

Our Education Mission

Education & Academic Affairs at HSS is committed to being the source for outstanding initiatives in education, training, research and information for local, national and international communities to prevent and treat musculoskeletal conditions.

Aging Well Issue

Contents

- 1 Aging and Your Body
- 2 How to Keep Moving as You Age
- 4 Eating Right in Midlife and Beyond: Challenges and Solutions
- 5 Feeling Squeezed? Help for the Sandwich Generation
- 6 Saving for the Future: It's Never Too Late to Start!
- 8 Ready, Set, Surf! How to Find Credible Health Information on the Web

HOSPITAL
FOR
**SPECIAL
SURGERY**



Programs Promoting
Musculoskeletal Health

Aging and Your Body

Joseph H. Feinberg, MD | Physiatrist-in-Chief | Hospital for Special Surgery
Associate Professor of Rehabilitation Medicine | Weill Cornell Medical College

"You know you're getting old when you stoop to tie your shoelaces and wonder what else you could do while you're down there."

Perhaps you can identify with these words from the late comedian George Burns, who lived to be 100. It is perfectly natural to feel some creaks and tweaks as you pass the 50-year mark. But it doesn't mean you have to stop living. With a few adjustments to your diet, exercise regimen, and overall lifestyle, you can, as they say, "age gracefully."

Just what is happening within your body as you grow older? For starters:

- The ability of the body's tissues to respond to stress and injury diminishes as you age. Any overload on your tissues has lasting effects, and completely normal healing doesn't occur.
- There is a tendency during the aging process for degenerative changes to occur in tendons, muscles, and joints. So you may experience less flexibility and some stiffness.
- Many tissues lose mass, especially muscle — a process called atrophy. Some believe this is part of the aging process, but tissue mass can be somewhat maintained with proper activities.

What might you notice as this is happening? Your ability to recover from injury becomes less effective than it once was. Pulled muscles, fractured bones, and torn tendons all take longer to heal in older people than in younger folks.

In addition, any misalignments or asymmetry you've had throughout your life — even if it is minor — can begin taking its toll in your later years. Even a minor irregular pattern of stress on a joint can accumulate enough to cause damage and arthritis when you get older. Such misalignments can also contribute to balance problems as we age.

Finally, repetitive motion symptoms may begin to surface in your later years. For example, years of use and loading on the shoulder joint can lead to degenera-



tion of the rotator cuff as you age, causing shoulder pain when you lift your arm. Some repetitive motion, such as moving joints through exercise to keep them flexible, is good for your tissues and keeps them viable and healthy. But in other cases, repetitive stress can cause microscopic tissue damage, especially when it's done in an unbalanced, ergonomically unsound manner. Over time, the reduced ability of your tissues to recover from repetitive trauma can result in pain and decreased mobility.

When is it time to see a doctor? While you don't need to call for every little ache and pain, it's a good idea to make an appointment if:

continued on page 3

How to Keep Moving as You Age

Jason Machowsky, MS, RD, CSSD, CSCS | Board-Certified Sports Dietitian and Performance Specialist

Feeling a little achy when you get up in the morning? Does the idea of going to the gym make you want to crawl back under the covers? Don't worry...you're not alone. As we get older, our bodies don't bounce back like they did in our younger years. But we need to keep moving to maintain good health. So instead of focusing on what you can't do, try thinking about what you can do.

Just because you're getting on in years doesn't mean you can't find a way to be active. The age of 55 can look very different from person to person, depending on how much they incorporate physical activity into their lives. If you used to run but can't anymore due to back pain, try walking. If you feel you've been sidelined by arthritis pain, a no-impact activity such as swimming or yoga might be a good option. And if you feel uncertain about venturing out on your own, consider a supervised exercise class, sessions with a qualified personal trainer, or hiking with a friend.

Your goal is to maintain some level of physical activity so that you don't fall into a "negative spiral." You are most at risk for a

negative spiral when you experience an injury, which takes longer to heal as you get older. If you choose not to be active, you risk reducing your strength, endurance, and flexibility. As you get weaker and stiffer, you may be reluctant to get back into the swing of things, even after your injury has healed. And the less you exercise, the harder it is to get moving again.

So how do you maintain a positive spiral? Build upon what you can do, within the limits set forth by your doctor. Walk around the block at a pace that is comfortable for you. Do gentle stretching exercises seated in a chair or on the floor. If you can't jump, do squats to strengthen your thigh muscles...and when you're ready to jump again, go for it! The key is to build intensity slowly

as you heal, while keeping moving to avoid getting out of shape.

