

SENIOR SERVICES NEWS

Cardiovascular Risk – The Power of the Fundamentals

If you've had a stroke or heart attack, you would, no doubt, have been extensively counseled on the importance of diet, exercise, weight control, aspirin, blood pressure control, and lowering cholesterol. If you are also a diabetic, the importance of good glucose control would have been hammered in. This is called "secondary prevention," prevention of a recurrent vascular event. But what if you have never had a vascular event? How do you best attend to what is called "primary prevention," prevention of a first event? February is Heart Month (connection with Valentine's Day, I suppose) and a good time to review the bedrock basics.

Diet - Observational studies have consistently shown that individuals who consume a diet high in fruit and vegetables have a reduced cardiovascular risk, whereas consumption of antioxidant tablets has shown no significant benefit. There must be something else in those fruits and vegetables that you can't get in a tablet! So enjoy getting antioxidants the natural way, and in addition make sure that your diet is high in fiber, low in red or processed meats, contains food that has a low glycemic index, high in mono unsaturated fats, and high in omega 3 fatty acids from fish oil supplements or fish.

Exercise - Aerobic exercise means doing something for at least **thirty minutes a day** that makes you

breathe hard and sweat. Walking, for instance, at 3.5-4 miles per hour will make that happen. Attainment of a specific goal heart rate is not necessary to derive significant benefit. Regular aerobic exercise confers a risk reduction benefit of at least 20 percent. Exercise may be inadvisable in the presence of certain heart conditions, so if you are new to regular exercise, consult your physician first.

Smoking – Do I really have to tell you this? If you are a smoker, you **MUST** quit! Smoking a pack a day triples the heart attack risk in men and more than quintuples the risk in women! Benefits of reduced cardiovascular risk will start a few months after quitting, but it will take several years of abstinence to reach the risk of a nonsmoker, so quit now! If you regularly inhale passive smoke, that alone increases your cardiovascular risk by 20% to 30%!

Alcohol – This is a double-edged sword. Moderate drinking has been shown in studies to reduce the risk of coronary heart events by over 40%! Moderate drinking is defined as two drinks or less per day in men and one drink per day for women. A standard alcoholic drink is 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of 80-proof liquor. Exceed this amount, however, and your cardiovascular risk starts to increase significantly. Chronic consumption of larger

amounts of alcohol per day can double your risk of hypertension and can cause alcoholic cardiomyopathy (diseased heart muscle). You should not use any regular alcohol at all if you have a personal or family history of substance abuse, or a history of depression or bipolar disorder.

Diabetes – If you are diabetic, your risk of having a heart attack or stroke is equivalent to the risk of a non-diabetic who has already had one! You and your physician should be planning out a very aggressive lifestyle and medication program that will involve exercise, diet, and smoking cessation, normalizing your weight and blood pressure, and aggressively lowering your cholesterol with statin medication. "Getting with the program" will reduce your risk substantially.

Blood Pressure - This may be the most underrated risk factor in cardiovascular disease. In fact, your risk of cardiovascular events starts to rise when your blood pressure exceeds 115/75!

Research over many decades has clearly demonstrated that treatment for blood pressure has resulted in a 59% decrease



Lawren Hicks, M.D.
Medical Director
John Muir
Senior Services

in stroke mortality and a 50% decrease in mortality from coronary heart disease. Drug treatment for blood pressure usually begins when it is 140/90 or above. Weight loss and exercise will usually reduce blood pressure at any starting level.

Aspirin – For years, aspirin has had a clear indication for use for people who have already had a vascular event such as a heart attack or stroke. Doses of aspirin as little as 75 mg a day have been shown to reduce recurrences of vascular events by 25% or more. But regular daily use of aspirin has a significant bleeding risk, so those at low risk of vascular events are not advised to take it. If you are otherwise healthy and have never had such a vascular event, there may be reasons to use aspirin, but you should consult

your physician first. Otherwise healthy individuals who are over 40, diabetics, smokers, those who have obesity, high blood pressure, high cholesterol, or a family history of cardiovascular disease could be candidates for daily aspirin, which could reduce cardiovascular risk by up to 30%. Remember to consult with your physician.

