

A Guide to Area Healthcare and Providers

Medical Directory

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How to Get the Health Care You Want and Need

Older adults speak out about aging

(Family Features) Older adults in America often face a harsh reality when it comes to health care. While Baby Boomers are living longer than prior generations, they are more likely to struggle to get the care they need due to financial challenges, hard-to-navigate health insurance coverage and widening gaps between who receives high-quality care and who doesn't.

They're now speaking up about how the health care system isn't listening to them. Older adults want care that adds life to their years, not just years to their life, according to research from Age Wave and The John A. Hartford Foundation. Just 1 in 10 older adults surveyed gave the U.S. health care system an "A" grade, and 4 in 5 (82%) said it is not prepared for the evolving needs of America's aging population.

"The United States is on the brink of an age wave of unprecedented proportions, and American health care requires a radical and immediate rethink to match our health spans - being able to live every year to its fullest - to our lifespans," said Ken Dychtwald, founder and CEO of Age Wave.

Older adults' top concerns include:

- Health span matters more than lifespan: 97% of older adults agree being healthy means being able to do the things they want to do throughout their lives.
- Affordability: 68% of older adults are concerned about being able to afford future health and long-term care

needs like nursing home care.

- Talking about what matters: More than 40% of older adults who have a health care provider are not being asked what matters to them regarding their health by their clinicians.

"It's important for people to know they can demand age-friendly care," said Terry Fulmer, president of The John A. Hartford Foundation. "Clinicians can make changes to better provide care that's based on what matters most to their patients. It's a win-win for older adults and providers."

3 Ways to Get the Care Older Adults Need

Older adults who receive age-friendly care, or care that prioritizes their preferences, are more likely to report having a good health span than those who do not. They're also more likely to remain socially and physically active and follow a healthy diet.

There are tools to help older adults get age-friendly care:

1. Check if local care providers offer age-friendly care, and if they don't, ask "why not?" Age-friendly care is offered in more than 4,000 care settings across the country. Use an online tool to find an age-friendly hospital or practice at johnhartford.org/agefriendly.

2. Talk to clinicians about care preferences using the 4 M's.

- What Matters: As people age, their care needs may change. Use an online guide to identify health priorities and start discussions with care providers.



- Medication: Ask about the side effects of prescriptions using a tip sheet.
- Mind: Learn about the signs of memory decline and what to do about it.
- Mobility: Create an activity plan to help you keep moving and stay healthy.

3. Learn more about age-friendly care.

For more information about how older adults view health care and resources to get needed care, visit johnhartford.org/crossroads.

WARNING SIGNS OF CELIAC DISEASE

Celiac disease is caused by an allergic reaction to gluten, a kind of protein found in many grains. Celiac disease is an autoimmune response that attacks the small intestine when gluten is consumed and digested. The disease targets the villi that line the small intestines, which are responsible for absorbing nutrients from food into the blood. Over time, the villi can become so damaged that individuals suffer from malnutrition. Avoiding gluten is the only way to avoid such an outcome. Because Celiac disease can affect people differently, it may be challenging to get a diagnosis at first. Recognizing some of the symptoms of Celiac disease can help people find answers more readily. Here are some

symptoms of Celiac disease, courtesy of the Celiac Disease Foundation.

- Abdominal pain
 - Bloating and gas
 - Constipation
 - Diarrhea
 - Depression and anxiety
 - Fatigue
 - Headaches or migraines
 - Joint pain
 - Nausea and vomiting
 - Peripheral neuropathy
 - Weight loss
 - Reduced functioning of the spleen
 - Osteoporosis
 - Pale, foul-smelling, fatty stools
- Individuals should speak with their doctors and log all meals into a food diary if they suspect they have Celiac disease.

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7 Reasons Your Feet and Ankles May Be Hurting

(StatePoint) Medical experts are reminding everyone that foot and ankle pain is not normal and should be addressed.

“Your feet shouldn’t hurt,” says Matthew C. Dairman, DPM, FAC-FAS, a board-certified foot and ankle surgeon and a Fellow Member of the American College of Foot and Ankle Surgeons (ACFAS). “Foot and ankle surgeons are specially trained to diagnose and treat all conditions affecting the foot and ankle, from the simple to the complex. And we can help you with any pain you may be experiencing.”

ACFAS has compiled a handy list some of the more common reasons for foot and ankle pain, as well as suggestions for what you can do to feel better:

1. Shoes: From high heels to flip flops, some popular shoe styles can create painful foot and ankle issues. Choose shoes that cushion and support the foot to prevent pain as well as to provide stability, helping you avoid falls and acute injury. And be sure that your shoes fit correctly. Footwear that’s too large can rub the skin, causing blisters and sores, while

a snug fit can aggravate bunions and hammertoes.

2. Overuse: Physical activities like playing a sport, working out at the gym or even exercising at home can lead to overuse injuries such as Achilles tendonitis, plantar fasciitis, bursitis, Morton’s neuroma and stress fractures. You can help prevent overuse injuries with the right footwear and by ramping up training slowly. If you experience pain, take time off to rest until you see your foot and ankle surgeon for proper diagnosis and treatment. It’s the best way to get healthy and get back into the game.