Here are some other tips to remember when exercising as you get older:

1. Make a plan and set realistic goals.

What do you want to accomplish? Where are you now? And how can you get there, knowing what you can and cannot do? For some people, such as those with limited shoulder mobility, the goal may be to reach for something on a higher shelf. For those who are able to run, the aim may be to finish a race. In both cases, you need to create "stepping stones" — smaller goals that together may eventually get you to where you want to be. Every step you take is a positive one, so don't be discouraged if you don't make it to your ultimate goal — you'll still be ahead of where you started. For example, if your goal was to run a half-marathon (13.1

continued on page 3



If you choose not to be active, you risk reducing your strength, endurance, and flexibility. As you get weaker and stiffer, you may be reluctant to get back into the swing of things... and the less you exercise, the harder it is to get moving again.

Keep Moving, continued from page 2

miles), but you find that running any more than eight miles causes pain in your lower back, then don't run more than eight miles. However, remember that you still worked your way up to eight miles, which is no small feat!

2. Build muscle mass. You lose muscle mass as you age. So it's important to add resistance training to your activities to build muscle, such as lifting light weights or climbing stairs. Also eat a diet that includes protein. (See the article about nutrition on page 4.) Strong muscles also support your joints, providing stability and reducing your chance of getting injured.

3. Know and respect your limitations. You know your body best. While it's okay to experience some muscle soreness after a workout, joint pain is a signal that something else is wrong. For example, it's okay to have sore muscles when you first start a new activity, but that should dissipate over time. Knee pain

continued on page 10



Aging, continued from page 1

- Pain or discomfort persists or gets worse, instead of getting better.
- You can't put any weight on a joint; this may indicate a fracture.
- You see any signs of significant swelling or bruising that doesn't seem to be getting better.
- You are experiencing persistent numbness or weakness in an arm or leg. This symptom may signal a nerve problem.
- You have a significant loss of motion which is not improving and may be disrupting your life.

To reduce the chance of experiencing these problems, avoid living a sedentary life. To stay healthy, your bones, tendons, and muscles need resistance, and your joints need to move. Use good mechanics and proper alignment to move in an ergonomic way. Consider aquatics, bicycling, and low-impact activities to reduce stress on your body. Incorporate re-

sistance training (such as light weights), cardiovascular exercise, and stretching in your routine, and vary your activities. (See the article about exercise at left for more tips.)

To learn how to move efficiently, consult with an athletic trainer, physical therapist, occupational therapist, exercise physiologist, chiropractor, or physician. These specialists all have different levels and degrees of expertise, and can play an important role in guiding you in the right direction. Some people who have been diagnosed with alignment problems or mechanical issues responsible for their symptoms benefit from seeing a podiatrist to get fitted for orthotics — customized shoe inserts that can redistribute and balance loading on the body.

Learn what feels right for you and to respect your limitations as you get older, and speak with your doctor about lifestyle modifications you can make to live your life to the fullest. ■



Eating Right in Midlife and Beyond: Challenges and Solutions

Dana Pitman, MS, RD, CDN | Clinical Nutritionist

Many of us know that eating well is an important part of aging well and that a healthy diet includes lots of fruits and vegetables, complex carbohydrates, lean protein, and low-fat dairy products. As you age, however, there are specific considerations to keep in mind as your body goes through the normal changes associated with growing older.

Here are some examples of changes that occur as we age and the role your diet can play in helping you to age gracefully and healthfully.

Challenge: Your metabolism (the rate at which you burn calories) slows down, especially after age 40.

Solution: You may find that while you are eating the same amount of food as you always have, you have started to gain weight.

Add lean protein to meals, like natural peanut butter on an apple or a cup of low-fat plain Greek yogurt.



Since your metabolism has slowed, you don't need as many calories. You can reduce calories by choosing foods lower in overall fat, opting for complex carbohydrates that contain fiber to fill you up, increasing vegetable intake, and focusing on proper portion sizes. In addition it's important to get moving! Exercise not only helps you burn calories, but boosts your metabolism as well. (See the article on page 2 to learn more about physical activity.)

Challenge: Muscle mass declines.

Solution: Incorporate weight-bearing resistance exercises, such as weight-training, into your exercise regimen to maintain or build muscle mass and prevent an increase in fat mass. Add lean protein to meals, like natural peanut butter on an apple or a cup of low-fat plain Greek yogurt. But don't go overboard on protein; as we age, kidney function declines, making it harder for our bodies to process proteins. Generally the amount of protein in grams you eat each day should be no more than half of your weight in pounds. So if you weigh 150 pounds, you should aim for no more than 75 grams of daily protein.

continued on page 9

Foods that Pack a Nutrient-Rich Punch

What You Need

Where to Get It

Protein

Lean red meat, skinless white meat poultry, eggs, beans, peas, soy products, nuts and nut butters, low-fat dairy products such as milk and yogurt, spinach, broccoli, cauliflower

