of white and Hispanic men. There were no differences in treatment based on race or ethnicity among women in the study. The black patients were significantly younger than the whites. White patients were significantly less likely than black patients to have Medicaid or no insurance coverage. Overall, the study finds that physicians were less likely to rate black men as likely to comply with medical advice, to have significant career demands, have social support or a physically active lifestyle. The study also points out that there is a possibility for doctors to become aware of their biases and change them. To make any significant changes in this behavior, more information needs to be gathered.



Anemia may raise the risk of falling

Anemia late in life is common, and a new study finds it may be associated with increased risk of falling. Participants in the study kept a weekly log of their falls for three years. If they fell at least twice within a six month period, they were classified as recurrent fallers. Recurrent falls occurred in a little more than 38 percent of those with anemia, and almost 20 percent without anemia. The study suggests that anemia may directly affect muscle quality. Other studies have shown that reduced levels of the blood protein hemoglobin affect the delivery of oxygen to the

muscles. The reduction of hemoglobin is a major feature of anemia. The reduction of oxygen and the increased inflammation in the muscles may negatively impact physical performance. If you suffer from anemia, be aware you may be more susceptible to falls. The study is published in the Journal of the American Geriatrics Society.



Whole-Grain Diet Has Benefits

Here's more good news for people that want to take a more active role in trying to improve their health. A new study recently published in the American Journal of Clinical Nutrition suggests that older adults who regularly eat whole-grains may be less likely to develop a cluster of conditions that raise the risk of heart attacks and stroke. The wholegrains can be in the forms of high fiber cereals and

cooked oatmeal. Researchers found that among the 535 participants in the study, adults between 60 and 98 years old, those who ate more whole grain foods were less likely to develop metabolic syndrome, or to die of cardiovascular disease within the next 12 to 15 years. Metabolic syndrome is a grouping of several conditions including high blood pressure, high cholesterol, high blood sugar, and abdominal obesity. These conditions raise the risk of heart disease, stroke or kidney damage. The study suggests that young and old alike should bump up whole grain intake to at least 3 servings a day. Earlier research showed middle aged adults can lower the risk of metabolic syndrome by increasing their whole grain intake, but, up until this study, no one had looked specifically at the elderly population. Men and women who ate more whole-grains tended to have lower blood sugars, and weighed less than those who ate refined grains. Even when factors including weight, overall diet and exercise habits were considered, whole-grain intake was still associated with reducing the risk of metabolic syndrome. Getting more whole grains in the diet can be confusing. Before you make significant changes in your diet, always consult your doctor.

The new Dietary Guidelines encourage people to eat at least three servings of whole grain foods each day. One serving of a whole grain food is equal to:

- 1/2 cup cooked or 1 ounce ready to eat cereal
- 1 slice whole grain bread
- 5 to 7 small whole grain crackers
- 1/2 cup whole grain pasta or brown rice
- 2 cups popcorn

Just because bread is brown, it doesn't mean it's whole wheat. Some wheat breads are made with refined (white) flour and have caramel coloring added to give it the brown color. Look for 100 percent whole wheat on the ingredient label. To determine if a food is whole grain, look at the ingredient label. If the first ingredient is 100 percent whole wheat or another whole grain like whole oats, it is likely to be a whole grain food

Heart-healthy habits also help the brain Alzheimer's Association

Growing scientific evidence suggests that people who smoke or have diabetes, high cholesterol or high blood pressure can delay and perhaps even prevent Alzheimer's disease by changing to heart-healthy habits: eating a low-fat diet rich in antioxidants, maintaining normal weight, exercising regularly, avoiding excessive drinking and giving up smoking.



Quoted in The New York Times, Dr. Laurel Coleman, a geriatric physician who's also on the national board of the Alzheimer's Association, explains that factors that raise the risk of a heart attack or stroke can also increase the risk of dementia, including Alzheimer's disease.

The Alzheimer's Association's Maintain Your BrainTM campaign suggests lifestyle changes that can help people take brain health to heart: adopting a brain-healthy diet, staying physically fit, maintaining social connections and keeping mentally active.



Obesity Can Affect Alzheimer's

A new study points out that as body fat increases, so do the blood levels of a protein fragment that is linked to Alzheimer's disease. This may explain the reported association between obesity and the brain disease.

