



CHI Health

better you

IMAGINE THAT.



Probiotics
Nature's Secret
Agents?

Medicare
Dollars are in
the Details

Crack the
Code

Fit After 50

October 2019
CHIhealth.com

Crack the Code: Stay Fit After 50



Change is inevitable, but that doesn't always mean it's easy – especially when it comes to your health. Suddenly, the diet and fitness routine you've been following for years isn't working like it used to. You're doing all the same things, but your body is reacting differently.

Get Checked

"This would be a good time to get back into your doctor's office and have an exam. Have your labs checked and evaluate your sleep," said Adam Brank, MD, CHI Health internal medicine specialist.

Most of Dr. Brank's patients are over age 50 – a milestone when health shifts can begin.

"That age range is certainly one where both men and women experience hormone changes – testosterone, estrogen, progesterone," Dr. Brank said. Bone loss also gradually occurs, along with thyroid and adrenal gland function changes.

Move More

Just because your body slows down, doesn't mean you have to. "A lot of times, patients think they need to avoid exercise because it will weaken joints, but it actually improves joint health,"

Dr. Brank said. "Not exercising can increase your chances of falls and further joint injuries, rather than actually wearing out the joint quicker."

Dr. Brank encourages weight-bearing exercises like weight lifting, yoga or Pilates because they help boost hormone levels and keep you mobile.

He also recommends 150 minutes of movement each week – optimally over the course of at least three days. When you don't feel like grabbing the weights, grab a partner to workout with. Dr. Brank said this will not only hold you accountable, but encourage social time.

Eat Better

Along with exercise, you should also focus on your diet – eating foods that are high in protein with fruits and vegetables on the side. Healthy fats are good, too, but lay low on the carbs. "These are highly processed and don't leave you feeling satisfied," Dr. Brank said.

It can be difficult to get all the necessary nutrients, even with a well-balanced diet. Dr. Brank recommends taking multivitamins plus vitamin D to help reduce risk of falls and 1,200 to 1,500 mg of calcium supplements to promote healthy bones.

Snack Champs: Win Taste and Lose Weight

Satisfy your hunger, enjoy a little indulgence and keep your diet on track? You can with these snacks combinations.

1 cup cherry tomatoes

Vitamin C, Potassium, Antioxidants

2 oz mozzarella

Protein, Calcium, Magnesium, Vitamin A

<200 calories



1 Red Bell Pepper

Vitamin C, Antioxidants

3 oz Guacamole

Healthy Fat and Fiber

<200 calories



½ cup Greek yogurt

Calcium, Protein, Phosphorus, B-Vitamins, Probiotics

½ cup mixed berries

Antioxidants, Fiber, Anti-inflammatory

1 tablespoons chopped nuts

Protein, Fiber, Healthy Fats

<200 calories



1 cup Edamame

Protein, Fiber, Folate and Vitamin K (Heat them up, add pinch of salt)

<200 calories



Patient + Provider = Perfect Number for Heart Health

Age may be just a number, but unlike age, when it comes to your ticker, numbers count.

"Knowing your five key numbers can, to a certain extent, help monitor your risk for cardiovascular disease like angina, heart attack, stroke and peripheral artery disease," said Jose Friesen, MD, cardiologist with CHI Health.

But numbers aren't everything. "In the past, doctors relied on specific cholesterol ranges. Today, we take a more personalized, integrated approach. I look at my patients' cholesterol in relation to other risk factors like age, gender, family history," said Dr. Friesen. "What's right for one of my patients isn't necessarily right for another."

A proponent of a team approach, Dr. Friesen said, "Just knowing your numbers isn't enough. Providers and patients working together is proven more effective. We strive to find that ideal balance between major risk factors, the numbers and modifiable elements like diet, exercise, alcohol, smoking, stress."

Ideal numbers for most people:



Blood Pressure
120/80 mmHg



Body Mass Index
25 kg/m²



Fasting Blood Sugar
100 mg/dL



Total Cholesterol/HDL
Talk to your doctor

Young (or Old) at Heart?

Learn Your Ticker's Actual Age

How many candles are on your heart's cake? It's good to know, because a little prevention could add years to your life.

Now you can get a customized heart risk assessment report – including your "Heart Age" – in just minutes. Get personalized feedback about your heart risks and get help from the most experienced cardiology experts in the region.

If you're at higher risk, you can request a free phone consultation with a certified clinician to review your results and answer your questions. You can also schedule an appointment with one of our cardiologists.

Take the Test!

