



Body & more

50+ Health and Wellness

Control Yourself

What you need to know before you fill your plate

Want to Lose Weight?

Smart strategies to drop pounds as you age

Swimmingly Fit

Jump in the deep end with water aerobics

Tips to Improve Memory

Forgetfulness can affect anyone. For example, few, if any, adults can say they have not experienced moments when they could not find their keys. And once the keys are found, people move on without giving much thought to why they did not immediately remember where they left their keys.

Isolated incidents where people cannot recall where they placed their car keys or other minor bouts with forgetfulness do not occur by accident. In fact, the Harvard Medical School notes that they are likely byproducts of age-related changes in thinking skills. When people reach their 50s, chemical and structural changes in the brain may begin to occur, and these changes can affect a person's ability to process memories.

Father Time may be a formidable foe, but people can take steps to give their memories a boost as they get older.

Embrace recognition instead of trusting recall.

Dr. Joel Salinas, a neurologist who specializes in behavioral neurology and neuropsychiatry at Massachusetts General Hospital, notes that human beings are better at recognition than recall. That means people are more likely to remember something they read, such as a note or a list, than something they're simply told.

Recognize the value of repetition.

The Harvard Medical School notes that people might be more inclined to remember what they hear if they repeat it out loud. Names and addresses might be more easily remembered after they're repeated out loud because repetition increases the likelihood that the brain will record the information and be capable of retrieving it later. When studying for exams, many students repeat important points to themselves time and again, and that same approach can be applied by adults who are trying to improve their memories.

Eat a healthy diet.

A study published in 2015 in the journal *Neurology* found that people who eat healthy diets with lots of fruits, vegetables, nuts, and fish and little alcohol and red meat may be less likely to experience declines in their memory and thinking skills. Authored by Andrew Smyth of McMaster University in Ontario and the National University of Ireland in Galway, the study following more than 27,000 people in 40 countries for an average of roughly five years. All participants were 55 and older and had diabetes or a history of heart disease, stroke or peripheral artery disease. Those who ate the healthiest diets were 24 percent less likely to experience cognitive decline than people with the least healthy diets.

Break things down.

Breaking things down into small chunks also can help improve memory. If tasked with remembering something extensive, such as a speech, focus on a single sentence at a time, only moving on to the next sentence when you're confident you have successfully committed the preceding sentence to memory.

Periodic memory lapses are often nothing to worry about. But men and women concerned about maintaining their memories can employ various strategies to do just that.



Control Yourself

One major key to healthy eating is portion control. Here's what you need to know before you fill – or overfill – your plate

Filling your plate to the rim with food may be how you determine your mealtime portions.

However, if that's your habit, you're probably eating a greater amount than you realize and consuming more calories than your body needs.

"Metabolism slows as you age and you have to be more careful about how much you eat," says Lisa R. Young, PhD., registered dietitian.

There are particular benefits to putting less on the plate if you're managing a disease such as type 2 diabetes.

"When you eat smaller portions it's easier to control your blood sugar," says Sandra J. Arevalo, MPH, registered dietitian nutritionist, spokesperson for the Academy of Nutrition and Dietetics.

Fortunately, you'll find a wide range of tools, some at your fingertips, and others from cookware companies, to help you stick with the serving size that's appropriate for your age, gender and level of physical activity.

For example, women, age 51 or older and who get less than 30 minutes a day of moderate physical activity can have five-ounce equivalents of grain foods a day.

A one-ounce equivalent is one cup of ready-to-eat flaked breakfast cereal, 1/2 cup cooked rice, 1/2 cup cooked macaroni, or one regular slice of bread.

That's where measuring comes in to keep you on track.

How precise you are may depend on your motivations.

If you need an accurate accounting of how much you're eating you should use a food scale and measuring cups, according to Young, adjunct professor of nutrition in the Department of Nutrition and Food Studies, New York University.

Whether you choose these methods may depend on your motivation.

"Some clients will measure and some won't. I have a motivated population," Young says.

Measuring utensils that are obvious reminders that you need to trim your food intake may be off-putting.

But there are alternatives, some elaborate, some simple.

When Ed Stephens, a chemical engineer, looked at his family's health history rife with type 2 diabetes, he and his wife Ann-Marie were inspired to design a product that would help.

"I started researching diabetes and found that portion control is extremely important for health and food decision-making," says Stephens, co-founder and COO of Precise Portions in the Richmond, Virginia area.

The couple didn't want to get into food service but instead created a dinnerware "system" with dishes, bowls, cups and glasses that subtly indicate amounts.

"The measure is already in the dishes. You don't need to use additional devices," Stephens says.

Subtle design, not obvious measurements, is the attraction of Livliga portion-control dinnerware.

