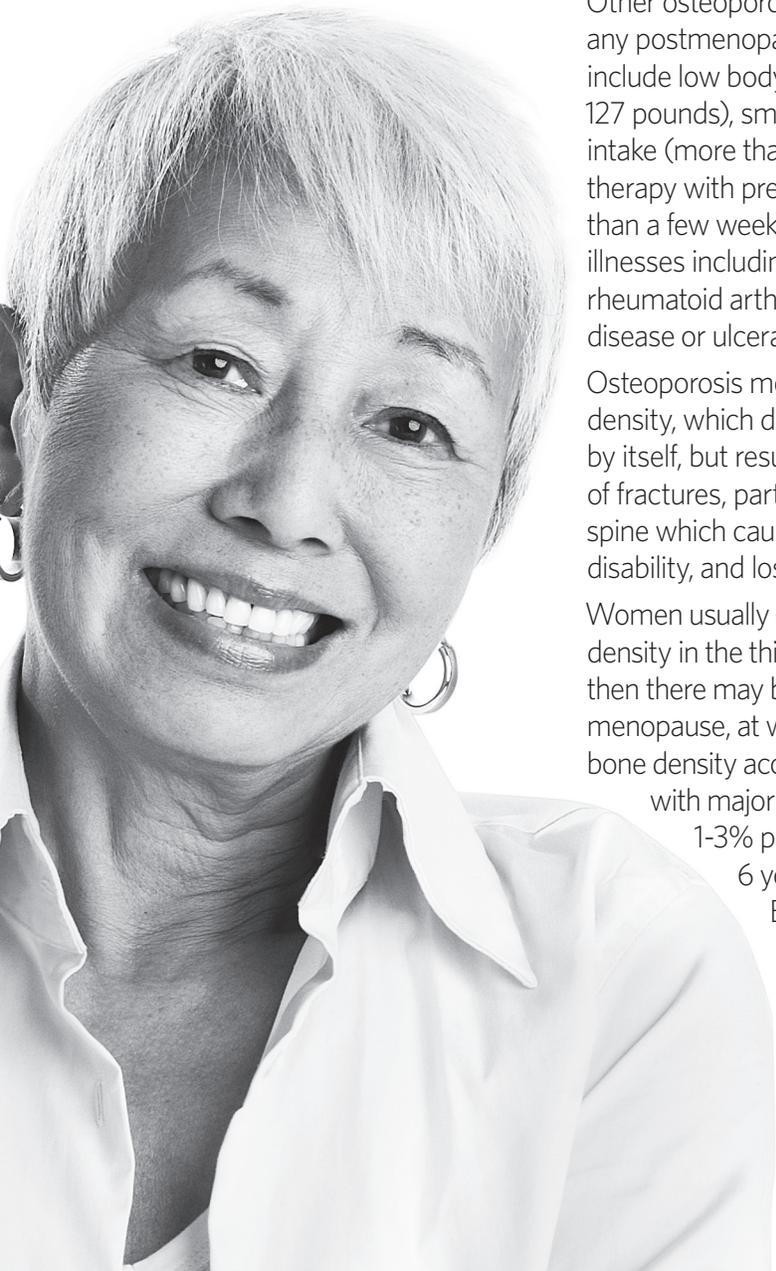


Senior Services News

Osteoporosis

Many of you have kindly enquired about how my mother is doing, after her fall and fractures (and missing my son's wedding!) I'm happy to say she is back to normal activities and did make it to my second son's wedding this year! However, she had weeks of rehabilitation after her fractures and is now receiving ongoing treatment for her osteoporosis.



Who should be concerned about osteoporosis? Well, certainly any woman over 65 should be concerned enough to ask her doctor about getting her bone density tested. Also, any postmenopausal woman who has a personal or parental history of a fracture from a minor accident, such as a fall from a standing height, should consider bone density testing.

Other osteoporosis risk factors for any postmenopausal women would include low body weight (less than 127 pounds), smoking, heavy alcohol intake (more than 3 drinks per day), therapy with prednisone for more than a few weeks, and some chronic illnesses including celiac disease, rheumatoid arthritis, and Crohn's disease or ulcerative colitis.

