



Elderly Expression

Lincoln University Cooperative Extension
Paula J. Carter Center on Minority Health & Aging

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New Hope For Arthritis Sufferers

Osteoarthritis, or degenerative joint disease, is one of the oldest and most common types of arthritis. It is characterized by the breakdown of the joint's cartilage. For years, scientists and doctors believed that osteoarthritis was a disease of “wear and tear” in the joints as people got older. Recent research has shown there is more to the disorder than just aging. Scientists are hoping that if they determine what the causes are, they may be able to better treat the disorder in the future. Some patients use aspirin and non-aspirin over the counter medications. The aspirins have pain-relieving (analgesic) effects, and reduce inflammation when used over a period of time. The non-aspirin medications relieve pain by elevating the pain threshold, that is, by requiring a greater amount of pain to develop before it is felt by a person. There are some concerns about these medications. Patients claim to still suffer from pain when using aspirin, and doctors are concerned about the dangerous side-effects of non-aspirin drugs. New, safer drugs are being developed to aid in relief. In the meantime, alternative treatments include acupuncture, nutritional supplements, and increasing the levels of vitamins D and C. There are also studies involving the supplements Glucosamine and Chondroitin Sulfate. Right now, a balanced, comprehensive approach is still the key to staying active and healthy. People with osteoarthritis should combine exercise, relaxation, education and medicines in their treatment strategies. Your physician should continue to play an important role as well.

We cannot seek or attain health, wealth, learning, justice or kindness in general. Action is always specific, concrete, individualized, unique.

Benjamin Jowett
Educator

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Messages from the Staff

Hi Friends,

Today's seasoned citizens in Missouri are living longer, and looking for ways to lead a better quality lifestyle. The *Elderly Expression* newsletter is the resource you are looking for. Every quarter, we will provide you updates on the issues that are important to you as minority seniors. In this particular issue, we update new advances and studies affecting Osteoarthritis, depression, and Alzheimer's. We want to be more than just a resource, we want to be a responsive resource...providing information on subjects you think are important. On the last page of the newsletter you can find the contact information for the Paula J. Carter Center for Minority Health and Aging. Let us know what you want to learn more about. You'll also find information on the IAHMUMS (Improving Access to Healthcare for Missouri's Underserved Minority Seniors) Program, which includes health screenings, and health education. Stay informed...it's the best way to enjoy the quality life you want to lead.



We look forward to serving you!

Depression Makes Illness Worse

Depression may be keeping you from getting better. In a recent study, almost 2000 patients over the age of 60 were tested for the effects of depression on their recovery/treatment. All of the patients were diagnosed with major depression. The patients suffered from high blood pressure, chronic lung disease, diabetes, arthritis, gastrointestinal disease, chronic pain, and urinary or prostate disease. While the illnesses were more associated with physical activity, depression made a large contribution to mental health functions and the quality of life.

According to the study, treatment for depression has the potential to greatly impact overall health outcomes. Patients treated for depression were less impaired and less debilitated, compared with patients who did not receive treatment.

The study confirms research demonstrating that depressive symptoms are associated with a poor quality of life in older patients, and can be more disabling than the diseases of the elderly alone.

Good humour is a tonic for mind and body. It is the best antidote for anxiety and depression. It is a business asset. It attracts and keeps friends. It lightens human burdens. It is the direct route to serenity and contentment.

Grenville Kleiser
American Author

Possible new hope for Alzheimer's sufferers.

Curry, a spice used for thousands of years, may be a powerful new weapon in fighting Alzheimer's Disease. Researchers from UCLA and the Department of Veteran's Affairs said their study of curcumin, the yellow pigment in curry, found that it broke up existing beta amyloid proteins on rat's brains and helped prevent the accumulation of the destructive plaque. According to a report in the *Journal of Biological Chemistry*, the curcumin is more effective in stopping the protein fragments from forming than many other drugs being tested to treat the disease that affects 4 million Americans.

Curcumin has been used for thousands of years as a safe anti-inflammatory in a variety of ailments as a part of Indian traditional medicine. Recent animal studies support an interest in its use for diseases of aging involving oxidative damage and inflammation like Alzheimer's, cancer and heart disease.



Curry powder

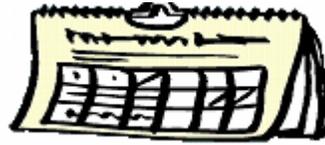
More Than Just A Program

One of the more successful programs offered by the Paula J. Carter Center for Minority Health and Aging is the Health Education classes. These classes are conducted by Community Outreach Workers, and help provide a foundation for the relationship with the state's minority elderly. One of the subjects discussed at the class was heart disease. "I remember watching her going through the materials very thoroughly", said Community Outreach Worker Ollie Hall, referring to 81 year old Bessie May. At a later time, Ms. May felt a tightness in her chest and some pain, symptoms she remembered reading about in the class. She immediately called her family, and rushed to the hospital. Her doctor told her she did, in fact have some blockage, and her quick action may have prevented a heart attack, or a stroke. "The class and the books are wonderful", said Ms. May, "They could have saved my life". Hall says setting up, and hosting these classes are worthwhile, but every once in a while, you can actually see the impact you are making with people.

There is no medicine like HOPE, no incentive so great and no tonic so powerful as expectation of something better tomorrow.

Orison Swett Marden
Founder Success Magazine

MIMA date set



The 10th Annual Missouri Institute on Minority Aging (M.I.M.A.) has been scheduled. The Institute will be held on the Lincoln University campus August 4th and 5th. Some of the scheduled presentations include improving the quality of life, improving the quality of your health, and heart disease. There will be more information on M.I.M.A. in the next issue of *Elderly Expression*, but we wanted to give you the chance to mark your calendars. Remember August 4 and 5, 2005.

