

# A Geriatrician's Prescription for Healthier Living

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# Definitions

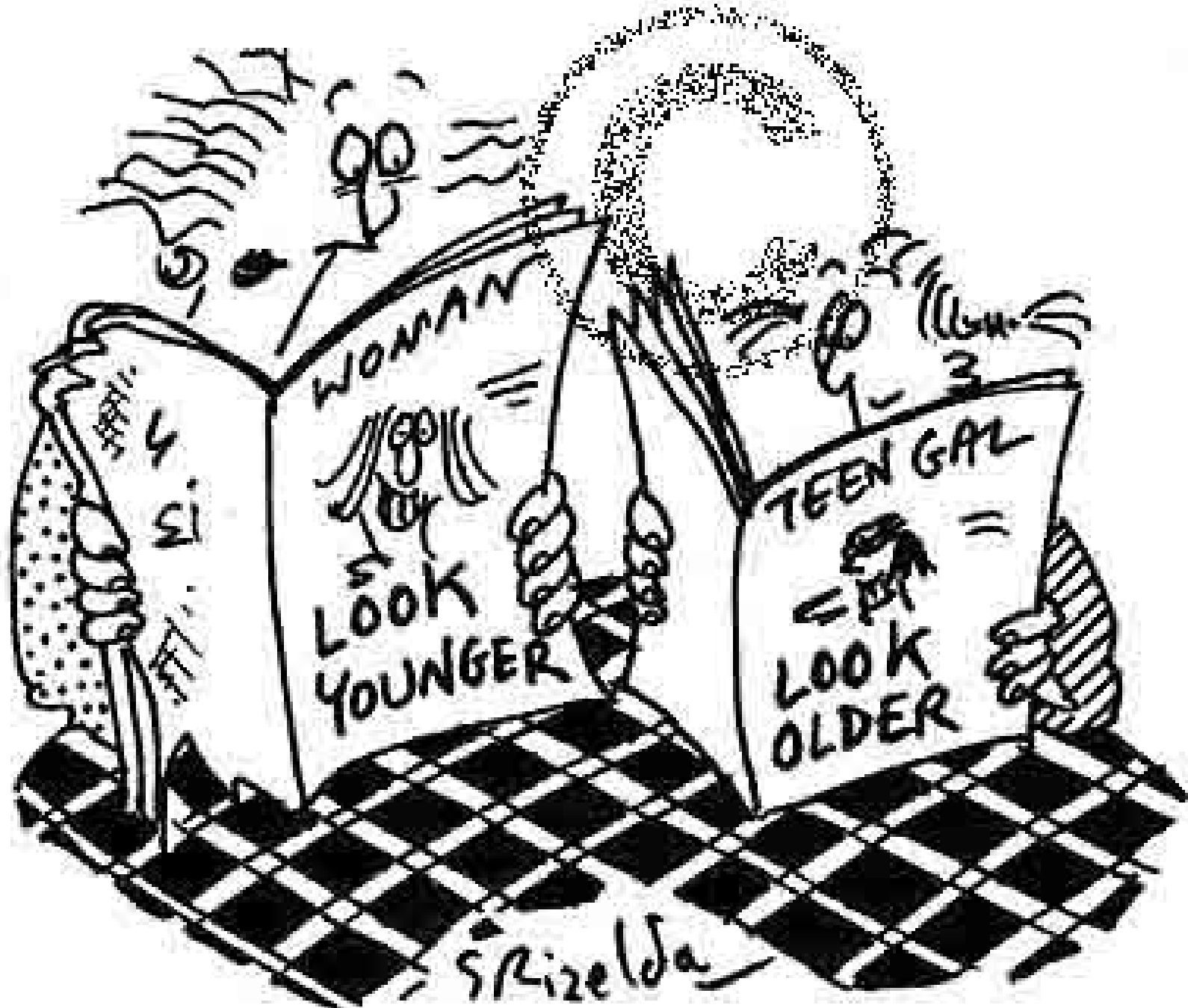
- Gerontology: Study of Aging
- Geriatrics: Health and Social Care of the Elderly
- Geriatric Medicine: Medical Care of the Older Patient
- Geriatrician: a doctor who specializes in caring for Older patients

# Geriatrics

- **Geriatrics:**

Geras - old age

iatrikos - relating to the physician



# Stages of Aging

- Youth/ Adolescent
- Young Adult 18- 25
- Early middle age: 25-50
- Late Middle Age: 50-75
- Old age 75+

We want to be  
**independent**

# Demographics

Year	Total Population (millions)	%over age 65	%over age 85
1995	262.8	12.8	1.4
2000	274.6	12.6	1.6
2010	297.7	13.2	1.9
2020	322.7	16.5	2.0
2030	346.7	20	2.4

# How to stay healthier?

No magic pills or injections!

No large raid on your bank  
account!

# Simple steps

- Exercise
- Socialize
- Eat well
- Use your brain
- Plan ahead

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SHUFFLING SHOES



"I want a refund. They only shuffle."

# Exercise

- Walking
  - At least 3 times a week but daily is good
  - Outside
  - Mall walking
- Swimming
- Golf, Tennis, Ski
- Strengthening with weights
- Be Active

# Social Networks

- Friends
  - Some younger than you!
  - New friends
- Marriage
- Family
- Spiritual Ties / Religious Communities
- Senior Centers
- Trips
- Volunteer

# Nutrition

- Fish twice a week
- Fruits and Vegetables
  - Brightly colored
  - Green leafy
  - Variety
- Less meat
- Healthy fats and oils
- Weight?

# What about Vitamins and Minerals?

- Multivitamin
- Vitamin D 800 units/day
- Calcium 1500 mg/day
- Folate / Folic Acid 400 mcg/day
- Herbals?

# Exercise your Brain

- Use it or Lose it
- Puzzles
- Adult Education
- Work
- Volunteer

# Planning

- Where to live
  - Housing
  - Communities
- Medical Care
- Advanced Directive
  - Health Care Proxy
  - Living Will
- Financial

# Disability

- Functional Level
- Goals of Care
  - Life span
  - Functional
  - Palliative
- Community Help
- Supportive Programs (i.e. Summit ElderCare, Fallon Community Health Plan Value Plan)

# Rx

- Be Active physically and mentally
- Make and maintain friends
- Eat fish, fruits, and vegetables
- Don't worry but plan!