To learn your heart's age, go to: CHIhealth.com/HeartRisk





Doctor's Orders: See Me at Least Once a Year

As your health journey evolves, so should the relationship with your doctor – and that means regular visits. “We want to see you in the office before we see you in the emergency room,” said Heather Morgan, MD, CHI Health gerontologist.

“It’s super important to focus on preventative health care. There are things that can be caught at that preventative visit, that if we treat it then, it can determine how healthy you are in your older age.”

At this phase in life, doctors monitor your cholesterol, blood pressure and blood sugar closely and perform more screenings. “Colonoscopies are recommended above the age of 50,” Dr. Morgan said. “Mammograms,

that depends on who you ask, but (generally) over age 50. Your risk of heart disease goes up as you get older, so we look at that.”

You may even need to see your physician more frequently. “If patients have high blood pressure or diabetes, they should see their doctor at least twice a year,” Dr. Morgan said.

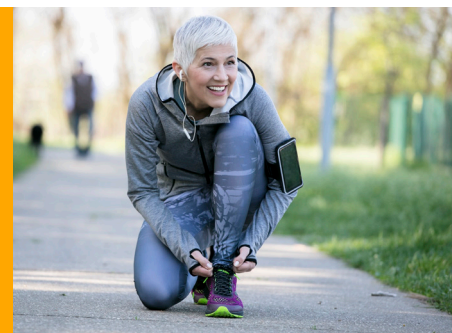
A simple step you can take independently – jot down health questions and concerns as they pop in your head. Dr. Morgan encourages making a list on your smart phone or a notepad. She also recommends researching your family history. Questions and detailed information help make your doctor appointments efficient and effective.

Check It Off: Screening To-Dos

- ✓ **Abdominal aortic aneurysm:** one-time screening for men ages 65-75 who have smoked
- ✓ **Breast cancer:** mammograms every 1-2 years for women 40+
- ✓ **Cervical cancer:** cervical cancer and human papillomavirus screenings every 3-5 years for women ages 30-65
- ✓ **Osteoporosis:** bone measurement testing in postmenopausal women < age 65 who are at an increased risk, screening for all women 65 and older
- ✓ **Blood pressure:** all adults
- ✓ **Diabetes:** adults ages 40-70 who are overweight or obese
- ✓ **Hepatitis C virus:** recommended for adults born between 1945 and 1965 regardless of risk
- ✓ **Lung cancer:** annual screening for adults age 55-80 with a 30 pack-year smoking history and currently smoke or quit within past 15 years

Be sure to discuss vaccinations with your care provider. The four most common vaccines older adults need include the flu, pneumococcal, shingles and Tdap (tetanus, diphtheria and pertussis) booster.

Source: U.S. Preventative Service Task Force Guidelines can vary depending on individual risk factors and insurance.



Dr. Morgan’s biggest piece of advice: hit the gym. “If I could prescribe exercise as a pill to people, I would,” Dr. Morgan said. “Exercise is like a wonder medication. It decreases your risk of heart attack and stroke. It’s been shown to decrease your risk of dementia, help with mood and sleep and improve your ability to function and navigate life. Exercise is training for life so that you can continue to live independently, even as you age.”

Don't Get Derailed by Bloating and Bathroom Problems

Think of it as cars on a train. “One part of the train doesn’t work well, the rest of the train suffers,” said CHI Health Gastroenterologist Robert Kizer, MD.

“The entire digestive tract must coordinate its movements to move food through,” he said, “and to move waste out of our digestive tract. We normally aren’t aware of the functioning of our digestive tract. It doesn’t really bother us unless we are hungry or need to poop. But if it’s not working, it will let us know!”

Older patients sometimes get “derailed,” Dr. Kizer said. “Everyone ages differently, but many things can affect how well our digestive tract moves along.” Diabetes can damage the nerves of our digestive system. Medications can affect mobility. Older adults are often less thirsty, which can lead to dehydration.

Depending on which organ (esophagus, stomach, small intestine, large intestine) is affected, problems can show up as difficulty swallowing, feeling full early into a meal, feeling bloated, and both constipation and diarrhea.

To avoid bloating, bathroom and other issues:

- Eat a high-fiber diet.
- Consider taking a fiber supplement (psyllium husk). If this causes bloating, take a stool softener.
- Drink lots of water. Dehydration can lead to constipation and decreased energy.
- Be active. Moving the body aids digestion and overall well-being.
- Get your colon cancer screening. If you’ve never had a colon cancer screening, talk to your doctor about it right away. It’s never too late to get started!
- Take care of the “whole” you. No organ works alone. Blood pressure, cholesterol, diabetes, and even mental health affects your digestive tract.