Fiber

Fruit (especially with the skin on), vegetables, beans, nuts and seeds, whole grains

Whole Grains

Whole wheat, oats, barley, bulgur, buckwheat, quinoa

Healthy Fats

Avocados, olive oils, nuts, and nut butters (small portion sizes)

Calcium

Milk, yogurt (unsweetened), low-fat cheeses, canned fish, tofu, cabbage, broccoli, kale, bok choy and other leafy greens; fortified foods such as juice, milk, and soy milk

Vitamin D

Fatty fish, beef liver, cheese, egg yolks, mushrooms; fortified foods such as milk, cereals, orange juice, and margarine

Vitamins B₆, B₁₂, and folate

Beans and other legumes, dark leafy greens, whole grains, fortified foods

Feeling Squeezed? Help for the Sandwich Generation

Linda Roberts, LCSW | Health & Wellness Coordinator | Education & Academic Affairs

Sandra Alexandrou, PT, MBA | Senior Administrator of Inpatient Clinical Services | Burke Rehabilitation Hospital

Picture this dining room setting: Mom and Dad prepare dinner. Teenage children set the table. Grandma takes her seat at the evening meal. The idea of families caring for their aging relatives is not new, and goes back for hundreds of years.

But here's what *is* new: Mom and Dad both work full-time jobs, perhaps with long commutes. The dinner is takeout. The children are not teenagers, but are elementary school age. And Grandma is taking her seat at her own table in the house she has lived in for 40 years — 60 miles away from her adult children, who worry how much longer she can care for herself and take turns visiting her to tend to her needs.

Today some 27 percent of American adults find themselves in the “sandwich generation”: people caring for their aging parents or other relatives while also raising young children. That number is up from 20 percent in 2005. It's a tough balancing act. Adults may not live in the same communities as their aging parents, making it harder to check in on them. Dual-income families mean that an adult is not home as often during the day, forcing them to take time off from work to tend to family needs.

The stresses and challenges encountered by members of the sandwich genera-

tion apply to both genders and span all ages, races, and socioeconomic levels. They share a common need: support. They need to find time for their own lives while caring for their aging relatives — whether those relatives live with them or in another community. They may wrestle with guilt and anger, feeling they are neglecting their marriages, their children, their jobs, and themselves while devoting time and resources to caring for the older person. That stress may further increase if the elderly relative suffered a stroke or injury that requires them to undergo rehabilitation and to need long-term assistance.

If you find yourself in the sandwich generation, here are some ways you can learn to care for your aging loved ones while caring for yourself:

- 1. Talk, talk, and keep talking.** Keep the lines of communication open between family members of all ages. Encourage your parents and your children to speak regularly so they can get to know each

other. Have a family meeting to discuss who can do what. Bring in your siblings, cousins, and anyone else who can be involved in your parent's care, and have everyone choose a task. Even if your siblings don't live nearby, they can help by making phone calls and providing you with resources, or take turns visiting an older parent who lives in another community. It's important to accept that some family members may not be able to help as much as you would like, due to their own commitments. The point is to take the burden of elder care off of one person and to share it.

- 2. Get help, and accept offers of help.**

Support is often just a phone call away. Reach out to your county or state Department of Health for information. You may also try calling your local hospital or senior center to see if you can speak with a social worker who can connect you with community resources such as visiting nurses and elder care agencies. And for concerns about legal issues and finances, consult an elder care lawyer. For personal support, the Internet is an excellent resource for caregiver networks and telephone support groups. Sometimes it is easier to attend an online support group than a live one, which may enable you to get support while juggling competing demands such as being home for your family. Build a network that includes your neighbors and your children's friends' parents, who may be able to give your children a ride to and from school or sports practices.

- 3. Consider assisted living.** If your parent can no longer take care of himself or herself and living with you is not the best option, consider an assisted living facility. These centers often have apartments

continued on page 7



Saving for the Future: It's Never Too Late to Start!

Joseph Monteleone | Director, Benefits Administration

How do you envision yourself in your later years? Do you want to travel? Or retire to a warmer climate? Spend time with your grandchildren? Or continue to work or volunteer? Whatever you think you might want to do, it's best to set a financial goal for yourself to help you get to where you want to be.

And it's never too late to start. While it's always best to start saving for retirement as early as possible — doing so gives your money more time to grow — you can develop a savings and investment plan at any age.

