

Senior Services News

Breaking Free of the Leak

What many seniors fear most as they grow older is not death, but confinement and loss of independence. These two risks strike at the foundation of our quality of life. One cause of confinement for women that may be under-recognized is urinary incontinence. The social

embarrassment it causes is often enough to cause a woman to stay at home more and more, and not go out unless absolutely necessary. Such embarrassment may even be sufficient to make her cancel medical appointments, being fearful of what an "accident" in the examining room or waiting room might make other patients or staff think. This may further compromise her general health.

But there is hope. "What it takes," says Dr. Sondra Altman, Medical Director of the John Muir Health Center for Continence and Pelvic Health, "is sitting down with your health care provider and taking a real good history." She also points out that from childbearing age on, there are many changes that impact a woman's bladder, including the stress on the pelvic floor from childbearing, hormonal changes from menopause that change how the bladder functions, and diseases like diabetes and multiple sclerosis.

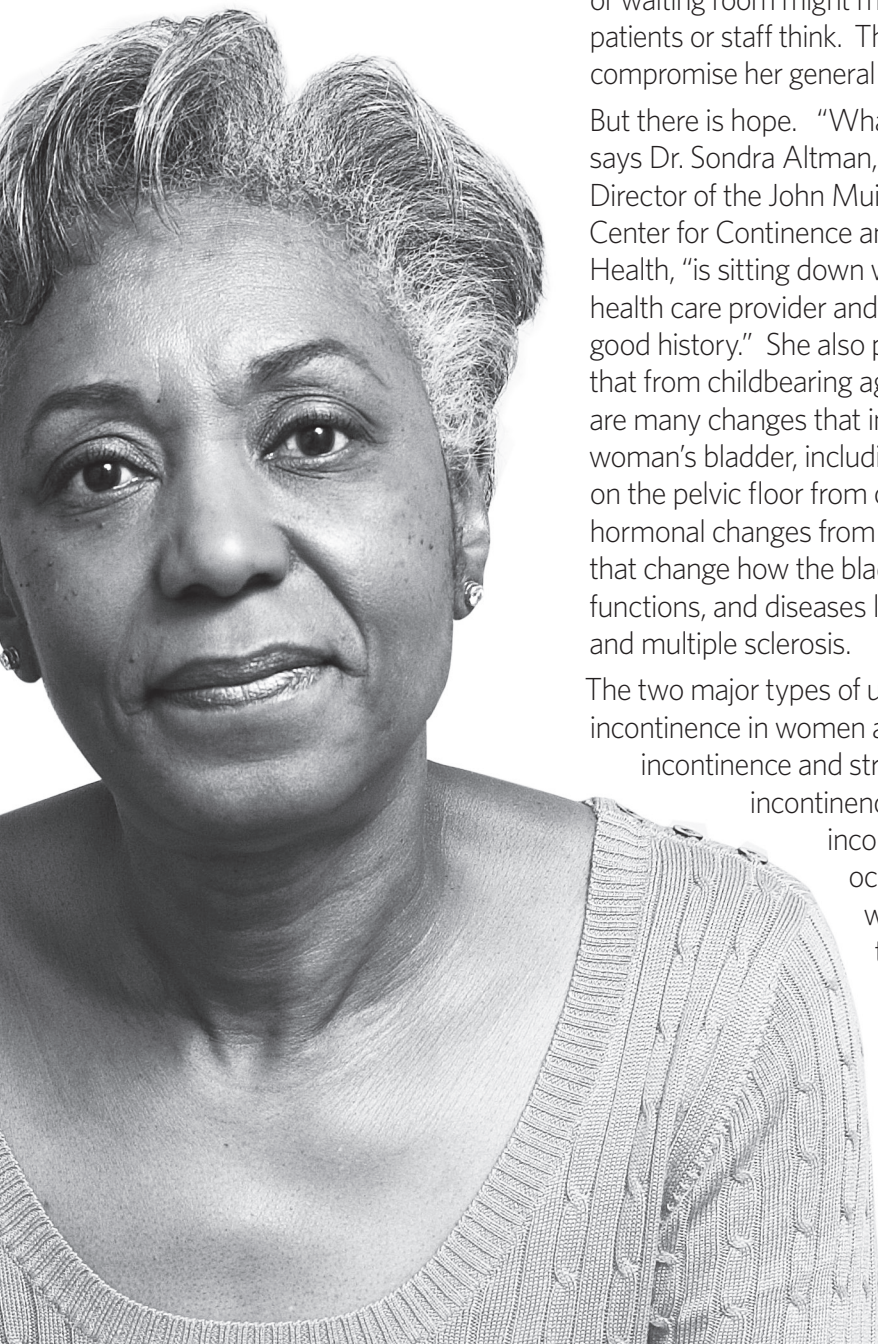
The two major types of urinary incontinence in women are urge incontinence and stress incontinence. Urge incontinence occurs when a woman feels the urge to urinate and loss of urine occurs before she can reach the