Osteoporosis means low bone density, which does not cause pain by itself, but results in increased risk of fractures, particularly in the hip and spine which cause major suffering, disability, and loss of independence.

Women usually reach their peak bone density in the third decade of life, and then there may be a slight decline until menopause, at which time decline in bone density accelerates considerably,

with major losses of density of 1-3% per year in the first 5 or 6 years after menopause.

Bone density loss continues after that, but at a somewhat slower rate of 0.5 - 1%/ year.

Bone density testing, called DEXA scanning, is like having an X-ray of your hip and spine. The test generates a "T-score". If the score is minus 1 to minus 2.5, this is called "osteopenia" and is a warning to get serious about prevention. A T- score of minus 2.5 or less is osteoporosis.

Prevention is by far the best strategy. Once osteoporosis has developed, it is not possible to regain previous peak bone density. However, it is possible to slow the decline in bone density with medication and, in many cases, actually add small amounts of bone density back with medication.

The most widely used form of pharmaceutical treatment for osteoporosis is a group of drugs called the bisphosphonates, including alendronate (Fosamax), risedronate (Actonel), ibandronate (Boniva), and the intravenous drug zoledronic acid (Reclast). The oral forms are rather poorly absorbed and have to be taken on an empty stomach with lots of water because they can cause inflammation of the esophagus if the pill does not make it into the stomach. They can reduce fracture risk up to 50% by increasing bone density. Duration of treatment should be at least 5 years, and a "holiday" from the medication could be considered if there have been no fractures during the treatment period. Duration of

Continued on page 2



JOHN MUIR
HEALTH

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the “holiday” would depend on subsequent bone density measurements.

Raloxifene (Evista) is another option for treatment, although somewhat less effective than the bisphosphonates. It has the added advantage of being protective against breast cancer, but the disadvantage of causing hot flashes and increasing the risk of leg vein clots.

Estrogen therapy has long been an effective treatment for osteoporosis, but is no longer recommended as a first-line approach after age 65 because of its association with increased risk of breast cancer, stroke, vein clots, and possibly heart disease.

For very severe cases of osteoporosis, daily injections of parathyroid hormone have been effective. There is also a new biologic called denosumab (Prolia), but it is so new that long-term data on its risks and effectiveness are not yet available.

Remember that prevention means reducing the risk of fractures, not necessarily just increasing bone density. The best way to prevent fractures is to prevent falls and the best way to prevent falls is to maintain or increase muscle strength by regular weight-bearing exercise. This means exercising for at least half an hour, a minimum of 3 or 4 days a week. The stronger your legs are the less likely you are to fall no matter what your bone density is.

Good nutrition throughout life goes a long way to maximizing peak bone density and preserving as much of it as possible through and beyond menopause. “The key players are calcium and vitamin D”, says Richard Kamrath, M.D., endocrinologist and Medical Director of the John Muir Health Osteoporosis Center. “My current recommendations are not to exceed 1200-1500 mg of

calcium per day as [more] may increase the risk of coronary disease. I ask all of my patients to take at least 2000 units per day of vitamin D, but not to exceed 4000 units.”

Additional information about osteoporosis risk factors, diagnosis and testing is available at johnmuirhealth.com/services/osteoporosis-services.html. A variety of classes about the subject and special fall prevention classes are listed in this issue of Senior Services News.

Lawren Hicks, M.D.



Lawren Hicks, M.D.
Medical Director
Senior Services

Catch Yourself

- Raise your awareness and learn how to avoid falls
- Increase your confidence through strength and balance
- Simplify your environment and identify risks

This four class series includes information about home safety, exercises, nutrition and ways to decrease your risk of falling.

February 21, 28, March 6, 13 | 10:30 - 11:30 a.m. | 284-5050 | Lafayette Senior Center

March 5, 12, 19, 26 | 2:30 - 3:30 p.m. | 947-3300 | Outpatient Center, Tice Valley/Rossmoor

May 1, 8, 15, 22 | 1:30 - 2:30 p.m. | 947-3300 | Behavioral Health Center, Classroom A

Educational Opportunities

There is no charge to attend our health education seminars unless otherwise noted.

Call the listed number to register or on-line registration is available for most offerings at johnmuirhealth.com.