Don't be surprised to learn how much you should be saving every month. Here are some common mistakes people make, and how you can avoid them:

- **Saving just what they think they can afford.** If this is your approach, you may not have enough for retirement. If you are working, see a benefits specialist to determine how much you need to save to get to your goal. When you get a raise, it's a good idea to increase your retirement plan contributions by the same percentage. If you're not working, or even if you are, consider seeing a financial advisor to help you put a plan together. You will need approximately \$2 million by the time you retire if you want an annual income of \$100,000 (assuming a 5-percent annual return on your investment).
- **Not adjusting their investments as they get older.** You should review your retirement portfolio at least twice a year, and quarterly if you get older. Adjust your fund allocations so that they are most aggressive when you are young and progressively more conservative as you get older. You don't want to be taking major risks with your money as you close in on retirement.
- **Relying on Social Security.** For some people, Social Security will still be there when they retire, but not everyone will get it starting at age 65. Benefits don't begin until 67 for people born in 1960 or later. If you will get Social Security,

you might want to keep it for medical expenses, which will increase as you age, or consider it "bonus money" in addition to the income from your retirement accounts. For younger people, there's no guarantee Social Security will still be available when they reach re-

tirement age. (To learn more, visit www.socialsecurity.gov.)

- **Using an unrealistic rate of return.** If your investments grew by 12 percent one year, you can't expect them to continue earning that much every year until retirement. With the ups and downs of the stock market, it's best to estimate a 5-percent return on your funds.
- **Borrowing from their retirement accounts.** You are permitted to borrow *continued on page 7*

Types of Retirement Savings Vehicles

These are some of the most common types of retirement plans.

To learn more, visit www.irs.gov/Retirement-Plans.

401K	An account for a corporation which enables employees and employers to contribute pretax dollars to an account they can draw from in retirement. The income is taxable at the time of withdrawal. There are taxes and penalties for early withdrawal.
403B	The equivalent of a 401K, but for employees of nonprofit, public education, and hospital service organizations.
Traditional Individual Retirement Account (IRA)	One type of account someone can set up for retirement to invest pretax dollars which grow tax-deferred until withdrawal.
Roth IRA	An IRA funded with post-tax dollars. The account owner can draw on the funds before retirement if needed, without penalty. Some people choose Roth IRAs to invest more money after they have maxed out their contributions to an employer-sponsored plan. This vehicle is also recommended for people whose tax rate at retirement may be higher than it was at the time the account was funded. Income limits apply.
Simplified Employee Pension (SEP) IRA	An IRA for self-employed individuals and for small companies. Up to 25 percent of an employee's income can be contributed each year.

Feeling Squeezed, continued from page 5
for residents who can live independently but who benefit from services nearby, as well as dedicated areas for those who need nursing or rehabilitation care and people with memory disorders. Take tours of these facilities, ask questions about staffing, meals, activities, and other resources, and be sure to get details about costs. If your parents are already in assisted living, stay in contact to see how they are doing and if the services they need should be modified as they get older. Work out a schedule with other family members to take turns visiting.

5. Take care of yourself so you can take care of others. You're not being selfish by taking care of your own needs. Schedule outings to go to cultural or social events with friends. Make sure you schedule and get to your own medical appointments. Have your older chil-

dren moved back home after finishing college? Involve them in the care of your aging parents so you can take care of yourself. Listen to your body and respond to what you need, such as daily exercise, a long walk, a weekly yoga class, meditation, or other stress-reducing activities.

Remember what kind of family you were before the needs of your aging parent increased. Work together to do everything you can to support each other. With open communication, planning, and the establishment of a support network, you can learn how to care for your older relatives while caring for yourself and your family.

For more information on caring for aging loved ones, visit the Web site of the Administration on Aging's National Caregiver Support Program (http://aoa.gov/aoa_programs/hcltc/caregiver), which includes a list of resources and helpful links. ■

Do your research on rehabilitation facilities

If your mother or father had a stroke, injury, or operation and will need rehabilitation (occupational therapy, physical therapy, and/or speech therapy), speak with a social worker or the case manager at the hospital for referrals to a rehab center. Visit those centers and ask questions. What are the visiting hours? How many hours a day is therapy given, and for how many weeks? What type of therapy and equipment do you use? Is a doctor available onsite to oversee my parent's care? What kind of care will my parent need when he/she returns home? The goal is to find a center that is a good match for your parent and is convenient for your family and schedule.

Saving, continued from page 6

from a retirement account without penalties if you pay it back, with interest, within a defined period of time (generally five years). However, during that time, your money is not working for you. Try not to borrow retirement funds for expenses like weddings, college tuition, or a new car. The one exception is to fund a down payment on a house, which is a different kind of investment.

• **Stopping and starting their contribu-**

tions. Many people stop contributing to their retirement accounts when the market is down, but this is actually the best time to contribute because the prices of fund shares are lower. Your shares will likely go up in value again when the market rebounds.