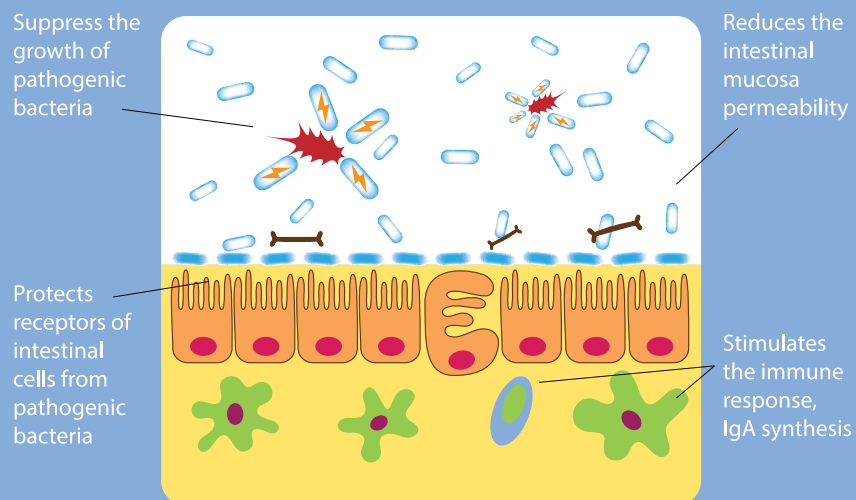
9 Ways to Your Happy Place

1. Get outdoors regularly.
2. Reduce caffeine intake.
3. Listen to calming music.
4. Connect with others: laugh, play, dine.
5. Learn to say “No.”
6. Write, paint, try other forms of artistic expression.
7. Take slow, steady breaths for 5 minutes.
8. Practice gratitude.
9. Spend time with a pet.



Nature's Secret Agents: Probiotics are Good Bacteria

Probiotics in Action



You didn't hear much about them 10 years ago, but today probiotics crowd the pharmacy and grocery store shelves.

They're live bacteria that are good for you.

"Probiotics replenish the good bacteria in your gut, which may aid in digestion," said Carleigh Koenck, MD. They also can help normalize the bacterial balance in your body to fend off bad bacteria or other disease-

causing organisms.

"But probiotics are not for

"Probiotics replenish the good bacteria in your gut, which may aid in digestion"

Carleigh Koenck, MD.

everyone," Dr. Koenck said. "They may be beneficial in infectious diarrhea, irritable bowel syndrome or in the prevention of vaginal infections such as yeast infections."

When you're confronted with the wide selection available at the

store, Dr. Koenck suggests looking for probiotics that contain *Lactobacillus GG* and *S. boulardii*.

Gut Check: Fermented Foods and You

Your digestive tract contains trillions of microorganisms known as gut microbiota. Each person's microbiota is unique. These bacteria benefit our health by:

- Aiding digestion/nutrient absorption
- Synthesizing vitamins/anti-inflammatory molecules
- Supporting the immune system
- Preventing harmful microbe growth

Fermentation is a food preservation technique dating back to the beginning of civilization. Fermented foods provide health-promoting bacteria similar to those living in our gut. Common fermented foods include:

- Yogurt
- Sour cream
- Kefir
- Fermented vegetables
- Sauerkraut
- Miso
- Kimchi
- Raw apple cider vinegar
- Kombucha
- Buttermilk

Look for the words "live active cultures" on food labels because high heat and pasteurization destroy beneficial bacteria.



Team Up:

Let's Beat Diabetes Together



Alarming numbers: about one in 10 Americans is diabetic, one in three is prediabetic.

Seniors need to watch for symptoms. "Diabetes is definitely known to increase the risk of dementia, gum disease, dental disease and hearing loss," said Michael Guzman, MD, CHI Health primary care provider. "It has also been linked to a modest increase in certain cancer risks."

The symptoms Dr. Guzman sees most often: kidney disease, heart and blood vessel disease, eye disease, foot

ulcers, nerve pain and loss of nerve sensation (numbness).

He recommends testing if diabetes runs in your family and said doctors are split on screening criteria for others. "A summary of a few opinions is to screen people who have a family history, who are overweight (BMI more than 25) and between the ages of 40 to 70." Others advise screening for anyone over the age of 45.

Treatment can vary for seniors as well. Dr. Guzman said with too aggressive control of blood sugar, risks

to older patients include dizziness, passing out, falls, fractures and hospitalizations. "Further complicating our risk calculation is seniors being at a significantly higher risk of heart attack and stroke."

His suggestion: work closely with your physician to bring your blood sugar numbers down and to avoid complications. "Good diet, exercise and the right medicines are usually very effective in all but the most difficult cases."

