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On the morning this was written, Andrew Frieden, the “Best Meteorologist” according to Style Weekly readers, declared that “Spring is coming!” Because the sunrise is inching earlier, today is the first day the sun rose before 7am. It rose at 6:59am on February 14th, Valentine’s Day. So enjoy your sweet treats now, for the warmer months, are coming!

In this issue of Healthy Aging Guide we are exploring better uses of our time, and time management to avoid stress. We are also taking a look at cancer-preventative choices we make in our diets and lifestyle habits. We will look back at The Hermitage, in historic Ginter Park, which continues to offer multiple levels of senior care and living. Have you tried yoga? Concern about falls increases as we age, and yoga assists in building strength and balance, no matter your age! We have some exercise descriptions for you to try. As a bonus, we have an article from the fine physicians at Virginia Urology, who are always available to answer your questions and recommend treatment.

Currently, Style Weekly’s “Best of Richmond” Online Voting is LIVE! Through March 17th, you can type in your “Best” choices for over 150 categories. Then cross your fingers, and be sure to pick up your “Best of Richmond” Annual Readers’ Choice Awards Issue on May 24th!

In the meantime, we have our Annual Restaurant Issue, “State of the Plate” coming out March 8th, the 25th Anniversary of the French Film Festival happening March 27th-April 2nd, RVA Earth Day on Saturday, April 22nd, and another Healthy Aging Guide in our May 17th issue of Style Weekly.

Be sure to let the supporting advertisers know where you saw their ads, we couldn’t do this without them! And you can always check us out online at styleweekly.com/HealthyAgingGuide
Do Less To Do Better

By Janet Burton

So often we think of productivity as doing more and more each day, packing in everything like an overstuffed suitcase. Just one more email, one more call, or one more thing before we collapse into numbing exhaustion at the end of the day. Wikipedia defines productivity as “an average measure of the efficiency of production.” Note that it does not say the amount of production but rather the efficiency of production. Just because we are busy doesn’t mean we are productive or efficient.

One of the greatest detriments to productivity is that we live in a hyper-stimulated world, we continually have our boss, our co-workers, our clients, our emails, phones (multiple), social media, and a multiplicity of other things clamoring for our attention. God forbid our families, kids, or loved ones want time carved out for themselves, we just don’t have anything left. We are running on fumes most days.

A couple of simple, yet powerful, concepts and techniques came to my aid to do a radical difference in our lives, freeing us to focus on what is essential.

FOCUS ON WHAT IS ESSENTIAL

In his book, Essentialism, Greg McKeown talks about doing less to do better. I can hear the alarms bells going off here, as you say - “But I have SO much to do.” McKeown argues that when we are maxed out with multiple projects and endless to dos, we don’t do anything really well but rather our efforts are diluted and dispersed because we get overloaded.

What if we eliminated those things that were not truly essential? Do we need to go to every meeting, or say “yes” to everything we are asked to take on? Develop 1-3 core objectives for your job, your business, and your life and evaluate everything as to whether it adds or subtracts from your objectives. This takes time and practice but the payout is huge.

MAKE SPACE FOR WHAT IS IMPORTANT

Following on the concept of essentialism, Leo Babauta with Zen Habits gives a wonderful analogy of filling up your weekly buckets with Big Rocks first, then leaving space for pebbles and sand to fill in. The Big Rocks represent the most important things you need to do in the coming week to meet your objectives. Babauta recommends having no more than 4-6 Big Rocks. The Big Rocks should include non-work items as well (your family and friends will thank you!). By focusing on the Big Rocks first we get the most essential things completed. This also help to avoid procrastination as we focus on our mission critical first. It also gives us greater permission to push back on those things that clutter our ability to focus on what is most important.

BITE OFF SMALL CHUNKS

Two things that contribute to our overload are underestimating the time it actually takes to complete a project and putting things off until the last minute because we really don’t want to do them. The Pomodoro Technique can really help to address both these issues. Its philosophy is simple - break things down into 25 minute increments. When working on a project or studying set a timer for 25 minutes. Eliminate all distractions during this time (turn off phone ringer, turn off computer notifications), and focus only on the task at hand. No multi-tasking here as it defeats the purpose. Take a couple of minutes break after the 25 minutes and then move onto the next project for 25 minutes, or add increments of 25 minutes to complete a project.