• **Not being aware of what their employers offer.** Talk to a benefits specialist about the various products available. Retirement account representatives typically visit clients periodically and are

available onsite for questions. If your employer matches your contributions, put in as much as you can to maximize the match.

It's a changing world. Today you have to take charge of your financial future; no one is going to do it for you, so educate yourself about how investing works. To get started on saving for retirement or to get a check-up to see if you're on target, visit your employer's benefits department or see a financial advisor. ■



Who Makes More...Jim or Jack?

Question: Jim and Jack start the same job on the same day at the same age: 25. They also make the same salary. Jim contributes funds to his retirement account consistently between the ages of 25 and 35, and then stops contributing. Jack contributes the same amount of money as Jim did in that ten-year period, but between the ages of 35 and 65. Who has the most in his retirement accounts at age 65, assuming the same rate of return on investment?

Answer: Jim. Even though he stopped contributing at 35, his money had a longer time to grow because he started saving at 25. Of course the ideal situation is to save consistently until you retire, but this story illustrates the value of starting as early as possible.

Ready, Set, Surf! How to Find Credible Health Information on the Web

Rie Smethurst, MSLIS | Medical Librarian | Kim Barrett Memorial Library

The Internet is a terrific resource for information seekers, providing content at our fingertips in just seconds. But what you find can be unpredictable, with anyone able to post content at any time without any oversight. It can be daunting for anyone looking to find credible health information. Where do you begin?

A great place to start is your local library, especially if you haven't had much experience doing research on the Internet (often referred to as the World Wide Web). A librarian can walk you through the Web, or show you Web pages you may not be aware of, and teach you how to get where you want to go. A family member or friend who is well versed in Web searching is also very helpful.

On the Web, you can find information about a disease or condition, the latest ways to treat it, and guidance for living a healthy lifestyle through diet, exercise, and other approaches. You can even look up the names of your doctors to see where they

went to school, what their specialties are, where they are licensed, if they are board-certified, and if legal action has ever been taken against them.

An excellent Web site to start looking for health information is MedlinePlus® (www.nlm.nih.gov/medlineplus). This Web site, produced by the U.S. National Library of Medicine, collects a wealth of information on a wide variety of topics from the National Institutes of Health (NIH) and other trusted sources. The site is very easy to navigate, is updated with new information daily, and is free. Health and wellness information for older adults from the NIH is also available on NIHSeniorHealth (nihseniorhealth.gov). The

site has tools that let you tailor the Web pages to your reading needs by adjusting factors such as the size of the font (letters) and the contrast on your computer screen.

If you are interested in finding other helpful Web sites, here is some guidance to take you through:

Step 1: Master your search. Google is the most commonly used search engine (the tool your computer uses to find information on the Web). Other search engines include Ask.com, Yahoo, and Bing. In any case, be as specific as possible with your search words so that the results you get are fairly close to the information you are looking for. For example, if you are looking for ways to manage arthritis pain, it's better to search *arthritis pain relief* or *arthritis pain management*, rather than just *arthritis*.

continued on page 9

Useful Links for Finding Health Information Online

Web Site Name	Web Address (URL)	What You'll Find
MedlinePlus	www.nlm.nih.gov/medlineplus	A comprehensive Web site with health information on a variety of topics from a variety of trustworthy sources
NIHSeniorHealth	nihseniorhealth.gov	Health & wellness information on a site designed just for older readers
MedlinePlus Guide to Healthy Web Surfing	www.nlm.nih.gov/medlineplus/healthywebsurfing.html	A summary of tips to find credible health information online
Certification Matters™	www.certificationmatters.org/is-your-doctor-board-certified.aspx	A site to check on the board certifications of physicians
Physician Compare	www.medicare.gov/physiciancompare/	Information about Medicare-enrolled physicians and healthcare professionals
Clinical Trials	www.clinicaltrials.gov	A comprehensive list of federally funded clinical trials

Eating Right, continued from page 4

Be sure to include complex carbohydrates in your diet, which are the body's main source of energy. Examples include fruits, vegetables, beans, and legumes, and whole grains such as oatmeal, 100-percent whole wheat bread, high-fiber cereals, quinoa, and bulgur.

Challenge: Decreased stomach acid production can result in vitamin B deficiencies.

Solution: Incorporate foods that contain B vitamins, such as beans and other legumes, dark leafy greens, and whole grains. Many foods are fortified with B vitamins. Some people may require an additional supplement if they are unable to meet their needs through foods alone. Consider taking a multivitamin or supplement and speak with your doctor to determine whether a supplement is right for you.

Challenge: As you age, your digestion slows and you may find you are more prone to constipation.

Solution: Eat more fiber-rich foods such as fruits (leave the skin on!), vegetables, whole grains, beans, nuts, and seeds. Also be sure to drink at least six to eight glasses of water each day, which helps prevent constipation



and move the fiber through your system. Be mindful if you take iron supplement, as they can be constipating, or choose those that are designed to be gentle on the digestive system.