"People have a beautiful table. It [measured food] doesn't hit you over the head," says Sheila Kemper Dietrich, founder and CEO of the company that promotes "elegant portion control."

Even if you don't want to invest in special dishes, you can still get a good estimate of how much to eat.

Start with your hand.

People are usually more accepting of hand cues than measuring cups, according to Rahaf Al Bochi, registered dietitian nutritionist, spokesperson for the Academy of Nutrition and Dietetics.

Of course, hand sizes vary, but average hands can provide a rough guide.

Thumbs up.

The tip of the thumb from the joint is about one teaspoon: good for measuring peanut butter.

Make a fist to see what a one-cup serving of corn, rice or breakfast cereal looks like.

Open your hand to a flat palm. That space, minus the fingers, is the equivalent of a three-ounce portion of fish, poultry or meat.

Close your hand to shape your palm into a small cup that holds an ounce of nuts; increase that amount for large hands.

Items you have around the house also suggest serving sizes.

A deck of cards approximates a three-ounce serving of meat, poultry or fish.

A golf ball can represent a quarter-cup of raisins.

Reducing portions is easier if you use smaller dishes.

Young recommends limiting dinner plates to 10 inches, or using a salad plate for the entrée.

"It works well," says Young, author of "The Portion Teller Plan" (Harmony, 2006).

Even with these tricks, it can be challenging to reduce your food intake from portions the size of a paperback novel to those that fit a deck of cards.

"If you're not the cold-turkey type, make portions smaller as you go," says Arevalo.

"Go from three pieces of chicken to two. If you're used to a large bowl of cereal, cut back gradually," she says.

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Eating Smaller With Bigger Flavor

Cooking habits can be hard to change, and if you're used to preparing generous amounts of food, you'll be faced with leftovers when you start to follow the guidelines for healthful servings.

Having ready-to-eat ingredients in the fridge is a gift of time and convenience.

Save cooked meat, chicken or fish, along with some vegetables and whole grains from dinner and create nutritious, satisfying lunches in minutes.

A meal in a bowl provides you with a hefty, but balanced amount of food. An open-face sandwich is as eye appealing as it is flavorful.

The following two recipes are guides. Switch the protein, vegetables and whole grains to use what's in your refrigerator.

Two recipes portion-controlled recipes that pack a tasty health-punch

Chicken Bowl



- 1 cup cooked farro
- 6 ounces cooked chicken breast
- 1 medium red bell pepper,
- 1 cup cooked asparagus
- 2 packed cups baby arugula or mixed greens
- 7-8 halved grape tomatoes
- ¼ cup orange juice
- 2 teaspoons lemon juice
- 1 tablespoon olive oil
- ½ teaspoon paprika
- ¼ teaspoon salt
- ¼ teaspoon pepper

In a large bowl combine farro, chicken, bell pepper, asparagus and arugula.

In a cup stir together orange juice, lemon juice, oil, paprika, salt and pepper. Pour over salad and toss well.

Makes 2 servings, about 2 ½ cups each.

Note: If desired substitute 1 cup cooked bulgur or whole-wheat orzo.

Each serving has: 350 calories, 10 grams total fat, 27 grams protein, 35.5 grams carbohydrates, 52.5 milligrams cholesterol, 355 milligrams sodium and 7 grams dietary fiber.

Open-Face Salmon Sandwich



- 1 tablespoon Dijon-style mustard
- 1 tablespoon reduced-fat mayonnaise
- 2 slices whole-wheat bread, toasted
- 1 cup baby spinach
- 1 scallion, green part only, finely chopped
- 2 small tomatoes, cored, thinly sliced
- 1 (6-ounce portion) cooked, skinless salmon fillet, cut into thin diagonal slices
- 1/8 teaspoon each salt and pepper
- 2 lemon wedges

Stir together mustard and mayonnaise. Place bread on work surface. Spread half of mustard mixture on each bread slice. Mix together spinach and scallion.

Arrange half on each bread slice, pressing down. Place tomato slices over spinach, pressing down. Divide salmon slices between sandwiches. Season salmon with salt and pepper. Serve with lemon wedge on the side.

Makes 2 servings.

Each serving has: 300 calories, 11 grams total fat, 26.5 grams protein, 20 grams carbohydrates, 54 milligrams cholesterol, 450 milligrams sodium and 4.5 grams dietary fiber.

Plan your meal

Balance your diet

Drinks

Avoid sugary drinks

Drink 2 liters of water daily

Fruit

Eat seasonal fruit

Buy local grown products

Dairy

Drink low-fat milk

Tip

Plan and eat small portions of food and vary your diet

Vegetables

Make half your meal fruits and vegetables

Grains

Eat whole grains

Proteins

Prefer white meat

Eat more vegetarian proteins

Drinks

Plan and eat small portions of food and vary your diet

Grains

Vegetables

Fruit

Dairy

Proteins

Drinks



How to Lose Weight Over 50

Being overweight as you age can contribute to countless health issues. Here are the safest ways to drop those extra pounds – starting today

It's kind of a given that when you turn 50, your body starts to change. You might see some wrinkles and skin changes; your eyesight may change and you might put on a few pounds. Some things you can't change about growing older, but you can – and should – work hard at dropping that extra weight.