bathroom. Easily treatable causes of urge incontinence include bladder infections, pelvic floor hypotonia, and chemical irritation by soaps and other sanitary products. Stress incontinence is characterized by involuntary loss of urine when coughing, sneezing, laughing, or doing anything that causes the abdominal muscles to suddenly tighten.

There are medications that can be helpful for these symptoms. They work by relaxing the bladder muscle and making it less sensitive to stimulation. But these medications often have significant side effects, such as dry mouth, blurred vision, constipation, and drowsiness – generally making you feel and act older!

Pelvic floor muscles are accountable for not only supporting the bladder, bowel, lower abdomen, lower back and hip structure; they are also responsible for aiding in the voiding function. Often times, when these muscles are weakened by injury, menopause, or disease process the function of these muscles decline. Kegel exercises, which strengthen the pelvic floor muscles, have been shown in many cases to be at least as effective as drugs, if not more effective when done properly and persistently. Pelvic floor physical

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JOHN MUIR
HEALTH

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therapy is the first line treatment for urinary incontinence. This takes time and coaching by a pelvic floor physical therapist. The coaching can be assisted early on with the use of a biofeedback system. Sometimes the pelvic floor has fallen so much that corrective surgery is the option. This requires careful evaluation by specialist consultation.

Important information on best options in your individual case can often be gleaned through urodynamic testing, which, as Dr. Altman says, "is a way of measuring what's happening in your bladder." This is a catheter procedure easily done at an outpatient visit.

I'm delighted that John Muir Health opened the Center for Women's Continence and Pelvic Health in Walnut Creek. Here you can start with classes on how to regain

bladder control and pelvic floor exercise or have a detailed consultation with a continence nurse practitioner including urodynamic testing, if necessary. Then a plan of action is formulated tailored to your individual needs. The Center has already been of great help to a number of my patients.

Now, probably some of my patients are going to be mad at me because I haven't mentioned the Continence Center to them yet. I guess we were concentrating on other issues and I apologize. Ask me again!



Lawren Hicks, M.D.
Medical Director
Senior Services

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 www.johnmuirhealth.com

September

Beat the Pack Smoking Cessation – 5 week course

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 that complete the class.

September 14 – October 12 | Wednesdays | 6 – 8 p.m. | 941-7900 | Behavioral Health Center, Classroom A | Cost \$80, \$70 for those 65 and over

Managing Grief and Loss – Nancy O' Neil, LCSW

This informative and interactive session focuses on identifying the emotions and behaviors associated with the grief and loss process. The class will provide you a safe and supportive environment for addressing your grief and teach you useful coping skills to help you move through the grief and loss stages as well as ways to promote self care.

September 15 | 6:30 – 8 p.m. | 941-7900 | Women's Health Center

Two Important Things to Know About Prostate Cancer: Prevention and Detection

– Brian Hopkins, M.D., Kenneth Hsiao, M.D., Stephen Taylor, M.D.