Challenge: Your sense of taste changes with age.

Solution: The salty and bitter senses tend to decline first, while our sweet sense lasts the longest. Instead of getting heavy-handed with

the salt shaker, learn how to season your food with other flavor enhancers. Experiment with different herbs, spices, olive oils, and vinegars. Choose food that is as fresh as possible, which has the most natural flavor. Looking for something sweet? Try using naturally sweet foods such as fruit, peppers, or yams.

Challenge: Bone mass declines with age.

Solution: If you are not taking in enough
continued on page 10

Ready, Set, Surf, continued from page 8

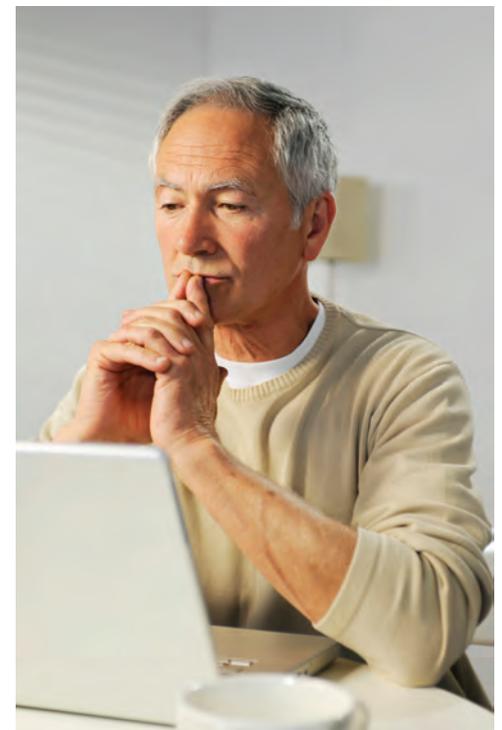
Step 2: Know your site extensions. A Web address has an extension at the end that indicates its source. The first three letters are often www (for World Wide Web), followed by the name of the site and the extension. A .com extension indicates it is a corporate site; .gov is a government-produced site; .edu indicates an educational institution; and .org is for non-profit organizations. Other extensions, which are less specific, include .net and .us. Foreign Web sites may indicate the country of origin, such as .ca for Canada and .uk for the United Kingdom. When it comes to health information, sites ending in .gov, .edu, and .org may be more objective than those ending in .com.

Step 3: See who is responsible for the content. This information may be provided

at the top or bottom. It is often in a section called *About Us*, or it may be embedded in the copyright information. This can help you better understand the type of organization putting content on the Web site, and you can use your own common sense to decide how much to trust it. For example, a patient group may develop a Web site with useful information about personal experiences living with a disease or chronic conditions; however, unless there is a doctor or other healthcare professional overseeing the content, you should not use this site for medical information.

Step 4: Look in more than one place. Just as it is recommended to get a second opinion about health care, it is also smart to look up information on more than one Web site, rather than trusting just one source.

continued on page 11



Keep Moving, continued from page 3

that gets worse with exercise, however, is not okay and shows that you need to try a different activity. Listen to your body and develop an exercise plan that helps you maintain fitness without injuring yourself. As you get older, it also takes longer to heal from an injury, so do what you can to keep from getting hurt. It's all about moderation.

4. Speak with your doctor. It's a good idea to talk with your doctor before starting any exercise program. This is especially important if you take medication. Some medications may cause side effects (such as dizziness) which can impair your balance and place you at risk of injury, or speed up your heart rate too much during aerobic activity. You should also ask your doctor if you should avoid certain activities due to an illness or joint problem.

5. Give yourself a break. As you age, you may need a little longer to recover from

each exercise session than you did when you were younger. Strength training should be done once a week to maintain muscle mass and two or more times a week to build muscle, with 48 to 72 hours between sessions to allow your body to recover. Vary your activities so that the same joints aren't being repeatedly exposed to stress each day. For example, walk one day, do yoga the next, and choose light weight training the day after. And pay attention to the weather: The older

you get, the less resilient you are in hot weather — especially when exercising, which strains the heart. Workouts done comfortably at 70 degrees may need to be cut back or performed at a lower intensity in 90-degree weather, especially if it's humid.