I struggle with underestimating some projects especially if it is a new area, or the project is more complex than I anticipated. I find myself becoming frustrated because I either have to finish the project and put off other things, or I need to leave the project temporarily to complete another scheduled task. Either way I end up feeling frazzled. I have found the Pomodoro Technique is really helpful for this. Start putting down expected time for a project, then log the actual time it takes to complete the project or task. For example, if you write a weekly newsletter and you normally block out 1 hour for it, but with research you find it normally takes you an 1 hour and 30 minutes. This information will really help you be more realistic in planning out your week. It will help you focus on the important things but also helps better schedule your calendar so you don’t end up with an unrealistic schedule that leaves you unfocused and over-scheduled.

Article Source: http://EzineArticles.com/expert/Janet_Burton/2359884
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After 50 years of living in the same house on St. Christopher’s Road, Anne Satterfield knew moving to a new home would be a challenge. As it turned out, the only hard part was sorting her possessions; the decision to move to The Hermitage was an easy one.

“I thought it would be a homey place, and a friendly place,” Mrs. Satterfield says. “And both those things are very true.” She now lives in a sunny, third-floor apartment decorated with oil landscapes painted by her late husband, former U.S. Rep. David E. Satterfield III. “I love my apartment,” she says, “because it looks out over the front yard. I call it ‘my’ front yard. The trees and the grass are beautiful, and I don’t have to do anything about it.”

What makes The Hermitage so different from every other retirement community in Richmond? It’s very simple; The Hermitage feels like home.

Located in the leafy and historic neighborhood of Ginter Park, it’s just minutes from the interstates, shopping and dining destinations, and cultural amenities like the Virginia Museum of Fine Arts and Lewis Ginter Botanical Garden. On warm days, residents sit on sunny patios or work in the raised gardens. Two resident parrots, Pookie and Peep, enjoy greeting passersby.

Originally built by Jonathan Bryan in 1911 as a wedding present for his wife, Winifred, the house was purchased by Virginia United Methodist Homes in 1948 and transformed into a home for seniors. While the Hermitage is now much larger, the warmth of the original house persists in the elegant foyer and traditional decor.

The Hermitage’s 168 apartments are as individual as its residents. From cozy studios to spacious two-bedrooms, the independent-living apartments have a range of sizes and layouts. The Boulevard apartments on the fourth floor feature crown molding, large kitchen islands and beautiful cabinetry. Residents are encouraged to paint and furnish their apartments to their liking. Weekly housekeeping and linen service are included.

The Hermitage offers three levels of care beyond independent living. Residents who need medical supervision, or assistance with daily tasks like bathing and taking medication, can continue to live in their apartments with the help of assisted living services. Those who need more care will find a welcoming home at the Health Care Center, which has a full-time support staff of nurses and a dietitian.

Two memory care centers, for people with Alzheimer’s or dementia, are distinguished by thoughtfully structured schedules, household-style layouts and attentive, compassionate staff. Residents’ rooms are carefully furnished with family heirlooms and cherished possessions. “Whatever they want, they can have,” says Susan Cantrell, The Hermitage’s marketing director.

Because The Hermitage is a nonprofit, its primary focus is residents’ quality of life. There’s no entrance fee, and a benevolent care program helps ensure residents can stay in their homes, should they outlive their own personal assets. Staff turnover is low and staffing levels are high; nurses are on duty 24 hours a day. Staff are also cross-trained so they can help residents with whatever they need, whether a special housekeeping request or simply a hand getting up.

The residents of The Hermitage believe in giving back. Recent volunteer projects include a blanket and coat drive for CARITAS and sandwich-making for a homeless shelter. “Good friends and good fellowship,” Cantrell says — that’s what makes The Hermitage home.
The Hermitage:
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Balance is a very important issue for anybody, but especially for seniors. Modified yoga helps to improve balance in seniors. Some of the many ways that is done, is to teach them about strengthening their legs and ankles. One pose that works effectively is to stand up on the balls of the feet for ten to fifteen seconds. If you are concerned about falling, hold onto the back of a chair or use the wall for support. Pressing up to the balls of your feet, strengthens the ankles, calves and also stretches the arch of the foot. It stimulates blood flow to the feet, toes, and heels.