Sweet Treat: Bake with Less Sugar

Experts say sugar can be reduced by about a third without affecting quality. In tests, chocolate chip cookies with 75% less sugar were still tasty. Tips for cutting back:

1. Use sugar as a topping to increase sweetness with the least amount of sugar. Roll cookies in sugar before baking while cutting back in the recipe.
2. Sugar helps baked goods retain water, so adjust for reduced sugar by increasing bananas or zucchini in your quick breads. Or add a bit of milk to your cake.
3. Reduced sugar means reduced caramelization. Chilling cookie dough for at least 30 minutes before baking increases caramelization during baking.
4. Sugar contributes to overall flavor, not just sweetness. Add extra spices, fruits, nuts, or extracts to compensate.
5. The less sugar you use in cookies, the less they will spread — and that makes a cakey cookie. For crispy cookies, try making the batter extra thin.



Inside Medicare: Dollars are in the Details

It's important to look before you leap into Medicare. The options can be daunting – especially at first glance – and a misstep can result in penalties which follow you for the rest of your life.

Start by learning the ropes: **Eligibility, Elements** and **Enrollment** – plus **Expertise** to help you find your way.



ELIGIBILITY

Age 65 – Medicare is the Federal government health insurance program for those age 65 and older. You don't have to be retired or collect Social Security to receive Medicare.

Before Age 65 – You may also become eligible before age 65 if you have a permanent disability or end-stage renal disease.

ELEMENTS

Medicare includes Parts A and B, C and D. These parts are grouped into Original Medicare and Medicare Advantage.



Original Medicare Offered by the Federal Government

Part A

Hospital Insurance helps cover:

- Hospitalizations
- Skill nursing facility care
- Hospice care
- Home health

Part B

Medical Insurance helps cover:

- Doctor appointments
- Outpatient care
- Preventive services (screenings, immunizations, annual wellness visits)
- Occupational/physical therapy
- Medical equipment (wheelchairs, walkers, etc.)

Original Medicare covers much - but not all - of your care and has deductibles and coinsurance.

Medicare Advantage Offered by Private Companies

Part C

Medicare Advantage includes:

- Medicare Parts A and B, and usually Part D
- PPO or HMO network of providers
- Some plans also offer:
 - o Lower out-of-pocket costs
 - o Extra benefits (vision, hearing, dental)

Medicare Advantage is considered an "all-in-one" alternative to Original Medicare and has separate premiums.

Part D

Prescription Drug Coverage helps cover:

- Prescription drug costs

Part D is available as a stand-alone option. If you don't join a Medicare prescription plan when you're first eligible but do join later in your life, you may be required to pay a late enrollment penalty for the remainder of your life.

EXPERTISE

It's easy to get overwhelmed by the complexities of Medicare, but help is available.

Medicare questions?

Connect with resources to choose a plan that includes your trusted CHI Health care provider.

CHIhealth.com/Medicare



Online

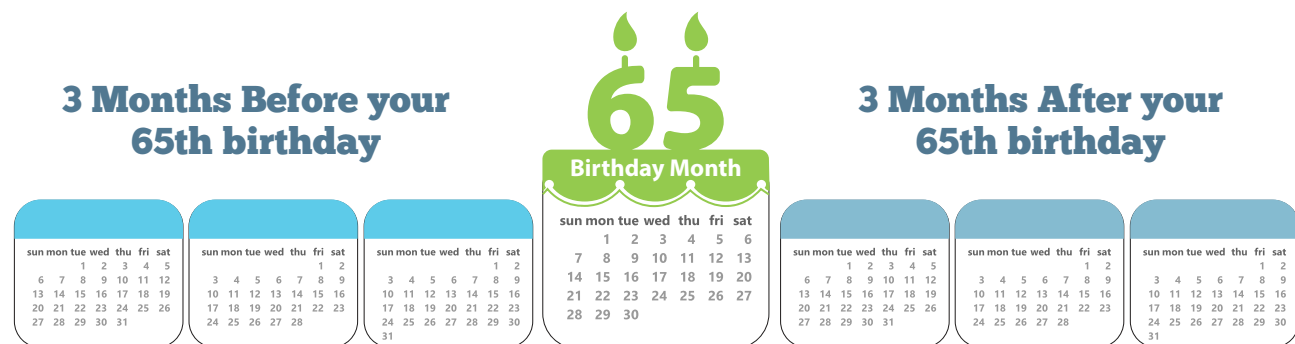
Medicare.gov



Call

800-Medicare
(800-633-4227)

Initial Enrollment Period (IEP)



ENROLLMENT

If you collect Social Security at age 65, you are automatically enrolled in Medicare Part A and B.