3. Acute injury: Ankle sprains, broken toes, metatarsal fractures and other acute injuries can happen to anyone, but athletes who participate in high-impact sports, like running, soccer and basketball, and those with low bone density are particularly susceptible. These conditions should be treated immediately.

4. Arthritis: Because the foot contains 26 bones and more than 30 joints, it’s a common site of osteoarthritis, a painful and disabling condition.

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ANKLES MAY BE HURTING FROM PAGE 4

tion characterized by the breakdown and eventual loss of cartilage in joints. A foot and ankle surgeon may prescribe nonsurgical treatments such as NSAIDs, orthotics, bracing, steroid injections or physical therapy. When osteoarthritis has progressed substantially or failed to improve with nonsurgical treatment, surgery may be recommended.

5. Pregnancy: Prenatal foot pain is common due to increased weight, foot instability and changes in foot size. Wear wider shoes, if needed, to avoid ingrown toenails and to alleviate pain caused by pregnancy-related swelling. Putting your feet up whenever possible, stretching and wearing wide, comfortable, supportive shoes can also ease edema-related discomfort and pregnancy-related arch pain.

6. Diabetes: There are many diabetes complications associated with feet, including neuropathy, which can involve numbness and pain, muscle weakness and loss of balance, or dry

feet and cracked skin. Diabetic neuropathy is a serious condition that also is associated with ulcers, which can easily become infected. Treating diabetic neuropathy involves controlling blood sugar levels, inspecting feet daily, and integrating your foot and ankle surgeon into your diabetes care team.

7. Pediatric foot pain: Pain in a child's foot or ankle is never normal and there is no such thing as "growing pains." Your child's pain could be caused by common pediatric conditions such as flatfeet, ingrown toenails, plantar warts and sports injuries. A child experiencing pain that lasts more than a few days or is severe should be examined by a foot and ankle surgeon.

For more information or to find a foot and ankle surgeon near you, visit FootHealthFacts.org, the patient education website of the American College of Foot and Ankle Surgeons.

Understanding type 1 diabetes

Diabetes affects millions of individuals across the globe. For some, navigating the differences between the various types of diabetes can be confusing. Unlike type 2 diabetes, which is largely linked to lifestyle factors and insulin resistance, type 1 diabetes is a chronic autoimmune disorder. By learning more about type 1 diabetes, individuals can better understand what they must do to stay healthy.

What is type 1 diabetes?

According to the American Diabetes Association, when a person has type 1 diabetes, his or her immune system mistakenly treats the beta cells in the pancreas, which are responsible for creating insulin, as foreign invaders and destroys them. When enough of these beta cells are obliterated, the pancreas cannot make insulin or makes so little that additional supplemented insulin is



needed to survive. Type 1 diabetes is typically diagnosed in childhood. However, the condition can manifest at any age.

What is insulin?

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The Lorain County Medical Society also connects and gives back to our community by providing free health information, events, and charitable donations to local non-profit organizations that give support to Lorain County's disadvantaged and underserved population.

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TYPE 1 DIABETES FROM PAGE 5

pancreas. The Cleveland Clinic says its role is helping the body turn food into energy and managing blood sugar levels. If the pancreas does not make enough insulin, or if the body can't use it properly, blood sugar levels can rise. Such a condition is known as hyperglycemia.

Insulin can be characterized as the key that opens the doors of the cells in the body so that glucose can leave the bloodstream and move into the cells to use it for energy. Without that key, the glucose builds up in the bloodstream and can be life-threatening.

Risk factors and causes

Why type 1 diabetes occurs is not fully understood, but doctors believe it involves a combination of genetic and environmental factors. Researchers have identified some genes that may increase susceptibility to the condition, namely genes related to the immune system. Other researchers believe that viral infections can provoke an immune

system response that plays a role in the onset of type 1 diabetes.

The ADA also says that individuals with a family history of type 1 diabetes may be at higher risk. A doctor may suggest screening that includes a blood test to measure islet antibodies, markers that appear when insulin-producing beta cells in the pancreas have been damaged. A positive result does not mean one has type 1 diabetes, but the chances for developing diabetes are higher.

Symptoms

Common symptoms of type 1 diabetes include:

- excessive thirst
- frequent urination
- unintentional weight loss
- fatigue
- blurred vision
- itchiness around the genital area, or regular bouts of yeast infection
- irritability and other mood changes
- children who never wet the bed at night may start doing so

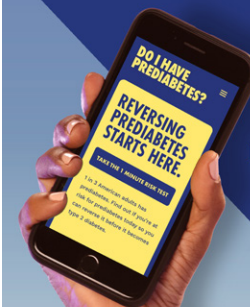
Managing diabetes

A comprehensive approach to health is needed to manage type 1 diabetes. The cornerstone is insulin therapy, as patients must regularly administer insulin through injections or an insulin pump. Individuals must carefully monitor blood glucose levels through fingerstick tests or continuous glucose monitors. Insulin doses must be coordinated to these readings and also based on factors like stress, physical activity and diet.

Those with type 1 diabetes often have to change eating patterns, particularly reducing carbohydrate consumption, as carbs have the most direct impact on blood glucose levels. Working with a registered dietician could help.

Long-term implications of poor type 1 diabetes management can include cardiovascular disease, neuropathy, retinopathy, and kidney problems, reports the Mayo Clinic. Adherence to treatment plans is essential.

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