Vitamin D – although there appears to be a relationship between low vitamin D levels and hypertension, the benefits of vitamin D supplementation on cardiovascular risk have not yet been clearly established. I continue to be alarmed, however, at how frequently I find patients in my practice with very low vitamin D levels. The question remains whether vitamin D

supplementation will make a difference in their lives in the future. The Institute of Medicine recently made a conservative recommendation for 600 units daily of vitamin D supplementation. The general consensus of expert opinion is that daily amounts of 2000 units or less is quite safe. Above that level of daily intake, there may be risk of vitamin D toxicity.

If you are interested in improving both the length and the quality of your life, attending to these fundamentals is a much more powerful intervention than any new drug or high-tech procedure.

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John Muir Senior Services

Listen to the Experts: Free East County Seminars from John Muir Health Specialists

General Foot Care — *John Scivally, D. P. M.*

Learn about diabetes and your feet, plus symptoms, diagnosis and treatment of arthritis.

February 8 1 – 2:15 p.m. Reservations by Feb. 5: David Ferrier 754-7772
The Commons at Dallas Ranch, 4751, Dallas Ranch Rd., Antioch

Take Care of Your Back Pain Without Surgery — *Michael Chang, D.O.*

Learn the basic anatomy of the back, causes of back pain and various treatment options.

March 8 1:45 – 3 p.m. Reservations: Cheryl Ortiz 240-0733
Cortona Park Senior Living, 150 Cortona Way, Brentwood

Taking Back Control — *Linda Adams, L.V.N.*

Understand incontinence and take the first steps to regaining control based on information provided by a Urodynamics Clinical Specialist.

April 19 10 – 11 a.m. Reservations: Cheryl Ortiz 240-0733
Cortona Park Senior Living, 150 Cortona Way, Brentwood

Educational Opportunities *There is no charge to attend our health education seminars unless otherwise noted. Call the listed number to register.*

JANUARY

Managing Stress and Anger Series

Discover the causes and remedies for stress in your life in this interactive forum lead by Valerie Keim, M.Ed. Come prepared to address specific issues and gain skills and confidence that can lead to a more peaceful, harmonious life.

January 31 & February 7 6:30 – 8 p.m. 941-7900 Women's Health Center

FEBRUARY

Exercise, Metabolism and Weight Loss – Lynn Olison, Ph.D.

How can you burn fat? What kind of exercise aids weight loss? Where do carbohydrates fit in? Learn the answers to these questions and more.

February 24 9:30 – 11 a.m. 947-3300 John Muir Medical Center, Concord

Living Heart Healthy

Taking care of your heart is one of the keys to living a long and healthy life. Join our panel of specialist, Dr. Kristen Batten, John Muir Health Cardiologist, Kathy Napoli, Nutrition Specialist, Jason Butler, John Muir Health Cardiology Exercise Specialist, and Valerie Keim, M.Ed., ready to answer questions about your risk factors and provide tools to live a heart healthy lifestyle through nutrition, exercise and stress management.

February 24 6:30 – 8:30 p.m. 941-7900 Women's Health Center

Organizing a Balanced Life:

Dealing with Time, Papers, Clutter and Prized Possessions – Marilyn Ellis

Whether you are planning to move, need to organize, or simply reduce accumulated clutter learn from a Certified Coach and Professional Organizer, where to start, what to keep, and what to do with the rest.

February 25 9:30 – 11 a.m. 947-3300 Women's Health Center

MARCH

Managing Insomnia – Barry Rotman, M.D.

Discover ways to successfully conquer chronic insomnia and sleep deprivation. Hear a physician provide information designed for those who have trouble getting to sleep or sleeping through the night and do not have a medical sleep disorder.

March 1 6:30 – 8 p.m. 941-7900 Women's Health Center

Help for GERD – Is It Only Heartburn?

An expert panel of physicians and a registered dietician will discuss the causes of Gastroesophageal Reflux Disease (GERD), symptoms to watch for, and treatment options including lifestyle changes and surgery. Barrett's esophagus, a pre-cancerous condition that can develop as a result of GERD will also be discussed.

