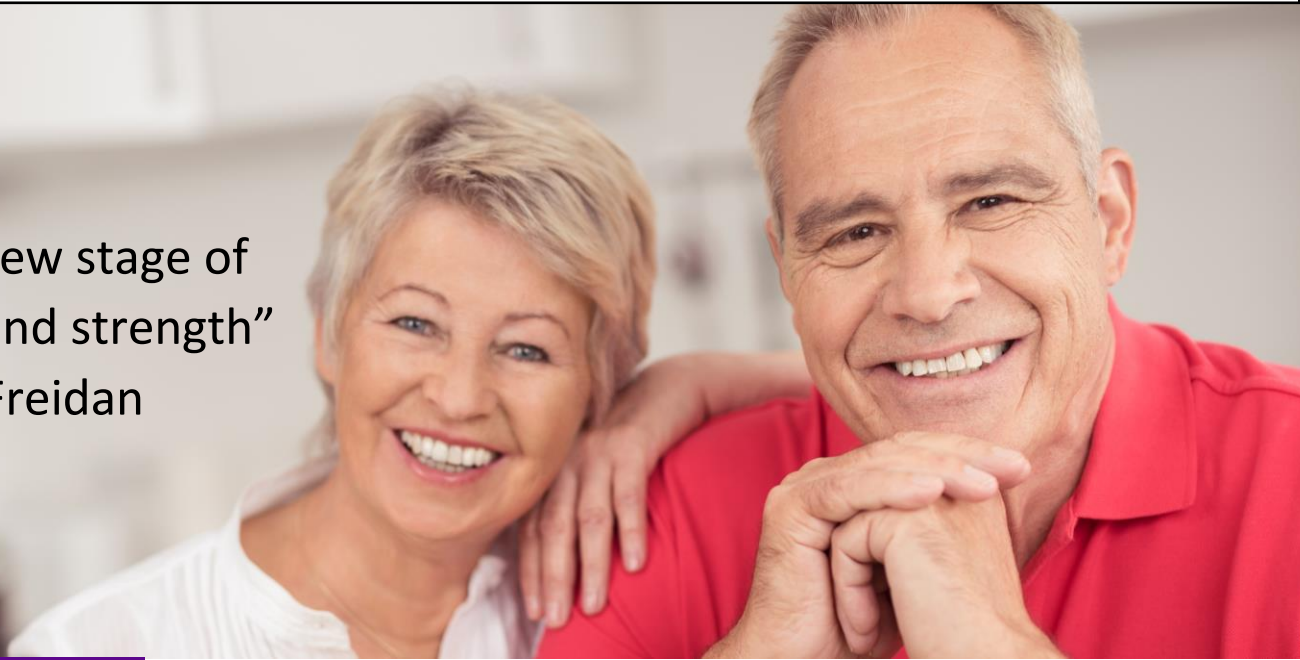


“Aging is a new stage of opportunity and strength”  
-Betty Freidan



## GET YOUR VACCINES

The Center for Disease Control (CDC) recommends certain vaccines for all adults. Check your immunization record and make sure you have received:

1. Seasonal flu (influenza) vaccine every fall
2. Tdap (tetanus, diphtheria, pertussis) or Td vaccine every 10 years
3. Shingles vaccine(s) for adults 50 and older
4. Pneumonia vaccines for adults 65 and older (or younger than 65 with certain health conditions)

## EAT HEALTHY

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

### Tips for maintaining good nutrition:

- Eat about 1 ½ servings of fruits and 2 or more servings of vegetables each day.
- Eat 2-3 cups of low-fat milk, yogurt, or other dairy products each day.
- Eat about 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, or low-sodium, whole grain crackers.

## CARE FOR YOUR SKIN

As you age, your skin becomes dryer, thinner, and less elastic. This makes you 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.
- Make sure you are well hydrated
- Use a good quality sunscreen when outdoors, even in the winter.

# HEALTHY AGING

## MONITOR YOUR BLOOD PRESSURE

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

### Blood pressure recommendations:

- Normal blood pressure is considered less than 120/80 mmHg
- Healthy adults 65 years and greater should strive for less than 130/80 mmHg
- If you have diabetes or kidney disease it is recommended to be less than 130/80 mmHg

## MAINTAIN YOUR MUSCLE STRENGTH

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

### Tips for maintaining muscle mass:

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

## PREVENT OSTEOPOROSIS

Osteoporosis is a disease that causes your bones to weaken. Common bones affected are in the hip, wrist, and spine. When osteoporosis is present, even a minor fall can result in a broken bone.

### Tips to prevent osteoporosis:

- Get enough calcium and vitamin D in your diet. Most adults require:
  - 1200 mg calcium daily
  - 800-1000 IU vitamin D daily
- Performing low-impact, weight-bearing exercises can help prevent osteoporosis.

---

## HEALTH SCREENINGS:

### 1. Colorectal cancer:

It is recommended that adults age 50 to 75 receive a colonoscopy every 10 years.

### 2. Breast cancer:

Beginning at age 40 talk to your doctor about the when and how often you should receive a mammogram.

### 3. Cervical cancer:

It is recommended that women age 30 to 65 are screened every 3 to 5 years.

We care about your health and well-being and our staff of registered nurse care managers, mental health professionals, wellness coaches, and clinical pharmacists are here to help. **If you have questions, please call 855-586-2568, Monday through Friday, 8 a.m. to 5 p.m. MT.**