Hear changes in the recommendations for prostate cancer screenings from John Muir Health urologists. Also the most recent advancements in prostate health including which over-the-counter, prescription medications and dietary supplements are being used for prostate cancer prevention and whether they have shown to decrease prostate cancer risks will be discussed.

September 20 | 6:30 – 8:00 p.m. | 674-2404 (after September 5) | John Muir Medical Center, Concord

Foot Care and Treatment – Timothy Shea, DPM

Learn current information about foot care and treatment from a podiatrist who has been in private practice for more than 30 years. Various aspects of foot care including shoes, walking and diabetes will be discussed.

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

Cancer for Two – Alan Brast, Ph.D.

When cancer strikes, it is never just the patient who is affected. Spouses, partners, and family members are also thoroughly immersed in dealing with the disease. Learn the very necessary techniques required for the family to cope with their loved one's illness and come out the other side stronger for the experience.

October 4 | 6:30 – 8 p.m. | 941-7900 | Women's Health Center

Mindfulness Training – Jann Scott, Counselor

Growing in popularity, mindfulness training teaches you how to experience the world in vivid and tangible moments. This course will provide you with exercises that will enable you to experience mindfulness throughout your daily life.

October 11 | 6:30 – 8 p.m. | 941-7900 | Women's Health Center

Stress Management for All – Valerie Keim, M. Ed.

Learning techniques to effectively reduce the stress in your life can have a positive impact on your daily interactions, mood, and overall health. Men and women alike will learn an individualized action plan and feel confident they can enjoy, relax and manage life stressors.

October 24 | 6:30 – 8 p.m. | 941-7900 | John Muir Medical Center, Concord

Diabetes Dialogue: Matters of the Heart – Douglas Zlock, M.D., Kristine Batten, M.D.

Hear an endocrinologist and cardiologist discuss the link between diabetes and heart disease and understanding heart disease, risk factors and risk reduction. These presentations will offer insight to heart healthy approaches for better living with diabetes. This event is co-sponsored with the American Diabetes Association.

October 26 | 5:30 – 8:30 p.m. | 941-5073 | John Muir Medical Center, Walnut Creek

Managing Insomnia – Alan Brast, Ph.D.

Learn how to successfully conquer chronic insomnia and sleep deprivation difficulties. This class is designed for those who have trouble getting to sleep or sleeping through the night and do not have a medical sleep disorder such as sleep apnea.

October 27 | 9:30 – 11 a.m. | 947-3300 | John Muir Medical Center, Concord

Sugar Shock – Kathy Napoli, Nutrition Specialist

Americans eat an average of 22 teaspoons of added sugar per person per day. Our high sugar intake is contributing to bigger waistlines, higher rates of heart disease, diabetes, and spikes/drops in energy levels. Come to this presentation and discover why sugar may be addictive for some people. Also learn simple steps to free your mind and body from the tyranny of sugar, eliminate food cravings, build energy, and enhance mental focus.

October 28 | 9:30 – 11 a.m. | 947-3300 | Women's Health Center

Eat Well Be Well – Seasonal Harvest, Alison Negrin, Executive Chef, Susie Howard, RD

Learn from a chef and dietitian how to read labels, shop for healthy foods, and prepare quick, easy and delicious fall meals for you and your family. The demonstrated meal preparation will be served in the cafeteria.

October 29 | 10 a.m. – 12 p.m. | 941-7900 | John Muir Medical Center, Walnut Creek | \$20

November

How to Sidestep Falls – Lawren Hicks, M.D.

A simple thing, like tripping on a rug or slipping on a wet spot on the floor, can drastically change or shorten your life. The Senior Services Medical Director will discuss the many factors that influence falls. Information on the likelihood of falls, why falls happen, the role of chronic disease, medications and footwear will be included. Learn actions to take to reduce your risk of falling.

November 1 | 2 – 3:30 p.m. | 947-3300 | John Muir Medical Center, Walnut Creek

The Mind-Body Connection – Alan Brast, Ph.D.

Medical studies have proved that emotions and thoughts can impact physical health and the immune system. Experience simple techniques to relax, enlisting your mind in developing healthy lifestyle habits for self-care.

