



“Aging is a new stage  
of opportunity and  
strength”

Betty Friedman

## GET YOUR VACCINES

The CDC recommends certain vaccines for all adults. Ask your doctor to check your immunization record:

1. Seasonal flu (influenza) vaccine every fall
2. Tdap (tetanus, diphtheria, pertussis) or Td vaccine every 10 years
3. Shingles vaccine for adults 60 years and older
4. Pneumonia vaccines for adults 65 years and older (or < 65 with certain health conditions)  
\*1 dose of Prevnar 13  
\*At least 1 dose of Pneumovax 23

\*Recommendations by the CDC

## EAT HEALTHY

Did you know that one out of two older adults are at risk for malnutrition? Malnutrition contributes to delayed wound healing, decreased immune system function, infection, and illness.

### Tips for maintaining good nutrition:

- Eat 1<sup>1/2</sup> cups of fruits and 2 cups of vegetables each day.
- Eat 3 cups of low-fat milk, yogurt, or other dairy products each day.
- Eat at least 5 ounces of lean meat, poultry, or fish every day.
- Make sure at least half of your bread, cereal, pasta, or rice servings are made of whole grains.
- Have healthy snacks on hand, such as dried fruits, nuts, peanut butter, yogurt, low-sodium crackers, or granola bars.

## CARE FOR YOUR SKIN

As you age, your skin becomes dryer, thinner and less elastic, making it more susceptible to irritation, infection, wounds, and disease.

### Here are some tips to properly care for your skin:

- Keep your shower/bath water temperature lukewarm, not hot.
- Avoid traditional bar soaps, as these can be drying.
- Apply hypoallergenic, unscented moisturizing cream immediately after bathing.
- Use a humidifier in the winter and an air conditioner in the summer.
- Drink at least a half-gallon of water every day.
- Use a good quality sunscreen when outdoors, even in the winter.

# ACTIVE AGING

August 2017

## MONITOR YOUR BLOOD PRESSURE

Uncontrolled blood pressure can damage blood vessels and increase the risk for stroke, heart attack, and heart failure. For this reason, your blood pressure should be checked at every office visit. Consider purchasing a blood pressure monitor to use in your home.

### Blood pressure recommendations:

- Less than 150/90 mmHg in healthy adults 60 years and older.
- Less than 140/90 mmHg in healthy adults younger than 60 years old.
- Less than 140/90 mmHg for all ages if diabetes or kidney disease is present.

## MAINTAIN YOUR MUSCLE STRENGTH

Adults can lose on average 8% of their muscle mass each decade starting at age 40 and the rate increases up to 15% per decade after age 70. However, muscle loss can be reversed with proper nutrition and exercise.

### Tips for maintaining muscle mass:

- Eat more protein-rich foods (fish, lean meats, eggs, quinoa, beans, lentils, yogurt).
- Perform aerobic exercises (swimming, walking, gardening) for 30 minutes every day.
- Add weights to your exercise at least two non-consecutive days per week (dumbbells, weight machines, body weight, elastic bands, medicine balls).

## PREVENT OSTEOPOROSIS

Osteoporosis is a disease that causes bones to become weak, typically in the hip, wrist, and spine. Osteoporosis may result in a broken bone from even a minor fall.

### Tips to prevent osteoporosis:

- Get enough calcium and vitamin D in your diet\*
  - 1200 mg calcium daily
  - 800-1,000 IU vitamin D daily
- Perform low-impact, weight bearing exercises for 30 minutes at least 3 days per week

\*Recommendation for women >50 years

## HEALTH SCREENINGS

1. Colorectal cancer: It is recommended that adults age 50 to 75 are screened every 10 years.
2. Breast cancer: It is recommended that women age 45 to 54 are screened every year and women age 55 and older are screened every 2 years.
3. Cervical cancer: It is recommended that women age 30 to 65 are screened every 3 to 5 years.

\*Recommendations from the CDC by the U.S. Preventive Task Force



EMI Health and Veridicus Health care about your health and well-being. If you have healthcare questions, contact our team of registered nurses, mental health professionals, clinical pharmacists, and wellness coaches.

Be proactive with your health!

Please contact us at 855-586-2568.

We are available Monday through Friday, 8:00 a.m. to 5:00 p.m. MT.

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References available upon request