Many seniors struggle with balance because they have feet issues. In modified yoga we stretch the sole of the foot, the top of the foot, and we stretch the toes open. Flexibility of feet assist balance. To maintain balance, a person can grip the floor with their toes. Try spreading the toes out wide like fingers. Try wiggling the toes with no shoes on, to stretch them out. In our chair yoga classes, we include a little exercise to practice grabbing a strap on the floor with just the toes. Also to hold the foot up, and to flex the toes up and down, as if you are saying “Hello” with your toes.

I encourage sole of the feet massage in classes too, and to move the big toes up and down in the massage. Another way to strengthen the ankles and improve balance is to pump the foot up and down, and then put the soles of the feet together, and point your knees out, and open your feet outward, and bring the soles back together. In a way, your feet will look like penguin flippers.

In the modified mat yoga, the downward dog, or inverted “V” with a variation of pushing the heels up work on the balance. In chair yoga, we stand behind the chair, put one foot forward in a lunge, and push the back heel up, and then place it down and then push the front heel up. One after the other and switch legs. In a modified mat class we can do that in a standing stretch as well. Stand in a lunge position, as described above, except without the chair. First push up the back heel and then the front heel. Switch legs, and push up the back heel once again, and then the front. You make a slight swing forward and back.

In chair yoga, while sitting, open your legs really wide, and push your heels up, really close to the chair. Then put the heels down, and lift the toes up. We continue to strengthen the ankles and calves.

There are actually many balance poses in yoga that greatly improve balance. There is nothing like standing on one foot to practice balance. A few poses that do that is the tree pose. Stand on leg, with your knee bent, place the sole of your other foot against the inside of your leg. Focus on a long point in front of you, and bring your palms together at your chest, then draw your hands straight up, and then open your arms out and to the sides, and then once again bring them to rest in front of the chest, count five to fifteen seconds.

Another that works on balance is the Eagle. You stand on one bent leg, and with the other leg, you hook it around the front or your standing leg, and you wrap your leg around the standing leg. Your hands are up in front of you. Your arms are bent, and you take one elbow and place it on top of the other elbow, and then wrap your hands around and grab your hands together. You have to have a bent leg, and you have to grip with your toes. Then come out, when you switch your hands you have to put the other elbow on top, and wrap your hands. It’s a bit awkward and confusing at first but if you can master standing poses in a modified yoga class, you will also strengthen your ankles and calves, your balance is sure to improve drastically. Modified yoga class is great start because, it so much more gentle, and you practice in a controlled manner.

Article Source: http://EzineArticles.com/expert/Katheryn_Hoban/16556
Healthy Lifestyle Choices for Cancer Prevention

By Areg Boyamyan

While there are cancer risk factors that aren’t always completely in our control, there is a category of risk factors that is: Lifestyle. Jean-Paul Sartre said “We are our choices” and this holds true when it comes to health.

DON’T UNDERESTIMATE THE POWER OF A HEALTHY LIFESTYLE

The daily choices a person makes can contribute to either bad health or good health and these same choices can impact the level of risk for developing cancer. Additionally, should cancer develop, lifestyle choices can affect a patient’s prognosis. The bottom line, the healthier your lifestyle, the more you reduce your cancer risk.

RISK FACTORS & RECOMMENDATIONS

If you can do something or avoid something and decrease your cancer risk, wouldn’t you? There are a wide range of things that you can do to support a healthy lifestyle and the first step in actually accomplishing those things is knowing what they are.

Alcohol: Drinking alcohol may increase a person’s risk of developing cancer of the mouth, throat, larynx (voice box), esophagus, liver, and breast. The more a person drinks, the higher the risk. We also want to point out that there is no research-based evidence that drinking a glass of red wine a day reduces the risk of cancer. When it comes to alcohol, it’s a general rule: more is worse for your health.

Diet: A well-balanced diet with mostly vegetables, fruits, and herbs, in addition to whole grains and a variety of proteins, is best. Many of these whole foods have cancer-fighting benefits as well. For more information on specific cancer-fighting foods, visit The American Institute for Cancer Research’s (AICR) list of Foods that Fight Cancer. The City of Hope also has beneficial information in the way of “superfoods,” which you can see on their website. Foods and drinks that a person should keep to a minimum include those high in saturated fats, high in salt, and high in sugar. This doesn’t mean you can never have dessert or anything fried (who doesn’t love fried chicken?), but foods like these should not be a regular part of a person’s diet. Additionally, as a general rule, natural and unprocessed is always better.