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

Seven Steps to Wellness – Kathy Napoli, Nutrition Specialist

Research has uncovered natural lifestyle factors have an enormous influence on our ability to build our immune system. Some of these are: getting the essential nutrients from food, clearing our body of toxins, drinking enough water, engaging our bodies in movement, getting sufficient rest and sleep, keeping our stress levels as low as possible. Understanding these tools will improve your ability to stay healthy.

November 17 | 9:30 – 11 a.m. | 947-3300 | John Muir Medical Center, Concord

Understanding Suicide – Alan Brast, Ph.D.

The behavior of suicide is one of the most misunderstood subjects, fraught with fables and wives tales. This frank presentation on the issue, which is in epidemic proportions in the United States, will clear up and educate the audience on this difficult to understand phenomenon.

November 18 | 9:30 – 11 a.m. | 947-3300 | Women's Health Center

Managing Insomnia – Barry Rotman, M.D.

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

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

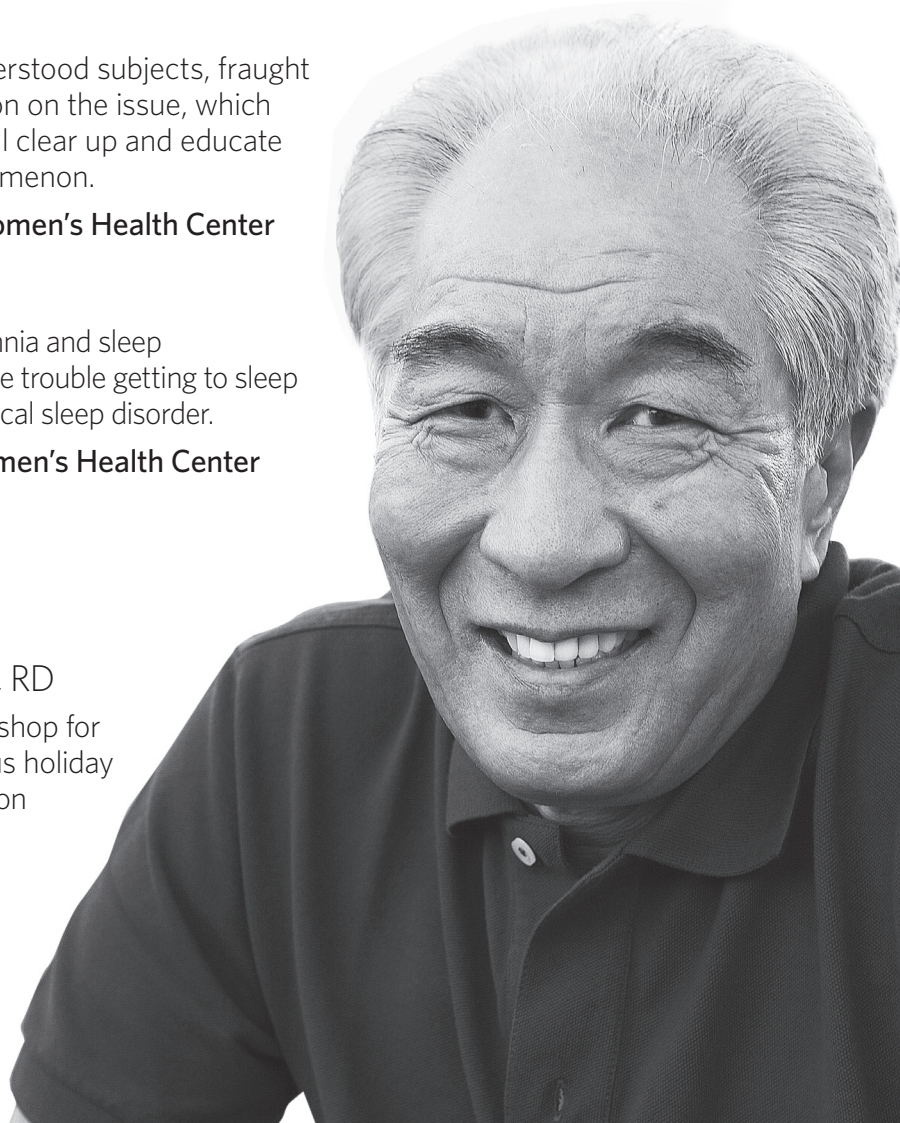
December

Eat Well Be Well – Healthy Holiday Cooking

– Alison Negrin, Executive Chef, Susie Howard, RD

Learn from a chef and dietitian how to read labels, shop for healthy foods, and prepare quick, easy and delicious holiday meals for you and your family. The meal preparation demonstrated will be served in the cafeteria.

December 3 | 10 a.m. – 12 p.m. | 941-7900 | John Muir Medical Center, Concord | \$20



Beat the Pack Smoking Cessation – One Day 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 that complete the class.

December 10 | 9 a.m. – 1 p.m. | 941-7900 | John Muir Medical Center, Concord | Cost \$40, \$30 for those 65 and over

Banishing the Blues – Alan Brast, Ph.D.

Depression often plagues busy adults, especially during the holiday season. During this session learn about the causes of depression and methods to help minimize and/or eradicate this condition from your life. There will be practical and easy-to-learn techniques and suggestions to improve the lives of those who experience this malady. This course provides information on reactive depression not mental illness or clinical depressions.

December 13 | 6:30 – 8 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.