Keep Talking!



A new University of Michigan study shows that if you don't use it...you really could lose it. In this case, the "it" is communication skills. Researchers looked at the relationship between participants that actively took part in social activities versus those that limited their contact to family members. Individuals who showed less signs of cognitive decline were involved in a wide range of activities and relationships that required them to speak and listen to others on a range of topics.

According to the study, the diversity in interaction seems to keep one's communications abilities activated. Meanwhile, when elderly participants limited their communication to solely family members, they didn't fare as well with their communication skills.

Participants were asked to keep notebooks on their abilities to name objects in pictures, a common measure of language skill ability. The research project targeted people 85 years old and older, the fastest growing segment of the population in the United States. While the results give some insight into the relationship between social interaction and the decline of cognitive function among the elderly.

Additional research is required, but this initial study may have an impact on senior living centers, and the quality of a senior's life.

*We take our bearings, daily,
from others. To be sane is, to
a great extent, to be sociable.*

John Updike
Author



Click and Go

If your grandparents could have seen today's cars, they would be terrified to drive. They are brightly colored, but move too fast. Sure, there'd be some people who would jump right into the driver's seat and hit the gas, but the majority would be slower getting in for a ride. The same can be said about today's seniors and computers. It's not so much fear of the unknown as it is availability and familiarity. Remember, the same young people laughing about your computer literacy level have more than likely lived in a world where the computer is commonplace. Those young people are comfortable using the Internet for both entertainment and research. Older people never had the opportunity to learn how to use the computer while they were in grade school. The computer, despite the many doors it has opened, is strange, noisy, and moves awfully fast. What some call technophobia, in reality can be traced to a comfort level. Whether you jump in the driver's seat and hit the information highway at super speed, or you gingerly slide into the technology, there are many resources available for seniors. You can find everything from senior support and discussion groups to information on vacation and travel. There are websites that cover hobbies, legal issues, and of course information on improving your quality of life and health. We may not be as quick on the keyboard, but we continue to move forward. Most homes have at least one computer in them, but for those without, you can still get Internet access at the public library, and in some senior centers.



Some Helpful Websites

www.medlineplus.gov	www.cdc.gov
www.firstgov.gov/Topics/Seniors.shtml	
www.health.state.mo	www.AARP.org
www.iml.umkc.edu/casww/websites.htm	
www.n4a.org	www.omhrc.gov
www.esmc.org/Seniorsonline.html	
www.mayoclinic.com	www.luce.lincoln.edu/pjccmha.htm

Any sufficiently advanced technology is indistinguishable from magic.

Arthur C. Clarke
Science Fiction Author

Calcium Cutting Cancer Risk For Women

About 150,000 people in the United States are annually diagnosed with colorectal cancer. It ranks second to lung cancer as the leading causes of cancer deaths. A new study from the University of Minnesota Cancer Center says diets rich in calcium can actually reduce a woman's chances for developing colorectal cancer. Women who also take calcium supplements can cut their risks even more. The study involved more than 45,000 cancer free women that were tracked for almost 9 years. Participants who consumed at least 800mg of calcium every day had a 26 percent lower risk of the disease as compared to women who consumed less than 530mg. Women who consumed more than 412mg from dietary sources and also took more than 800mg in supplement form had a 46 percent lower risk. The recommended daily calcium allowance is 1200mg. According to the study, the calcium neutralizes bile acids produced during the digestive process, or might act on the cell's biochemical pathways that determine how they grow and whether they become cancerous or not. The proactive effect of calcium likely works on men as well, although dairy products rich in calcium are also known to heighten the risk of prostate cancer.

*Science is organized
knowledge. Wisdom is
organized life.*

Immanuel Kant
Philosopher



Take Your Time For Rehab

If you've recently undergone cardiac surgery, don't rush through your rehabilitation.

Currently, only 3 months are required for cardiac rehab, however a new study from the University of Toronto says it may take 9 months to reach peak improvement.

Increasing the amount of rehabilitation time also gives health care professionals a longer period to work with patients to develop a heart healthy lifestyle. By quitting smoking, or eating a low-fat diet, patients lower their risks of future cardiac problems. The results from the study were released in December, 2004, so if you are currently going through cardiac rehabilitation, talk to your doctor about the possibility of lengthening your rehab time.

Word Search

S U E Q D I F X Q D E O C K Y M D E K E
 Y H K B V J N I U I S O A Y R H O S N H
 N U T R I T I O N A L H M H L U E H O D
 N S W N M H K N W B L I S A T R P F T R
 A O W G W V S E A E I V R R I N E S U R
 F S I Q W R N Y G T K J E J Y I H D M L
 H H R S K Z R T W E S A M H G F U V L Y
 V I P W S R P Q C S C N I R I P S A L E
 E X X S U E J D K H Z S E R G I E A E T
 N X K C Z Y R M H K Q N H P M J F Q I I
 L B E Z U Q S P L M A Z Z Z C E Z Z I H
 N Z R R L T J Q E I L L L N Q G R C H N
 P O R E C J Z E C D J U A B M N P E P T
 L I M O X I L I Q Q Y S F E F S X Y E Z
 V I A T V W S C X R P H J F J C P S O F
 T V S F B Y L E W C Q L W J K N U M T S

Words

Alzheimers	Aspirin	Outreach
Curry	Depression	Physician
Diabetes	Elderly	Relationship
Exercise	Nutrition	Skills

***Half the game is 90%
mental.***

Yogi Berra
Baseball Player

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THE INFORMATION PROVIDED HEREIN IS DESIGNED TO HELP YOU MAKE INFORMED DECISIONS ABOUT YOUR HEALTH. IT IS NOT INTENDED AS A SUBSTITUTE FOR ANY TREATMENT.

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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.



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