Obesity: Those who are obese may have an increased risk of several types of cancer, according to the National Cancer Institute (NCI). Maintaining a healthy weight with regular exercise and a healthy diet is essential to a healthy lifestyle, which, in turn, decreases your cancer risk.

Physical Activity: Being physically active helps maintain a healthy weight, improves and optimizes circulation, and improves the health of your muscles, bones, and even organs. According to the World Health Organization (WHO), “Adults aged 18-64 should do at least 150 minutes of moderate-intensity aerobic physical activity throughout the week or do at least 75 minutes of vigorous-intensity aerobic physical activity throughout the week or an equivalent combination of moderate- and vigorous-intensity activity.” To get the most out of exercise, it is recommended to include a variety. Sticking to just one form of exercise is beneficial at the beginning, but as the body adapts to that exercise, it will achieve less.

Sunlight: Overexposure to sunlight and its ultraviolet (UV) radiation causes skin damage and premature aging of the skin that could lead to skin cancer. Protect your skin with sunscreen and/or clothing when spending extended periods of time in the sun. It is important to note, however, that while “overexposure” is dangerous, limited/safe exposure does provide some benefit in terms of vitamin D.

Tobacco: There is NO SAFE LEVEL of tobacco use. According to NCI, people who quit smoking have substantial gains in life expectancy when compared to those who continue to smoke.

UNDERSTANDING YOUR CANCER RISK

Inherited cancer risks are a reality, though they do not guarantee a cancer diagnosis. Additionally, the lifestyle choices a person makes can still impact their level of risk as well as their prognosis in the event of a diagnosis, even with inherited risk. Knowing whether you have a genetic predisposition for certain cancers can help you make the best decisions for a healthy lifestyle. For more information on how you can identify your inherited cancer risk, visit our website at http://reveal23.com/.

Article Source: http://EzineArticles.com/expert/Areg_Boyamyan/2348305
Meeting the needs of its female patients is a priority for Virginia Urology, who’s served our area for over 75 years. Virginia Urology Women’s Health is a center of excellence that treats all issues related to female pelvic medicine, including incontinence, pelvic prolapse, urinary tract infections and pelvic pain. This comprehensive approach is accomplished by assembling a diverse group of physicians from different specialties that all work together. Outcomes are much better when you have an integrated center under one roof. By having a team of specialists working together, you are able to most effectively treat a patient’s problems.

Our female pelvic medicine team includes urologists, gynecologists, physical therapists, specialized nurses and urogynecology technicians, as well as affiliations with colorectal surgeons. It’s much like an academic center. All of our doctors are fellowship trained and sub-specialty board certified in Female Pelvic Medicine & Reconstructive Surgery (FPMRS). Female Pelvic Medicine is a field that has evolved greatly and developed into a separate sub-specialty in the last five years.

Historically, certain general gynecologists and urologists have both treated these disorders. Now, given the variety and complexity of these problems, we emphasize evaluation and treatment by physicians who have received specific training and certification in Female Pelvic Medicine. Patients should look for the FPMRS certification.

Two of the most common conditions treated by the center are incontinence and pelvic floor prolapse. Incontinence is any loss of urine that is unwanted, whether it is a small or large amount. Urge incontinence is urine leakage as you rush to get the bathroom. This is related to another problem called overactive bladder, which generally involves frequency or urgency of urination. Stress incontinence is another type of leakage occurring often when patients cough, sneeze, or exercise. Many women are shocked to find out that so many have it. It’s sort of a taboo subject that women find embarrassing. Incontinence shouldn’t be a “normal” part of life. It’s very common but also very treatable.

Pelvic floor prolapse is a weakness of the support structures in the pelvis. One in eight women will have treatment for this condition in their lifetime. They will either see a bulge or feel pelvic pressure. It can affect a woman’s daily activities as well as her sexual life.

Virginia Urology Women’s Health always begins by treating patients conservatively. Our providers are all huge proponents of educating women. We try to describe what the problem is and what to expect. A lot of patients have a great sense of comfort when they gain that education. Women also worry that incontinence or prolapse is a sign of something dangerous.

We make sure that the patient is informed about their treatment options so they can make the decision that best fits their need. Many new treatments being offered, have made a world of difference for our patients.

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