"If you are overweight and have a health condition, such as high blood pressure, diabetes, cancer or heart disease, anything you can do to get your body in a better physical shape will help you to stay healthy longer," says Susan Besser, a board-certified physician in family medicine and obesity medicine with Mercy Personal Physicians in Baltimore.

Unfortunately, after you hit middle age, it's not that easy to lose weight. "The body has adjusted to whatever status it's in and it's just harder to get yourself up and moving," she says.

Hormones also play a factor in slowing down weight loss. "Our hormone levels increase as we age," says Dr. Barry Sears, author of the Zone Diet book series, and president of the non-profit, Inflammation Research Foundation. "These hormones are insulin, cortisol and pro-inflammatory eicosanoids. They make it more likely that excess body fat will not be released."

It's important, however, to change your body's status quo. Your love handles might be attractive to your significant other, but the reality is that this accumulated body fat can cause inflammatory damage to every organ. "The longer you carry the excess body fat, the more damage is caused and much of that damage is irreversible," Sears says. "This is why excess body fat is related to so many chronic diseases."

According to the Centers for Disease Control, those who are carrying excess weight are at an increased risk for high blood pressure, diabetes, coronary heart disease, stroke, osteoarthritis and some cancers.

Now that you see the benefits of losing weight, how do you kickstart your body?

"My philosophy is moderation in all things," Besser says. "Every diet doesn't work because you can't stay on it. It's restrictive and you're giving up your favorite foods and when you do that, it ends up that you absolutely, positively must have that piece of chocolate and then you gorge. I don't push diets. I push lifestyle changes."

To begin your new healthier lifestyle, Besser suggests picking one change and sticking to it. "That's the safest way to do it, because you're

not being radical about it," she says. "You're making small, substantive changes, rather than just a major lifestyle change."

She also recommends a journal to write down what, when and why you eat. "You can't successfully change if you don't have an idea of what's going on. You probably don't even remember if you had lunch and then someone walks by with a donut and suddenly you're hungry. Eat mindfully."

Dr. Sears suggests that those who want to lose weight restrict calories without hunger or fatigue. "This requires a protein-adequate diet to prevent the loss of muscle mass balanced with moderate carbohydrate for maintaining blood sugar levels to prevent hunger, with low levels of fat to induce the use of stored fat for your daily energy needs," he says.

He suggests never eating more protein at every meal than you can fit in the palm of your hand. "And consume a lot of non-starchy vegetables with a dash of fat," he says.

"Men will need slightly more protein and carbohydrates than women, and therefore, more calories. The typical calorie intake would be about 500 calories less than the recommended amount to maintain their current weight."

In addition to better eating habits, it's important to include exercise into your routine if you want to lose weight. Besser says to get back into exercise slowly. "If you were doing a 10-mile run last summer, don't think you can do a 10-mile run today," she says. "Your body isn't going to like it. Your ligaments and muscles are a little bit tighter, so start slowly and stretch before any exercise routine because your body is not as pliable as it used to be."

When looking for an exercise, remember to find something you enjoy. "If you love to run, go for a jog, but if you hate to run don't do it," she says. "Find whatever works for you – walking, biking, etc. Exercising with a buddy helps sometimes, too."

There are not any exercises that you can't do just because you're over 50, but Besser says it's going to take your body a little bit longer to want you to do and then time to recover from doing it.

Finally, before you start on a routine to lose weight, she recommends talking to your primary care provider. "They can help you figure what you need to do to get in the best health that you can be," she says. "Remember, you're not 18 anymore. You have to accept who you are now and make that the best you that you can be."

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Exercise Underwater

Looking to exercise, but the idea of jumping around on a hard aerobics floor makes your joints cry? Then try getting into the pool.

“Water aerobics is good because of its low-impact on the joints,” says Debra Love Smith, a group fitness and wellness instructor in Safety Harbor, Florida. “Many people over 50 have back, knee or hip issues, and the water has a minimal impact on those joints. It takes your workout to a whole new level.”

The Centers for Disease Control says that swimming is the fourth most popular sports activity in the U.S. and a good way to get regular aerobic physical activity. And if exercise isn't your cup of tea, you're in luck – people report enjoying water-based exercise more than exercising on land.

When it comes to the benefits of water aerobics, the Mayo Clinic cites improved heart health, reduced stress and improved muscular endurance and strength.

