

# Senior Services News

## Detox Diet

I thought I was eating a healthy diet until I started on this one. Three days into the diet, my feet, which normally hurt when I started my morning walk, stopped hurting. A few days later, I noticed my knees were hurting less as well. After a week, I came home on a Friday evening not even looking forward to my usual "Friday night drink", because I already felt better than I was going to feel if I had that drink!

It turns out that we don't get fat from eating fat, and we don't get high cholesterol from eating cholesterol. All we have to do is eat sugar (and starch, which is just a chain of sugar molecules), and we will gain weight effortlessly, raise our cholesterol, raise our blood pressure and develop diabetes.

Dr Mark Hyman's 10-day Detox Diet consists of low-starch vegetables, berries, nuts, eggs, fish, and lean meat. It eliminates sweets, starches, wheat and other grains, and dairy products as well as coffee and alcohol.

The intent is to fill your stomach with 'LOW-GLYCEMIC' foods. These are foods that take a long time for the body to break down into glucose (blood sugar), which is the body's fuel.

When we eat a low glycemic meal, our blood glucose rises slowly to a moderate peak over a couple of hours, stimulating a relatively low output of insulin from the pancreas. Our glucose level then takes few more hours to settle back to the point where we feel hungry. On the other hand if we consume a high glycemic meal (bread, pasta, soda, rice, pastry, etc) we have a rapid rise of glucose over the next hour or so, followed by a much bigger reactive wave of insulin. This drives our glucose quickly down to "hunger level" within the next couple of hours.

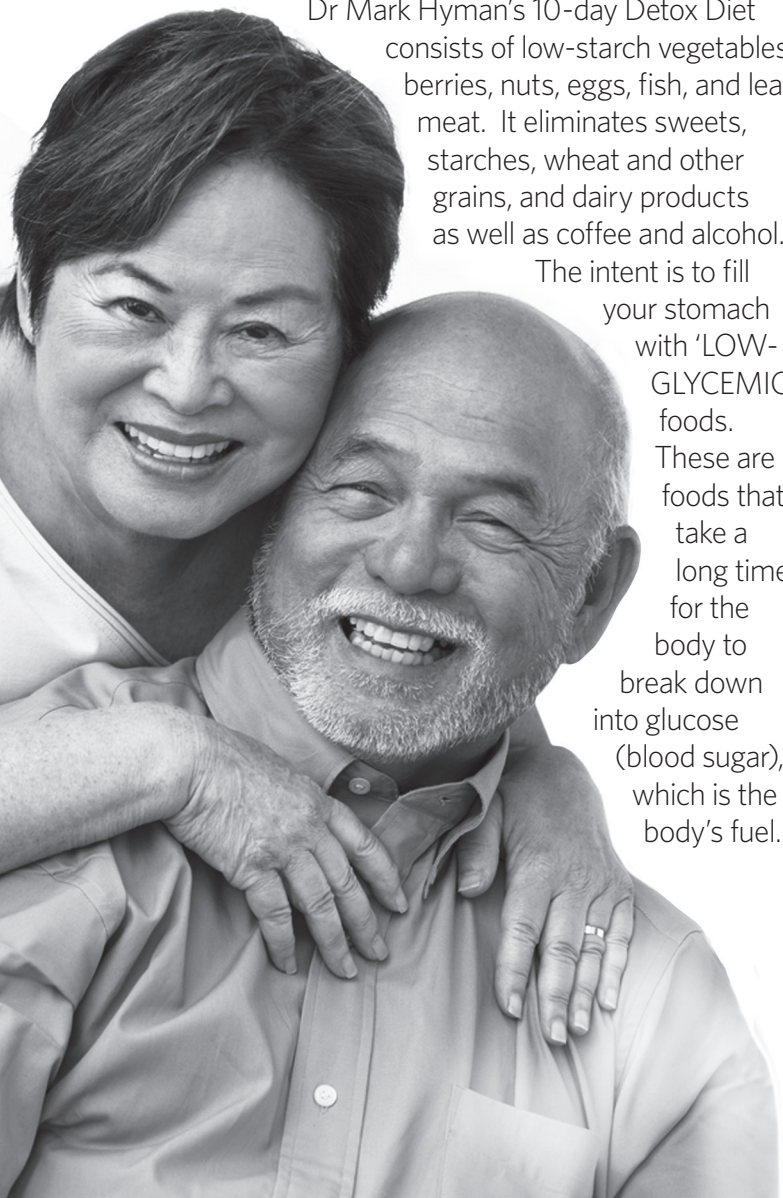
In addition to making us hungry, these spikes of glucose and insulin raise blood pressure and cause inflammation. Inflammation contributes to fatigue, muscle and joint aches, and chronic diseases.