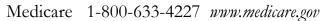
Obesity-linked conditions like diabetes and heart disease may increase risk of Alzheimer's, but the study shows

that it may be the fat tissue itself, not the diseases that excess weight can cause that may be the actual threat. The researchers plan to continue their work to study the possible causes of Alzheimer's disease. Watching your weight, and eating a proper diet continues to prove to be a strong ally in the fight for longer, healthier lives.

Some Handy Resources For You!

Medline Plus: www.medlineplus.gov

www.alz.org Alzheimer's Assoc.



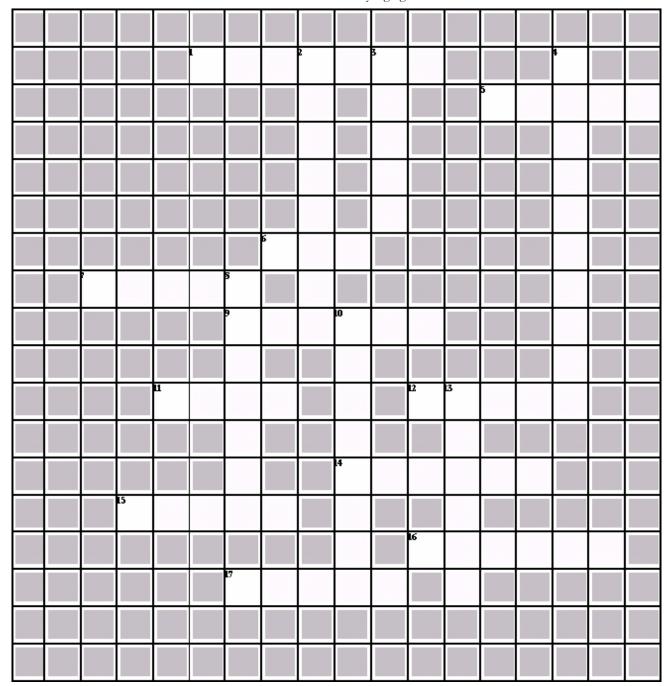
Paula J. Carter Center - 1-573-681-5530 www.luce.lincolnu.edu/pjccmha.htm

Mo Dept. of Health/Sr. Services 1-573-751-6400 www.dhss.mo.gov Mid-Missouri Alzheimer's Assoc. 1-800-693-8665 www.midmoalz.org



CROSSWORD PUZZLE

All answers can be found in this edition of the Healthy Aging Newsletter



Down

- Metabolic Number of servings per day for whole-grains

- A Blood Protein
 A good source of whole-grain
 Government program undergoing change
 ______ discrimination

- Across
 Health problem with weight management
- The sense a dog uses to detect cancer
- 6. Man's best friend
- 7. conference
- 9. This raises the risk of falls
- 11. Upcoming special event
- 12. Whole-_
- 14. Dogs may be able to detect this

- 16. U.S. Senator Jim _____ (R-Mo)17. A good place to check for ingredients.



More Than Just A Pet!

Man's best friend may just have picked up a few more bonus points. A dog's keen sense of smell might help in the early diagnosis of cancer. The findings in a new report show that trained, ordinary household dogs can

"sniff-out" early-stage lung and breast cancers just by sniffing a patient's breath. Researchers have observed that cancer cells release molecules different from those of their healthy counterparts, and that may be perceived by smell by the highly sensitive nose of a dog. For the study, the dogs were given breath samples from 55 patients with lung cancer, 31 with breast cancer and 83 healthy people. The dogs were able to correctly distinguish the breath samples of cancer patients from the healthy subjects in about 90 percent of the cases. The researchers are planning to continue their studies.

Our Mission is to provide leadership in addressing the health, social, and psychological needs of Missouri's minority and the underserved elderly populations. This can be accomplished through education, research-based information, policy analysis and the use of technology as strategic tools.

We have information concerning arthritis, cancer, diabetes, healthy eating, heart disease, and many other topics. This information focuses on specific health concerns of people who are African American, Native American, Asian/Pacific Islander American, or Hispanic/Latino American.

Some material is available in Spanish.



We would be happy to talk with you and send you information.



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Lincoln University is an 1890 land-grant institution and is part of the Missouri state system of higher education. Founded in 1866 by enlisted men and officers of the 62nd and 65th Colored Infantries, Lincoln University has expanded its mission to embrace the needs of a broader population reflecting varied social, economic, educational, and cultural backgrounds. This is the unique purpose that Lincoln University fulfills in higher education.