March 5 9 a.m. – noon 947-4447 St. John Vianney Church, Mullen Commons
Vista Room, 1650 Ygnacio Valley Road

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MARCH *continued*

Beat the Pack Smoking Cessation Class

Are you a smoker or do you know a smoker that is ready to quit? You can beat the pack and we can help. After care support meetings will be available to all participants who complete the class. Cost: \$80/per person, \$70/people 65+

March 2, 9, 16, 23, 30 6 – 8 p.m. 947-5237 John Muir Behavioral Health, Classroom A

Eat Well, Be Well

Join a Registered Dietitian and John Muir Health's Executive Chef as they educate you on how to eat and cook for your health! Learn how to read labels, shop for healthy foods and prepare a quick, easy, and delicious meal for you and your family. All participants will receive a \$5 coupon to be used at the John Muir cafeteria the same day. The meal preparation demonstrated in the class will be served in the cafeteria. Cost: \$10/person

March 12 10 a.m. – noon 941-2143 John Muir Medical Center, Walnut Creek

Cardiac Update – *Lawren Hicks, M.D.*

Learn from a physician about cardiac risk factors and how to take care of your heart.

March 17 1:30 – 3 p.m. 947-3300 John Muir Medical Center, Walnut Creek

Healthy Aging with Nutrition – *Kathy Napoli, Nutrition Specialist*

What are a super foods and how do we benefit by them? Hear a nutrition specialist explore how choosing the right super foods can lower blood cholesterol, fight heart disease and have antioxidants.

March 21 6:30 – 8 p.m. 941-7900 Women's Health Center

Department of Motor Vehicles and Senior Drivers – *Veronica Conley, Senior Driver Ombudsman*

Hear information about DMV services for older adult drivers. Topics include: driving safer and longer, responsibilities of drivers after age 70, area driving tests, DMV's driving test criteria, referral processes for potentially unsafe drivers, and services available through the DMV Ombudsman Program.

March 24 9:30 – 11 a.m. 947-3300 John Muir Medical Center, Concord

APRIL

Nutrition to Treat Incontinence– *Kathy Napoli, Nutrition Specialist*

Learn about the effects of water (how much is too much?), caffeine and other dietary influences on incontinence.

April 18 6:30 – 8 p.m. 941-7900 Women's Health Center

The Benefits of Life Review - *Laurie Ulrick, MA, Gerontologist*

How can sharing our life stories with others be so beneficial? This presentation explores the process of telling our stories, listening to the stories of others and the positive results of the experience. The Guided Autobiography for Older Adults, as well as other approaches to life review, will be discussed.

April 22 9:30 – 11 a.m. 947-3300 Women's Health Center

Educational Opportunities *There is no charge to attend our health education seminars unless otherwise noted. Call the listed number to register.*

APRIL *continued*

The Wonders of Guided Imagery and Self- Hypnosis – Alan Brast, Ph.D.

You will learn how to gain the ability to become supremely relaxed using simple techniques that facilitate less stressful daily living, better sleep, and an overall improvement in your quality of life.

April 26 6:30 – 8 p.m. 941-7900 Women's Health Center

Preventing Osteoporosis Through Nutrition – *Kathi Napoli*, Nutrition Specialist

Nutrition and exercise must go hand in hand for good bone health. Find out the latest on what foods and moves may keep your bones strong.

April 28 9:30 – 11 a.m. 947-3300 John Muir Medical Center, Concord

On Going Classes

Taking Back Control

Taught by Linda Adams. L. V. N., Urodynamics Clinical Specialist, this class is designed to help you understand incontinence and take the first steps to regaining control. You will review bladder anatomy and functions and identify your personal plan for successful treatment—a great starting point for women.

February 3 6 – 8 p.m. 941-7900 Women's Health Center
March 3 10 a.m. to noon 941-7900 Women's Health Center
April 7 6 – 8 p.m. 941-7900 Women's Health Center
April 19 10 – 11 a.m. 240-0733 Cortona Park Senior Living, Brentwood

Pelvic Floor Strengthening

Taught by a women's pelvic floor physical therapy specialist, this lively, ongoing series includes breathing techniques and fun exercises for strengthening the pelvic floor and firming the core. The first four sessions are FREE for those who attend the Taking Back Control class.

February 28 5:30 – 6:30 p.m. 941-7900 Women's Health Center
March 21 10 – 11 a.m. 941-7900 Women's Health Center
April 18 5:30 – 6:30 p.m. 941-7900 Women's Health Center

Advance Health Care Directives

All adults, regardless of age, need to understand how they can have control over their own life and death decisions. Suzanne Leib, Geriatric Care Coordinator, provides detailed information regarding the choices you or your family may face due to an accident or serious illness.