JANUARY

Caregiver College

If you help care for someone frail, disabled, with a chronic illness or cognitive impairment, Family Caregiver Alliance sponsors a free, day-long program for learning and sharing. The following topics are included: caregiver self-care, behavioral issues, nutrition, bathing, grooming, hygiene, dressing, incontinence, toileting, transferring skills and dental care. Lunch is included. Call to register: Hilary Toyryla, 1-800-445-8106 or 415-434-3388 ext. 317, or email htoyryla@caregiver.org

January 14 | 8:15 a.m. - 2:45 p.m. | Eldercare Services, 1808 Tice Valley Blvd., Walnut Creek

Emotional Freedom Technique – Lucy Grace Yaldezian, C.H.T., C.H.C.

Learn this technique which is on the cutting edge of energy therapy and is based on the same principles as acupuncture and acupressure. It is easy to learn and remarkably effective.

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

The Mind-Body Connection – Alan Brast, Ph.D., C.C.H.T., CSA

Medical studies have proven that emotions and thoughts can impact physical health and the immune system. You'll learn simple techniques to relax and how to enlist your mind in developing health lifestyle habits for self-care.

January 19 | 6:30 – 8 p.m. | 941-7900 | Women's Health Center

Understanding Suicide -Part II- Alan Brast, Ph.D., C.C.H.T., CSA

Based on the request of those attending the previous lecture, this session will delve further into this misunderstood subject. The behavior of suicide is overloaded with fables and wives tales. This is an opportunity to gain a better understanding of this phenomenon which is in epidemic proportions in the United States.

January 20 | 9:30 – 11 a.m. | 947-3300 | 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.

January 23 | 1 – 2:30 p.m. | 947-3300 | Outpatient Center, Tice Valley/Rossmoor

Age Proof Your Skin with Nutrition – Kathy Napoli, Nutrition Specialist

During this session a nutrition specialist will teach you some unique tools to get younger looking skin from the inside out by choosing the foods and nutrients that benefit your skin while turning back the age clock.

January 23 | 6:30 – 8 p.m. | 941-7900 | Women's Health Center

Managing Back Pain without Surgery – Michael Chang, D. O.

Back pain is the second most common reason for doctor visits. In this informative talk, find out the current advances in treatment methods of your back pain without surgery, including exercise programs, nutrition plans and interventional therapies.

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

Reverse and Prevent Osteoporosis through Nutrition - Kathy Napoli, Nutrition Specialist

Nutrition plays an important role in keeping our bones strong as we age. Learn about building healthy bones through diet and lifestyle changes.

January 26 | 9:30 – 11 a.m. | 947-3300 | John Muir Medical Center, Concord

FEBRUARY

Breaking the Pain Cycle – Jamie Coughlan, N.D.

This class will provide a comprehensive examination of the pain cycle and the role of integrative medicine in breaking the cycle. The factors that contribute to pain including un-restorative sleep, stress, fatigue, and lack of movement will be discussed. Integrative medicine techniques will be highlighted that address each of the contributing factors to help break the pain cycle and provide relief.

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

FEBRUARY Continued

Aging Gracefully – Alan Brast, Ph.D., C.C.H.T., CSA

It is possible to age without becoming angry or feeling increasingly less vital and important. This presentation offers a new slant on your status as a mature adult and the benefits life's experiences may provide.

February 3 | 9:30 – 11 a.m. | 947-3300 | Outpatient Center, Tice Valley/Rossmoor

Incontinence Management – 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 7 | 10:30 – 11:30 a.m. | 308-8457 | Commons at Dallas Ranch, 4751 Dallas Ranch Rd., Antioch

Living Heart Healthy

Taking care of your heart is one of the keys to living a long and healthy life. Join our panel of specialists, Dr. Kristine 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 15 | 6:30 – 8 p.m. | 941-7900 | Women's Health Center

Bare Bones Information on Brittle Bones – Lawren Hicks, M.D.

This osteoporosis update will include information on the disease process, prevention strategies and some treatment options.

February 21 | 2:30 – 4 p.m. | 947-3300 | John Muir Medical Center, Walnut Creek

Exercise to Prevent Heart Disease – Lynn Olson, Ph.D.