Exercise has been shown to reduce your risk of many diseases, help you feel energized, and enable you to move more easily through the activities of your day. So lace up your sneakers, grab a friend (or your dog), and start moving! ■



Eating Right, continued from page 10

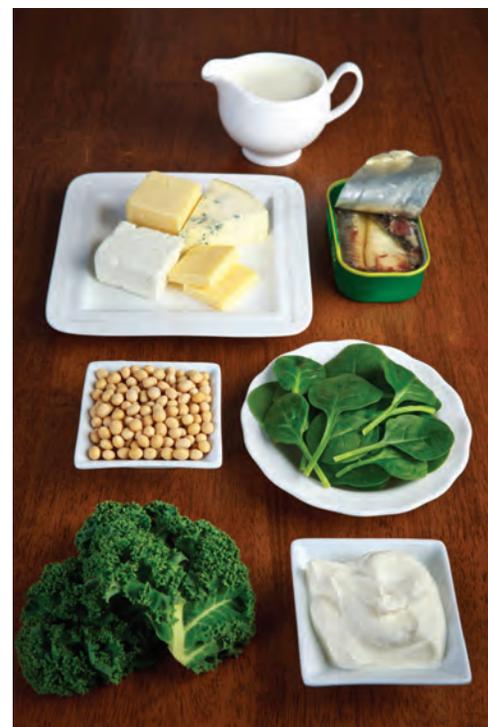
calcium and vitamin D (each works to enhance the uptake of the other), your body will draw the calcium it needs directly from your bones, reducing bone density. Make sure you are getting enough calcium (1,200 mg/day for women and 1,000 mg/day for men) and vitamin D (at least 700-800 IU/day) in your diet, preferably from foods. Calcium-rich foods include dairy products, dark leafy greens, and fortified foods, while natural vitamin D sources include sunlight, fatty fish, eggs, and mushrooms. (See the chart on page 4 for more ideas.) Use supplements to bridge the gap between how much you are eating and how much you need; speak with your doctor about how much calcium and vitamin D you may need to take via supplements to meet your needs. Weight-bearing exercises are also excellent for maintaining strong bones.

Challenge: You're taking more medications now as well as dietary supplements, and some of them may interact with certain foods or compete with necessary nutrients

to be absorbed in the body.

Solution: It's important to be aware of potential dietary interactions with any medications or dietary supplements you might be taking. Some foods can increase the levels of certain medications in the blood or may render a medication less effective. Certain dietary supplements may compete with your medication for absorption, again making the medication less effective. Some health conditions can also stress the body and use up the body's stores of certain nutrients. It's always a good idea to read labels and instructions carefully and talk with your doctor about potential interactions between your health, medications, supplements, and diet.

With just a few adjustments, you can still enjoy many of the foods you love as you ease into your golden years! ■



If you are not taking in enough calcium and vitamin D, your body will draw the calcium it needs directly from your bones, reducing bone density.

Ready, Set, Surf, continued from page 9

Step 5: Discuss the results of your Web search with your doctor. Partnering with your doctor is the best way to make decisions about your health. If your search leaves you with questions, or if you are wondering if a new treatment you found on the Web is right for you, bring the results of your search to your doctor at your next visit. Or better yet, if possible, e-mail or fax your questions to your doctor before your visit. Finding information online before a visit to your physician can help you better understand your treatment options and make you feel better prepared to have a conversation about your condition when you arrive at the doctor's office.

Step 6: Be careful using social media. Anyone can start a page on Facebook or a Twitter feed and post whatever content they wish. Steps 3, 4, and 5 can be very useful when looking for objective, accurate health information on social media.

It's easier than ever to find health information quickly. But it can also be overwhelming. We hope you find these guidelines helpful in locating accurate and helpful information on the Web. Happy surfing! ■

How to Decode Web Addresses

The ending (extension) of a Web site address indicates who produced it.

Web Extension	Type of Web Site
.com	Corporate site
.gov	Government site
.edu	Educational institution (such as a university)
.org	Nonprofit institution

Programs and Resources

Hospital for Special Surgery offers a variety of wellness exercise classes designed to help you gain endurance, strength and flexibility. Meditation, relaxation and general wellness programs are also offered.

Better Balance for Older Adults: Unique exercises selected for individuals who would like to increase their balance control and decrease the risk of falls.

Yoga for Wellness: The slow, controlled physical movement of yoga can provide pain relief, relax stiff muscles, ease sore joints and help build strength.

Pilates: A series of specific movements designed to strengthen the powerhouse muscles of the abdomen, back and waist.

Yogalates: A popular form of exercise that blends the best of yoga and Pilates.

T'ai Chi Chih®: Simple, rhythmic movements that provide benefits such as improved balance, strength, flexibility and maintenance of bone mass.

Dance for Fitness and Fun: Studies have shown that dance maintains cardiovascular fitness, enhances emotional well-being, strengthens weight-bearing bones and slows loss of bone mass.

Restorative Yoga and Deep Relaxation: The gentle supported poses tailored to each individual's condition aid in deep relaxation and rejuvenation.