This is an opportunity to clarify your own choices and make sure they will be carried out should you become unable to make your own health care decisions. Required documents will be provided.

February 9 9:30 – 11:30 a.m. 947-3300 John Muir Medical Center, Concord
March 9 10 a.m. – 12 p.m. 947-3300 John Muir Outpatient Center, Brentwood
April 7 9:30 – 11:30 a.m. 947-3300 John Muir Outpatient Center, Rossmoor

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On Going Classes *continued*

Welcome to Medicare

This course is for those new to Medicare, or soon to enroll, who want to understand the many benefits available. Learn about health benefits, drug coverage and how to supplement your coverage. Medicare & You 2011 booklet and other materials are provided. Presented by the Health Insurance Counseling and Advocacy Program (HICAP) of Contra Costa County. HICAP does not sell or endorse insurance products.

February 8, March 8, April 11

Martinez Adult Ed, 600 F Street

2 – 4:30 p.m.

Reservations: 228-3276

February 9, March 9, April 13

John Muir Medical Center, Walnut Creek

7 – 9:30 p.m.

Reservations: 947-3300

February 12, March 12, April 9

Danville Meeting Hall - 201 Front Street

10 a.m. – 12:30 p.m.

Reservations: 314-3400

February 17, March 17, April 2,

Liberty Adult Education Center 929 Second St., Brentwood

2 – 4:30 p.m.

Reservations: 634-2565

AARP Driver Safety Training

Senior Services offers the AARP Driver Safety Training program at John Muir Medical Center, Concord and Walnut Creek. This eight-hour classroom course, designed for motorists over age 50, helps drivers refine existing skills and develop safe, defensive driving techniques. Also offered is the new four-and-a-half hour refresher course for those who have taken the eight-hour course within the last four years. Bring your certificate for verification. The refresher course can be repeated every three years. Classes fill up quickly so please register early!

February 12 (1-day class) 8:30 a.m. – 5:00 p.m. John Muir Medical Center, Walnut Creek

March 12 (refresher class) 8:30 a.m. – 1:00 p.m. John Muir Medical Center, Walnut Creek

March 15 (refresher class) 8:30 a.m. – 1:00 p.m. John Muir Medical Center, Concord

April 9 (1-day class) 8:30 a.m. – 5:00 p.m. John Muir Medical Center, Walnut Creek

Cost is \$12 with AARP membership card, \$14 without. Please bring AARP membership ID number from card or magazine label to class for verification. Includes a book and certificate of completion. Call 947-3300 to register.

Exercise Opportunities

Osteoporosis, Movement and Exercise Class

Drop in to learn exercise techniques and safeguards against falling—strategies that can be extremely beneficial in managing osteoporosis. Taught by a physical therapist. Bring a mat and wear comfortable clothes.

Wednesdays 9:15 – 10:15 a.m. 941-7900 Women's Health Center

Let's Get Moving

This is a six week exercise class led by a certified exercise instructor. Ease into exercise for better health. Class includes aerobic exercise, light weight training, core strength training, circuit training, pre and post fitness evaluation, and goal setting. Cost is \$95 for the six-week series which meets on Tuesdays and Thursdays.

March 15 to April 21 5 – 6:30 p.m. 674-2990 Health Center Gym, 2710 Grant, Concord

Educational Opportunities *There is no charge to attend our health education seminars unless otherwise noted. Call the listed number to register.*

Screenings Opportunities

Free Blood Pressure Screenings

Senior Services recognizes and supports the importance of preventative health care and routine health maintenance. Blood pressure screening is provided free of charge at various locations in the community for a one-time check or to assist individuals who monitor their health status regularly as part of treatment for chronic conditions. Because high blood pressure lacks specific symptoms, people may not know they are at risk. Please take advantage of these drop-in opportunities.