The presenter has assisted hundreds of cardiac patients to become stronger with exercise and structured activities. Learn how you can increase your endurance and gain flexibility and strength with simple exercise techniques. Specific exercises and opportunities to practice will be provided.

February 23 | 9:30 – 11 a.m. | 947-3300 | John Muir Medical Center, Concord

MARCH

Department of Motor Vehicles and Senior Drivers

– Rosemary Robles, Senior Driver Ombudsman

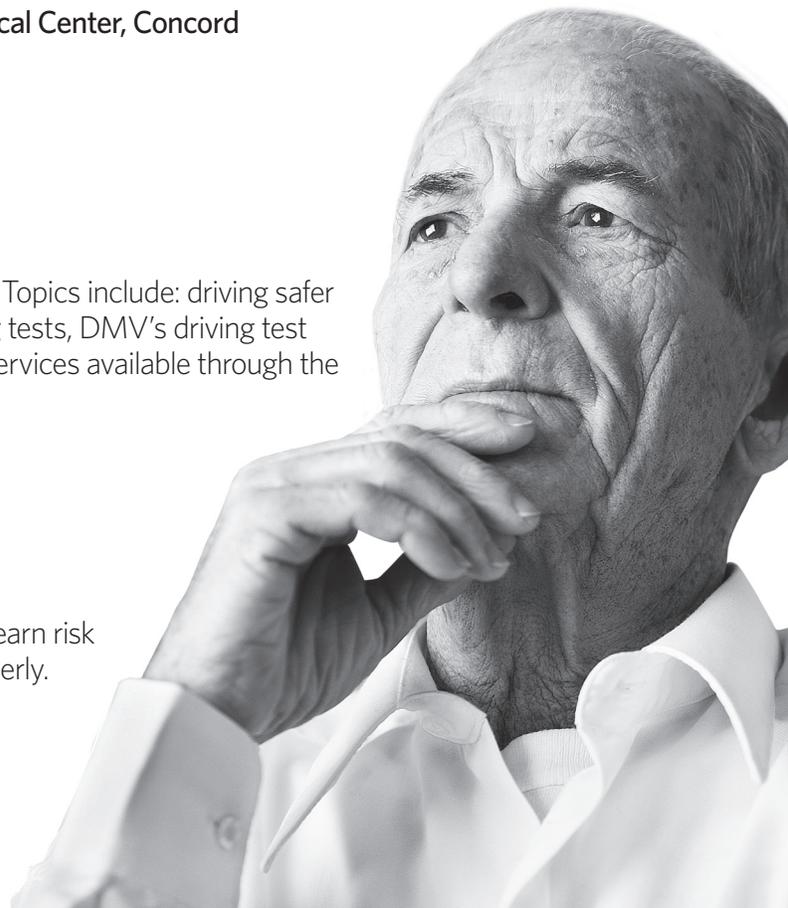
Hear information about DMV services for older adult drivers. Topics include: driving safer and longer, responsibilities of drivers after age 70, area driving tests, DMV's driving test criteria, referral processes for potentially unsafe drivers, and services available through the DMV Senior Driver Ombudsman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

**March 2 | 9:30 – 11 a.m. | 947-3300 |
Outpatient Center, Tice Valley/Rossmoor**

Help for GERD – Is it Only Heartburn?

An expert panel of physicians will present information on Gastroesophageal Reflux Disease or GERD. Participants will learn risk factors, treatments and possible outcomes if not treated properly.

**March 3 | 8:30 a.m. – 12 p.m. | 947-4447 |
John Muir Medical Center, Walnut Creek**



Fighting Inflammation with Nutrition – Kathy Napoli, Nutrition Specialist

Put the brakes on hidden, chronic inflammation through diet and lifestyle strategies. Learn how consuming the right foods, as well as physical activity, can support and stimulate the body's ability to heal.

March 12 | 6:30 – 8 p.m. | 941-7900 | Women's Health Center

Digestive Health and Prevention of Colorectal Cancer

A panel of experts will discuss the following topics: Best Colorectal Screening Techniques – V. Arek Keledjian, M.D.; The Emerging Role of Protective Bacteria, Probiotics in the Prevention of Colorectal Cancer – David Varon; M.D.; New Approaches to Surgical Treatment in Colorectal Cancer – Ran Kim, M.D.; Assessment for Hereditary Colorectal Cancer – Kalyani Maganti, M. D.