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

Ongoing Classes

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 www.johnmuirhealth.com

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.

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

October 5 | 6 – 8 p.m. | 941-7900 | Women's Health Center

November 3 | 10 a.m. – 12 p.m. | 941-7900 | Women's Health Center

December 7 | 6 – 8 p.m. | 941-7900 | Women's Health Center

Pelvic Floor Strengthening - Linda Adams. LVN, 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.

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

October 17 | 5:30 – 6:30 p.m. | 941-7900 | Women's Health Center

November 21 | 10 – 11 a.m. | 941-7900 | Women's Health Center

December 19 | 5:30 – 6:30 p.m. | 941-7900 | Women's Health Center

Advance Health Care Directives – Suzanne Leib, MFT

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.

September 15 | 6 – 8 p.m. | 947-3300 | John Muir Medical Center, Walnut Creek

October 6 | 9:30 – 11:30 a.m. | 947-3300 | John Muir Medical Center, Concord

November 15 | 10 a.m. – 12 p.m. | 947-3300 | John Muir Outpatient Center, Brentwood

December 7 | 9:30 – 11:30 a.m. | 947-3300 | John Muir Medical Center, Walnut Creek

Cardiac Nutrition Class

For those diagnosed with heart disease or those looking to improve their diet, come learn the latest on reducing the risk of cardiac disease through proper nutrition. Topics include: the difference between cholesterol and various fats, what happens to your body when you eat different fats, nutrition guidelines for reducing the risks for heart disease, and how to read food labels.

October 3, November 7, December 5 | 5 – 6 p.m. | 674-2518 | John Muir Medical Center, Concord

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. Call for reservations.

September 14, October 12, November 9, December 14 | 7 – 9:30 p.m. | 947-3300 | John Muir Medical Center, Walnut Creek

September 13, October 11, November 15 | 2 – 4:30 p.m. | 228-3276 | Martinez Adult Ed, 600 F Street, Martinez

September 10, October 8, November 12, December 10 | 10 a.m. – 12:30 p.m. | 314-3400 | Danville Community Center, 420 Front Street, Danville

September 21, October 19, December 21 | 2 – 4:30 p.m. | 634-2565 | Liberty Adult Education Center, 929 Second Street, Brentwood

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 the 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!