If you don't collect Social Security, you can enroll during one of three enrollment periods.

1. Initial Enrollment Period (IEP)

- 3 months prior to the month you turn 65 (birthday month)
- Your birthday month
- 3 months after your birthday month This is when most individuals enroll in Medicare for the first time.

2. General Enrollment Period

- Jan. 1 – March 31, If you didn't sign up for Part A and/or Part B during the Initial Enrollment Period, you can sign up during General Enrollment. Your coverage won't start until July 1 of that year, and you may have to pay a higher Part A and/or Part B premium for late enrollment.

3. Special Enrollment Period (SEP)

- Medicare allows for enrollment anytime during the year when certain life events occur – some

examples of such circumstances include leaving a current employer's sponsored health plan, a relocation to a new area or your qualification for Medicaid or Extra Help changes.

4. Annual Election Period (AEP)

- Oct. 15 – Dec. 7
- Already have Medicare? Medicare's Annual Election Period is the time when all Medicare beneficiaries are able to change their

Medicare participation options for the upcoming calendar year. During this fall's Annual Election Period you can change your Medicare health or prescription drug coverage for 2020.

Myth: I'll be notified when it's time to enroll in Medicare.

Fact: You generally have to remember to enroll on your own. Penalties may apply if you fail to enroll in parts B or D, and those penalties follow you for the remainder of your life.

Myth: I won't qualify for Medicare because my health is poor.

Fact: Medicare cannot reject you because you're sick or have a preexisting condition. Your acceptance into Medicare is guaranteed regardless of your health, once you reach the age of 65 (unless you qualify by disability).

Myth: Medicare is free.

Fact: Some parts of the program may be offered at no cost; however, enrollees are expected to cover some premiums, deductibles and out-of-pocket expenses.

Myth-busting Medicare

Think Mediterranean for a Longer, Healthier Life

What could be healthier than a Mediterranean diet? It's mostly plants – vegetables, fruits, nuts, fish, legumes, whole grains and seeds and olive oil. Eating a Mediterranean diet in midlife gives 34 to 46 percent greater odds of aging without any physical or mental diseases. Breast cancer risk is 40 percent lower, heart disease risk is 33 percent lower and it helps depression 32 percent of the time. People who follow this diet have less age-related brain shrinkage.

Heart disease risk is 33 percent lower.

Researchers say there's something even healthier than a Mediterranean diet: a Mediterranean lifestyle. The people of small Greek and Italian villages turn every meal into an excuse to enjoy friends and family. They are

free of chronic stress. They get fresh air and exercise by doing leisurely social activities like walking and bicycling. Dr. Ancel Keys, father of the Mediterranean diet, studied Pioppi, Italy, where life expectancy averages 90. He attributed it to a joyous lifestyle as well as diet. He moved there with his wife, Margaret. He lived to be nearly 101, and Margaret lived to be 97.



TEN Steps Toward the Mediterranean Diet

1. Eat lots of vegetables. Add them to all your recipes.
2. Change how you think about meat. Limit meat to 3-4 ounces.
3. Enjoy some dairy products. Eat plain yogurt, smaller amounts of cheeses.
4. Eat seafood twice a week. Try tuna, herring, salmon and sardines and shellfish.
5. Cook vegetarian at least once a week. Build meals around beans, whole grains and vegetables.
6. Eat healthy fats. Nuts, peanuts, sunflower seeds, olives, avocados; cook with extra-virgin olive oil.
7. Switch to whole grains. Swap refined breads/pastas for traditional grains.
8. Eat fresh fruit for dessert. Save sweets for special treats.
9. Drink lots of water. Lighter urine means more hydration.
10. Just one glass. One glass of wine a day for women, two for men.



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Quick Care

Days. Nights. Weekends. Walk-ins are always welcome at one of our Hy-Vee clinic locations.



Priority Care

Open 7 days a week in the Omaha metro, 8am - 8pm. All of our Family Health Center clinic locations offer walk-in access at Primary Care rates (including co-pays). No appointment needed!

CHI Health Clinics

You can find expert care at more than 150 convenient locations across the region with more than 900 providers and 40 specialties.

Hospital Locations

NEBRASKA

Grand Island
CHI Health St. Francis

Kearney
CHI Health Good Samaritan

Lincoln

CHI Health St. Elizabeth
CHI Health Nebraska Heart

Nebraska City

CHI Health St. Mary's

Omaha

CHI Health Creighton
University Medical Center
- Bergan Mercy
CHI Health Immanuel
CHI Health Lakeside
CHI Health Midlands

Plainview

CHI Health Plainview

Schuyler

CHI Health Schuyler

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Corning
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