March 15 | 6 – 8 p.m. | 947-4447 | John Muir Medical Center, Concord

Reverse Mortgages – Putting Your Home to Work for You – Jon Carlson

The HUD Reverse Mortgage is a financial cash flow tool which allow homeowners to free up accumulated equity to pay current expenses without fear of losing their home or making anymore house payments. Come hear about new features that HUD offers, including fixed rates, home purchase options, as well as the Saver program.

March 22 | 9:30 – 11 a.m. | 947-3300 | John Muir Medical Center, Concord

Metabolic Syndrome: What is it and What to do about it – Kathy Napoli, Nutrition Specialist

Learn about this condition that affects about 47 million American adults each year and increases their risk of heart disease, stroke, and type 2 diabetes. Recent research shows that lifestyle intervention can prevent and even reverse metabolic syndrome. Specific lifestyle measures you can adopt to address this condition will be discussed.

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

APRIL

Nutrition to Treat Incontinence – Kathy Napoli, Nutrition Specialist

Learn about the effects of water, caffeine and other dietary influences on incontinence. Hear an answer to “How much water is too much?”

April 12 | 6:30 – 8 p.m. | 941-7900 | Women's Health Center

Reverse and Prevent Osteoporosis through Nutrition - Kathy Napoli, Nutrition Specialist

Nutrition plays an important role in keeping our bones strong as we age. Learn about building healthy bones through diet and lifestyle changes.

April 13 | 9:30 – 11 a.m. | 947-3300 | Outpatient Center, Tice Valley/Rossmoor

Better Bones Forever: Osteoporosis Update 2012 – Richard Kamrath, M.D.

Join a John Muir Health endocrinologist and learn about the current developments in the detection, diagnosis and treatment of osteoporosis.

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

Department of Motor Vehicles and Senior Drivers – Rosemary Robles, 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 Senior Driver Ombudsman Program.

April 26 | 9:30 – 11 a.m. | 947-3300 | John Muir Medical Center, Concord

Ongoing Classes

Advance Health Care Directives – Suzanne Leib, M.F.T.

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.

January 24 | 9:30 – 11:30 a.m. | 947-3300 | John Muir Medical Center, Walnut Creek

February 15 | 9:30 – 11:30 a.m. | 947-3300 | John Muir Medical Center, Concord

March 23 | 9:30 – 11:30 a.m. | 947-3300 | Outpatient Center, Tice Valley/Rossmoor

April 17 | 10 a.m. – 12 p.m. | 947-3300 | Outpatient Center, Brentwood

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 2012 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. Call for reservations.

January 11, February 8, March 14, April 11 | 7 – 9:30 p.m. | 947-3300 | John Muir Medical Center, Walnut Creek

January 14, February 11, March 10, April 14 | 10 a.m. – 12:30 p.m. | 314-3400 | Danville Town Hall, 201 Front St., Danville

January 18, February 15, March 21, April 25 | 2 – 4:30 p.m. | 634-2565 | Liberty Adult Education, 929 Second St., Brentwood

January 18, February 15, April 18 | 2 – 4:30 p.m. | 228-3276 | Martinez Adult Ed, 600 F Street, Martinez

AARP Driver Safety Training

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 a four-and-a-half hour refresher course for those who have taken the eight-hour course within the last four years; bring your certificate. Cost is \$12 for AARP members, \$14 for others. Please bring AARP member ID number to class for verification. Call 947-3300 to register.

January 17 & 19 | 2 day, 8 hour | 9 a.m. – 1 p.m. | John Muir Medical Center, Concord

January 21 | refresher class | 8:30 a.m. – 1:00 p.m. | John Muir Medical Center, Walnut Creek

February 11 | 1-day class | 8:30 a.m. – 5:00 p.m. | John Muir Medical Center, Walnut Creek

March 10 | refresher class | 8:30 a.m. – 1:00 p.m. | John Muir Medical Center, Walnut Creek

March 20 | refresher class | 8:30 a.m. – 1:00 p.m. | John Muir Medical Center, Concord

April 14 | 1-day class | 8:30 a.m. – 5:00 p.m. | John Muir Medical Center, Walnut Creek

Taking Back Control – 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.