Dr Hyman and others tell us that our manufactured North American diet has been engineered by our food industry to hit the "bliss point", with that spike of glucose going straight to the brain's pleasure center, so we'll eat more and more, and get hungrier sooner!

The answer to this problem of feeling hungry, tired and achy, and gaining weight, is to eat single ingredient foods (fresh vegetables and fruit, nuts, eggs, lean meats and small fish) as much as possible, and stay away from pre-prepared foods, particularly those with more than 5 ingredients. The prepared foods and meals that we eat are usually laced with extra sugar and salt which are toxic and inflammatory to our system.

After about 6 weeks on the diet, I have lost about 20 lbs and rarely have felt hungry. My joints are more supple, and I don't feel quite as much stress at work. For those interested, my cholesterol has come down from 257 to 202. My fasting glucose decreased from 119 to 85.

I have been recommending this diet to anyone who will listen. "The 10-Day Detox Diet", by Mark Hyman, MD. Also his more detailed book is "The Blood Sugar Solution". Another good reference is "Eat to Live", by Joel Fuhrman, MD.



# Educational Opportunities

There is no charge to attend our health education events unless otherwise noted. Registration is required. Call the listed number to register or on-line registration is available for most offerings at [johnmuirhealth.com](http://johnmuirhealth.com).

## SEPTEMBER - NOVEMBER

### **Brain Boosting Nutrition** - Kathy Napoli, M.A, R.D.

**Sept 23 | 9:30 - 11 a.m. | 941-7900 option 3 | Outpatient Center, Walnut Creek**

Learn how nutrition can help you achieve a sharp, focused and happy brain to feel calm and in control.

### **Exercise Methods to Prevent Falls** - Lori Sweet PT

**October 3 | 9:30 - 11 a.m. | 941-7900 option 3 | Outpatient Center, Tice Valley/Rossmoor**

As we age, our balance skills diminish. Health conditions can also impact our balance. In addition to providing exercises that will improve your balance, this class includes a safety discussion about improving safety at home, plus ideas about footwear and assistive devices. Exercises will be done in sitting and standing positions.

### **Caring for an Ageing Family Member** - Peggy Johnstone RN, CNS, NP

**October 9 | 9:30 - 11 a.m. | 941-7900 option 3 | John Muir Medical Center, Concord**

Caring for an ageing loved one can be demanding and challenging. With this class, families and caregivers will be provided with lessons on care giving that can help. Learn about methods that are effective in providing care and comfort for your loved one, the importance of self-care and how to navigate family dynamics.

### **Medicare Changes for 2015** - Health Insurance Counseling & Advocacy Program

**Nov 6 | 7 - 9:30 p.m. | 941-7900 option 3 | John Muir Medical Center, Walnut Creek**

This educational meeting will explain some of the upcoming changes to Medicare for 2015.

### **Eating Well: the Anti-Inflammatory Diet** - Lawren Hicks M.D.

**November 20 | 2:30-3:30 p.m. | 941-7900 option 3 | Outpatient Center, Walnut Creek**

An expert will discuss the potential disease-fighting benefits of an anti-inflammatory diet. Inflammation is related to many health conditions including diabetes, osteoarthritis, cancer and brain health. With this class, you will become knowledgeable about the foods related to reducing inflammation and maintaining overall health.

### **Lessons on Medication Management** - Clark Campbell, RPh

**November 21 | 9:30-11 a.m. | 941-7900 option 3 | 1656 N. California Blvd., Walnut Creek**

Hear an expert pharmacist discuss strategies on proper medication management, including how to speak with your pharmacist and how to read your RX labels. By understanding how to take your medications and ask questions, you can prevent medication errors.

### **Catch Yourself - Maintain Your Independence**

**Oct 10, 17, 24, 31 | 11 a.m. - 12 p.m. | 941-7900 option 3 | Behavioral Health Center, Concord, Classroom A**

**Nov 3, 10, 17, 24 | 12 p.m. - 1 p.m. | 941-7900 option 3 | Outpatient Center, Brentwood**

This four-session class series raises awareness about falls by practicing techniques in class. Learn how to improve your strength and balance, simplify your environment, and identify fall risks. Classes will cover home safety strategies, exercise techniques, medication management, and other ways to decrease your risk of falling. Wear comfortable shoes and clothing.

# Ongoing Classes

## Advance Health Care Directives – Suzanne Leib, MFT

Sept 10 | 9:30 – 11:30 a.m. | 941-7900 option | John Muir Medical Center, Walnut Creek

Oct 7 | 9:30 – 11:30 a.m. | 941-7900 option 3 | John Muir Medical Center, Concord

All adults, regardless of age, need to understand how they can have control over their own life and death decisions. Learn the choices you or your family may face due to an accident or serious illness. This is an opportunity to clarify your 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.