September 10 (refresher class) | 8:30 a.m. – 1:00 p.m. | JMMC, Walnut Creek

September 14 & 15 (2 day, 8 hour) | 9 a.m. – 1 p.m. | JMMC, Concord

October 15 (1-day class) | 8:30 a.m. – 5:00 p.m. | JMMC, Walnut Creek

November 8 (refresher class) | 8:30 a.m. – 1 p.m. | JMMC, Concord

November 12 (refresher class) | 8:30 a.m. – 1:00 p.m. | JMMC, Walnut Creek

December 17 (1-day class) | 8:30 a.m. – 5:00 p.m. a.m. | JMMC, Walnut Creek

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 | 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 671-7900 to register.

September 20 – October 6 | Tuesdays and Thursdays | 5 – 6:30 p.m. | Health Center Gym, Concord | Cost \$95

October 11 – 27 | Tuesdays and Thursdays | 5 – 6:30 p.m. | Health Center Gym, Concord | Cost \$95

Screenings/ Health Fair

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 www.johnmuirhealth.com

Prostate Cancer Screening

Qualified men will receive a free prostate specific antigen (PSA) blood test as well as a digital rectal exam (DRE) performed by a John Muir Health urologist. Please call for more information and to make your appointment.

September 27 - 28 | 5:00 – 8:00 p.m. | 674-2404 (after September 5) | John Muir Medical Center, Concord

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.

September 20, October 18, November 15, December 13 | 9 a.m. – 12 p.m. | 947-3300

September 21, October 19, November 16, December 15 | 1 p.m. – 4 p.m. | 947-3300

John Muir Health Senior Services, Pleasant Hill

John Muir Health Outpatient Center, Tice Valley/Rossmoor

John Muir Health Outpatient Center, Brentwood

Pulmonary Health Fair

Learn about lung health at this free community event. Specialists will lecture on pertinent topics and provide the most up-to-date information on all aspects of lung health. There will be time for questions and an opportunity to take advantage of screenings and informational booths.

October 22 | 8 a.m. – 1:00 p.m. | 947-4447 (after October 1) | John Muir Medical Center, Concord



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 | * Jewish Community Center
2071 Tice Valley Blvd., Walnut Creek
(925) 938-7800 ext. 239 | John Muir Medical Center, Concord
2540 East St., Concord
(925) 682-8200 |
| * Ambrose Community Center
3105 Willow Pass Rd., Bay Point
(925) 458-2662 | John Muir Health Behavioral Health Center
Classroom A, 2740 Grant St., Concord
(925) 674-4100 | John Muir Medical Center, Walnut Creek
1601 Ygnacio Valley Rd., Walnut Creek
(925) 939-3000 |
| * Antioch Senior Center
415 W. 2nd St., Antioch
(925) 778-1158 | John Muir Health Gym
2710 Grant St., Concord
(925) 674-2900 | * Lafayette Senior Center
500 St. Mary's Rd., Lafayette
(925) 284-5050 |
| * Brentwood Senior Center
193 Griffith Lane, Brentwood
(925) 516-5444 | John Muir Health Outpatient Center,
Brentwood
2400 Balfour Rd., Brentwood
(925) 308-8100 | * Martinez Senior Center
818 Green St., Martinez
(925) 370-8770 |
| * Concord Senior Center
2727 Parkside Circle, Concord
(925) 671-3320 | * John Muir Health Outpatient Center,
Tice Valley/Rossmoor
1220 Rossmoor Parkway, Walnut Creek
(925) 939-1220 | * Pleasant Hill Senior Center
"The Little House"
249 Gregory Lane, Pleasant Hill
(925) 798-8788 |
| * Danville Community Center
420 Front St., Danville
(925) 314-3491 | John Muir Health Senior Services
3480 Buskirk Ave., Suite 100
Pleasant Hill (925) 947-3300 | * Pittsburg Senior Center
300 Presidio Lane, Pittsburg
(925) 252-4890 |
| * First Presbyterian Church
1965 Colfax St., Concord
(925) 682-8000 ext. 3916 | John Muir Health Women's Health Center
1656 N. California Blvd., Ste. 100
Walnut Creek
(925) 941-7900 | * Walnut Creek Senior Center
1375 Civic Dr., Walnut Creek
(925) 943-5851 |