January 4 | 6 – 8 p.m. | 941-7900 | Women's Health Center

February 1 | 10 a.m. – 12 p.m. | 941-7900 | Women's Health Center

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

April 5 | 10 a.m. – 12 p.m. | 941-7900 | Women's Health Center

Pelvic Floor Strengthening - Linda Adams. L.V.N., Urodynamics Clinical Specialist

This lively, on-going series includes breathing techniques and fun exercises for strengthening the pelvis floor and firming the core. The first four sessions are FREE for those who attend the Taking Back Control class.

January 16 | 10 - 11 a.m. | 941-7900 | Women's Health Center

February 27 | 5:30 - 6:30 p.m. | 941-7900 | Women's Health Center

March 19 | 10 - 11 a.m. | 941-7900 | Women's Health Center

April 16 | 5:30 - 6:30 p.m. | 941-7900 | Women's Health Center

It Takes Two

This class, held at Kensington-Vintage Senior Living, offers new skills and tools for family caregivers caring for a relative with Alzheimer's disease or related dementias. Learn new skills to handle troubling behavior and more about your loved one's ability to understand and communicate. Feel more confident and positive about your caregiving role. Contact Jo McCord, Family Caregiver Alliance, to register.

January 12, 19, 26, February 2 | 1:00 - 3:00 p.m. | (800) 445-8106 ext. 318 | 1580 Geary Road, Walnut Creek

Screenings

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. Call for appointment.

January 18, February 14, March 13, April 17 | 9 a.m. - 12 p.m. | 947-3300

January 17, February 15, March 14, April 18 | 1 p.m. - 4 p.m. | 947-3300

Senior Services, Pleasant Hill

Outpatient Center, Tice Valley/Rossmoor

Outpatient Center, Brentwood

Exercise Opportunities

Movement and Exercise Class - Staying Strong

Taught by a John Muir Health physical therapist, this drop-in class will teach you exercise techniques, movements and safeguards against falling, including strategies that can be extremely beneficial in building strong bones, developing a healthy exercise routine, and managing osteoporosis and other chronic pains.

Wednesdays | 9:15 - 10:15 a.m. | 941-7900 | Women's Health Center | Cost: \$5

Let's Get Moving!

A six week exercise class led by a certified 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. Call 941-7900 to register.

January 24 - March 1 | Tuesdays and Thursdays | 5 - 6:30 p.m. | Health Center Gym, Concord | Cost \$95

March 20 - April 26 | Tuesdays and Thursdays | 5 - 6:30 p.m. | Health Center Gym, Concord | Cost \$95



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

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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

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
- * Brentwood Senior Center
193 Griffith Lane, Brentwood
(925) 516-5444
- * Concord Senior Center
2727 Parkside Circle, Concord
(925) 671-3320
- * Danville Community Center
420 Front St., Danville
(925) 314-3491
- * First Presbyterian Church
1965 Colfax St., Concord
(925) 682-8000 ext. 3916
- John Muir Health Behavioral Health Center
Classroom A, 2740 Grant St., Concord
(925) 674-4100
- John Muir Health Gym
2710 Grant St., Concord
(925) 674-2900
- 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 Senior Services
3480 Buskirk Ave., Suite 100
Pleasant Hill (925) 947-3300
- John Muir Health Women’s Health Center
1656 N. California Blvd., Ste. 100
Walnut Creek
(925) 941-7900
- John Muir Medical Center, Concord
2540 East St., Concord
(925) 682-8200
- John Muir Medical Center, Walnut Creek
1601 Ygnacio Valley Rd., Walnut Creek
(925) 939-3000
- * Lafayette Senior Center
500 St. Mary’s Rd., Lafayette
(925) 284-5050
- * Martinez Senior Center
818 Green St., Martinez
(925) 370-8770
- * Pleasant Hill Senior Center
“The Little House”
249 Gregory Lane, Pleasant Hill
(925) 798-8788
- * Pittsburg Senior Center
300 Presidio Lane, Pittsburg
(925) 252-4890
- * Walnut Creek Senior Center
1375 Civic Dr., Walnut Creek
(925) 943-5851