## Welcome to Medicare

Sept 9, Oct 8, Nov 5 | 7 – 9:30 p.m. | 941-7900 option 3 | John Muir Medical Center, Walnut Creek

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 2014 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. Additional class locations listed on HICAP website, [www.cchicap.org](http://www.cchicap.org). Call for reservations.

## AARP Driver Safety Program

Sept 16 | refresher class | 8:30 a.m. – 1:15 p.m. | John Muir Medical Center, Concord

Sept 20 | 1-day, 8 hour class | 8:30 a.m. – 5 p.m. | John Muir Medical Center, Walnut Creek

Oct 18 | refresher class | 8:30 a.m. – 1:15 p.m. | John Muir Medical Center, Walnut Creek

Nov 15 | 1-day, 8 hour class | 8:30 a.m. – 5 p.m. | John Muir Medical Center, Walnut Creek

Nov 18 / refresher class | 8:30 a.m. – 1:15 p.m. | John Muir Medical Center, Concord

Dec 20 | refresher class | 8:30 a.m. – 1:15 p.m. | John Muir Medical Center, Walnut Creek

This eight-hour Smart Driver classroom course, designed for motorists over age 50, helps drivers refine existing skills and develop safe, defensive driving techniques. Also offered is the four-and-a-half hour refresher course for those who have taken the eight-hour course, or the refresher course, within the last three years. Cost \$15 for AARP members, \$20 for others. Bring AARP ID card or member ID number to class for discount verification. The refresher course can be repeated every three years. Call 947-3300 to register.

# Screenings

## Memory Screening – What's Your Memory Fitness?

September 16, October 14, November 11 | 9 a.m. – 12 p.m. | 947-3300

September 17, October 15, November 12 | 1 p.m. – 4 p.m. | 947-3300

Outpatient Center, Brentwood

Outpatient Center, Tice Valley/Rossmoor

Outpatient Center, Walnut Creek

Many people notice changes in their memory as they grow older. If you are 65 or older and have a John Muir Health primary care physician, Senior Services, in partnership with John Muir Health Neurosciences Institute, offers a free individual memory screening to help determine if your memory is functioning at a level that is typical for a person your age. This is a screening and not a diagnostic exam. Screenings are offered on the specific dates and times at the three locations listed. Call for a 30 minute appointment.

**Change in information?** If you have a change in address or wish to be removed from our mailing list, please notify us at 947-3300 or [seniorservices@johnmuirhealth.com](mailto:seniorservices@johnmuirhealth.com)

## Free Blood Pressure Screenings

Because high blood pressure lacks specific symptoms, people may not know they are at risk. Please take advantage of these free, drop-in opportunities.

\*Asterisk on locations below note sites of monthly blood pressure screenings. Call 947-3300 for information.

# Program Locations

\* 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 St., Antioch  
(925) 778-1158

\* Concord Senior Center  
2727 Parkside Circle, Concord  
(925) 671-3320

\* Danville Senior Center  
115 E. Prospect Avenue  
Danville  
(925) 314-3490

\* First Presbyterian Church  
1965 Colfax St., Concord  
(510) 512-4032

\* Golden Crane Senior Center  
1401 Danville Blvd, Alamo  
(925) 820-0500

1656 N. California Blvd., Ste. 100  
Walnut Creek  
(925) 941-7900

John Muir Health Outpatient Center,  
Brentwood  
2400 Balfour Rd., Brentwood  
(925) 308-8100

\* John Muir Health Outpatient Center,  
Tice Valley/Rossmoor  
1220 Rossmoor Parkway, Walnut Creek  
(925) 939-1220

John Muir Health Outpatient Center,  
Walnut Creek  
1450 Treat Blvd  
Walnut Creek

John Muir Medical Center, Concord  
2540 East St., Concord  
(925) 682-8200

John Muir Medical Center, Concord  
2720 Grant St. Classroom A  
(925) 674-2351

John Muir Medical Center, Walnut Creek  
1601 Ygnacio Valley Rd., Walnut Creek  
(925) 939-3000

\* Martinez Senior Center  
818 Green St., Martinez  
(925) 370-8770

\* Pittsburg Senior Center  
300 Presidio Lane, Pittsburg  
(925) 252-4890

\* Pleasant Hill Senior Center  
233 Gregory Lane, Pleasant Hill  
(925) 798-8788

\* Walnut Creek Senior Center  
1375 Civic Dr., Walnut Creek  
(925) 943-5851