Pleasant Hill Senior Center	1st Monday	9:30 – 11 a.m.
Martinez Senior Center	2nd Monday	9:00 – 10:30 a.m.
JM Outpatient Center, Rossmoor	3rd Monday	10 – 11:30 a.m.
Danville Community Center	1st & 3rd Monday	10 – 11:00 a.m.
Ambrose Community Center	3rd Monday	10 a.m. – noon
Antioch Senior Center	3rd Monday	10 – 11 a.m.
First Presbyterian Church	2nd Tuesday	10 a.m. – noon
Walnut Creek Senior Center	2nd Wednesday	9:30 – 11 a.m.
Brentwood Senior Center	3rd Wednesday	9:30 – 10:15 a.m.
Jewish Community Center	3rd Thursday	10 – 11:30 a.m.
Alcosta Senior Center	4th Thursday	11 a.m. – noon
Pittsburg Senior Center	3rd Friday	10:30 – 11:30 a.m.
Concord Senior Center	3th Friday	9:30 – 11:30 a.m.
Lafayette Senior Center	4th Friday	12:30 – 1:30 p.m.

Memory Screening - What's Your Memory Fitness?

If you're 65 or older and have concerns about your memory, take advantage of a seven-minute screening that will provide you with information to discuss with your physician. These screenings are provided in conjunction with John Muir Health Neurosciences Institute.

LOCATIONS	DATES & TIMES	
	9:00 a.m. – 12:00 p.m.	1:00 – 4:00 p.m.
John Muir Senior Services 3480 Buskirk Avenue, Suite 100, Pleasant Hill	February 15 March 15 April 19	February 16 March 16 April 20
John Muir Outpatient Center 1220 Rossmoor Parkway, Walnut Creek		
John Muir Outpatient Center 2400 Balfour Road, Suite 201, Brentwood		
Please call 947-3300 to reserve your thirty (30) minute appointment.		

John Muir Senior Services
3480 Buskirk Ave., Suite 100
Pleasant Hill, CA 94523

RETURN SERVICE REQUESTED

CHANGE IN INFORMATION?

If you have had a change in address or wish to be removed from our mailing list, please notify us by calling 947-3300.

East Bay Senior Resource Expo

Educational programs and exhibitors who provide products and services to make life better in the later years.

Topics include:

- Financial Management
- Dementia
- Nutrition and Exercise
- Safety and Security
- Senior Housing and Care Decisions

March 25, 2011 10 a.m. – 4 p.m.

Crowne Plaza Hotel
45 John Glenn Drive, Concord

Call 925-685-1181 for more information.

Event Addresses

- **Alcosta Senior Center**
9300 Alcosta Blvd.
San Ramon
(925) 973-3250
- **Ambrose Community Center**
3105 Willow Pass Rd., Bay Point
(925) 458-2662
- **Antioch Senior Center**
415 W. 2nd Street
(925) 778-1158
- **Brentwood Senior Center**
193 Griffith Lane
(925) 516-5444
- **Concord Senior Center**
2727 Parkside Circle
(925) 671-3320
- **Danville Community Center**
420 Front Street
(925) 314-3491
- **First Presbyterian Church**
1965 Colfax Street, Concord
(925) 682-8000 ext. 3916
- **Jewish Community Center**
2071 Tice Valley Blvd.
Walnut Creek
(925) 938-7800
- **John Muir Behavioral Health**
Classroom A, 2740 Grant St.,
Concord
(925) 674-4100
- **John Muir Medical Center, -
Concord**
2540 East Street
(925) 682-8200
- **John Muir Medical Center, -
Walnut Creek**
1601 Ygnacio Valley Road
(925) 939-3000
- **John Muir Outpatient Center,
Brentwood**
2400 Balfour Road
(925) 308-8100
- **John Muir Outpatient Center,
Tice Valley/Rossmoor**
1220 Rossmoor Parkway
Walnut Creek
(925) 939-1220
- **John Muir Physician Network**
(925) 952-2887
- **John Muir Senior Services**
3480 Buskirk Ave.
Suite 100, Pleasant Hill, CA
(925) 947-3300
- **John Muir Women's
Health Center**
1656 N. California Blvd., Ste. 100
Walnut Creek
(925) 941-7900
- **Lafayette Senior Center**
500 St. Mary's Road
(925) 284-5050
- **Martinez Senior Center**
818 Green Street
(925) 370-8770
- **Pleasant Hill Senior Center**
233 Gregory Lane
(925) 798-8788
- **Pittsburg Senior Center**
300 Presidio Lane
(925) 252-4890
- **Walnut Creek Senior Center**
1375 Civic Drive
(925) 943-5851