For more information on the schedule, location and cost of these classes, visit www.hss.edu/pped or call 212.774.2793.

Integrative Care Center (ICC): The ICC, located in mid-Manhattan and affiliated with Hospital for Special Surgery, offers movement and exercise classes. Please visit www.hss.edu/icc for more information or call 212.224.7900.

HSS Research/Clinical Trials

Please visit www.hss.edu/clinical-trials for more information about HSS clinical trials or sort active clinical trials by condition at www.hss.edu/clinical-trials-by-condition.

Other resources:

National Institute on Aging: www.nia.nih.gov

Choose My Plate: www.Choosemyplate.gov

U.S. Centers for Disease Control and Prevention: www.cdc.gov/aging

US Department of Health and Human Services: www.hhs.gov/aging

Online Webinars:

Check out our free HSS webinars at www.hss.edu/pped-webinars. All webinars can also be accessed as podcasts at www.hss.edu/podcasts. Topics include:

- Runner's Health and Marathon Training
- Lupus Care: The Past, the Present and the Future
- Advances in Lupus Research: Spotlight on Treatment
- Osteoarthritis: Today's Options for Osteoarthritis Management

New issue of HealthConnection FastFacts available online!

Did you know there are more than 100 different types of arthritis? Arthritis is a condition affecting more than 46 million U.S. adults. There are two major types of arthritis: osteoarthritis (OA) and rheumatoid arthritis (RA). OA is the most common type of arthritis and RA is the most common type of inflammatory arthritis. The latest edition of this online health education newsletter, available at www.hss.edu/public-patient-education, explores the differences between OA and RA. The latest edition of this online health education newsletter, available at www.hss.edu/public-patient-education, has a listing of steps to a healthy heart.

HOSPITAL FOR SPECIAL SURGERY



Specialists in Mobility

HSS Health Link

For more information, visit www.hss.edu. To make an appointment, call our Physician Referral Service at 800.796.0486.

Public and Patient Education Department
212.606.1057
www.hss.edu/pped

Research Division
212.774.7123
www.hss.edu/research
www.hss.edu/clinical-trials



2012 National Mature Media Award
HealthConnection Newsletter
December 2011
Osteoarthritis
Management issue



2012 National Health Information Bronze Award
HealthConnection Newsletters
2011 Osteoarthritis Prevention
and Management issues

HSS Education & Academic Affairs

Programs Promoting Musculoskeletal Health
www.hss.edu

Office Locations:

Hospital for Special Surgery also offers premier health care services in your community.

New York

HSS Long Island
516.222.8881

HSS Queens
718.591.7090

Connecticut

HSS Greenwich
203.409.3000

Florida

HSS Spine & Sport
www.hss.edu/spineandsport
561.253.8737

Sign up for our HSS.edu
e-Newsletter at
www.hss.edu/registration

Most major insurance plans are accepted.

Visit the HSS Online Store

Hospital for Special Surgery recently opened its online store where high quality branded gifts and products are available. Visit www.hss.edu/store and take a look at the wide array of items for sale.

Find Hospital for
Special Surgery
on the web
at www.hss.edu

Follow us on:



The Education & Academic Affairs' Public and Patient Education Department provides information to the general public and patients through a variety of health education programs. Professionals provide practical information to help prevent or manage orthopedic and rheumatological conditions. Programs are held at the hospital as well as in the community. The department is dedicated to providing education today, so that everyone can have a healthier tomorrow.

Laura Robbins, DSW
Senior Vice President
Education & Academic Affairs
Associate Scientist, Research
Division
Designated Institutional Officer,
GME

Edward C. Jones, MD, MA
Assistant Attending
Orthopedic Surgeon
Medical Editor

Contributing Writer:
Rosie Foster, MA

Marcia Ennis
Director, Education Publications
and Communications

Sandra Goldsmith, MA, MS, RD
Director, Public and Patient
Education

Robyn Wiesel, CHES
Program Coordinator,
Public and Patient Education

Design: Tracie Haner Valentino

HealthConnection is published by Education & Academic Affairs at Hospital for Special Surgery as a service to the general public and patients. For further information regarding material contained in this newsletter or inquiries on how to obtain additional copies, contact:

Public and Patient Education Department
Education & Academic Affairs
tel: 212.606.1057 | fax: 212.734.3833
pped@hss.edu

All rights reserved.
©2013 Hospital for Special Surgery

Printed on recycled paper

Community Service Plan 2014-16: Advancing the Prevention Agenda for Public Health

The 2014-16 Community Service Plan provides a concise overview of Hospital for Special Surgery's initiatives that help improve the health, mobility, and quality of life for the communities it serves. Visit www.hss.edu/community for more information and to download a copy of the Hospital's plan.