Smith also says that water aerobics is just plain ol' fun. “You get to play around in the water and there's great music and camaraderie among those who are doing it with you,” she says.

“There's also a mind/body aspect to water aerobics,” says Amy Summers, owner of Aquoga in Rosendale, New York. “I teach my participants to stay conscious in their body, and there's a meditation component to it.”

If it's your first time in the water, you don't need to bring any equipment. “All you need to do is get in the water because all of the supplies, if any, are provided,” Smith says. “It's not intimidating since nobody can see anything but your head and the top of your shoulders.”

You also don't need to know how to swim because water aerobics can



be done in the shallow end of the pool.

Some classes just use the resistance of the water to work out, while others use beach balls and water noodles for resistance strength training and balance. Other classes use dumbbells. There are also deep-water classes where you wear belts so you can stand up in the water with your feet off the floor.

While some aerobics and fitness classes are not suitable for those with heart or other conditions, water aerobics is an exception to the rule. “If someone has difficulty getting in and out of a pool, for example they are wheelchair bound, there might be a restriction, otherwise

there are no restrictions for people with heart conditions,” Smith says. “They can just go at a slower pace.”

Summers says that she has participants who have a wide variety of health issues, including amputees and others with disabilities. “They find that being in the water is healing and there's a gentleness to it,” she says.

Today, water aerobics can include treadmills, bicycles and Zumba classes. Yoga classes are also being taken to the water.

To find a water aerobics class in your area, search out your local gym or YMCA. “If you have a community of like-aged people, you can start your own water aerobics class and seek out an independent constructor to teach it in a community pool.

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Ask the Expert: Open Up and Say 'Health'

The U.S. population is aging – quickly. By 2030, 20 percent of the population will be aged 65 or older. And with aging comes an increase in dental issues due to a lifetime of use and, for some, a lifetime of less-than-optimal dental care and hygiene. Other factors are at-play, too.

According to MouthHealthy.org, one of the leading causes of cavities in seniors is dry mouth, which often is exacerbated by the more than 500 medications that can cause dry mouth, “including those for allergies or asthma, high blood pressure, high cholesterol, pain, anxiety or

depression, Parkinson’s and Alzheimer’s diseases.”

Dr. Cary Jackson, Broadway Family & Cosmetic Dentistry, Council Bluffs, Iowa, says visiting your local dentist regularly is the first step to keep your teeth strong and vital as you age. In the following Q&A, he offers the offers useful information the 50+ crowd needs to know to “say cheese” with a healthy, happy mouth for years to come.

What are the most common dental issues seen in people 50+?

The most common dental issues in people over 50 would be periodontal disease and the breakdown of existing dental work. Periodontal disease is a condition where the bone and gums recede around the teeth. This generally takes years to occur. Breakdown of existing dental work is kind of like my car – I wish it would last the rest of my life, but due to daily use and abuse it will eventually need to be replaced!

An issue people are surprised is dental related is oral cancer. One person dies every hour of every day in the U.S. from oral cancer, many cases of which could be prevented with early detection. One in 4 people with oral cancer have never smoked in their lives. A properly trained dentist will perform an oral cancer screening at every 6-month checkup and can find questionable areas before they get serious.

How much of tooth and gum deterioration can be prevented and how much is unavoidable as we age?

The severity of both of these conditions can be reduced by going regularly for dental cleanings and good homecare. Accidents like breaking a tooth can happen, but prevention goes a long way. My grandmother is going to be 91 in August and she still has all of her own teeth. I can only take credit for that for about the last 10 years!

What are the most important things people should be doing to take care of their teeth that they most likely aren’t doing?

Most people are good about daily brushing. Where I see them dropping the ball is not flossing daily. If you think about teeth, they have five surfaces; the side toward your cheek, the side towards your tongue, the biting surface, and the sides touching the other teeth. You can only clean three out of those five surfaces, or 60 percent, with brushing alone. To get 100 percent, flossing gets those touching surfaces clean. Another thing would be limiting sugars or rinsing with water after consuming sugar. Bacteria eat anything that is left over in our mouths when we are done. When we consume something like soda, it is acidic to begin with and then the sugar that our teeth are getting a bath in is eaten by the bacteria, and they excrete acid as well. That is the main cause of cavities. A little is OK, but when someone drinks soda or energy drinks all day long, they are creating an acidic environment in their mouths that has a pH close to battery acid

For people 50+ that are self-conscious about their teeth, is teeth whitening worth the cost and is it effective?

Teeth whitening can get a very satisfying result in adults of any age! The caveat is if they already have significant dental work on the teeth they are trying to whiten. Whitening won’t whiten fillings, crowns or veneers. Going to a dental professional to get prescription-strength whitening will give the best results, however over-the-counter whitening can help. They are better off investing in proven methods rather than wasting money on fads like the charcoal whitening.

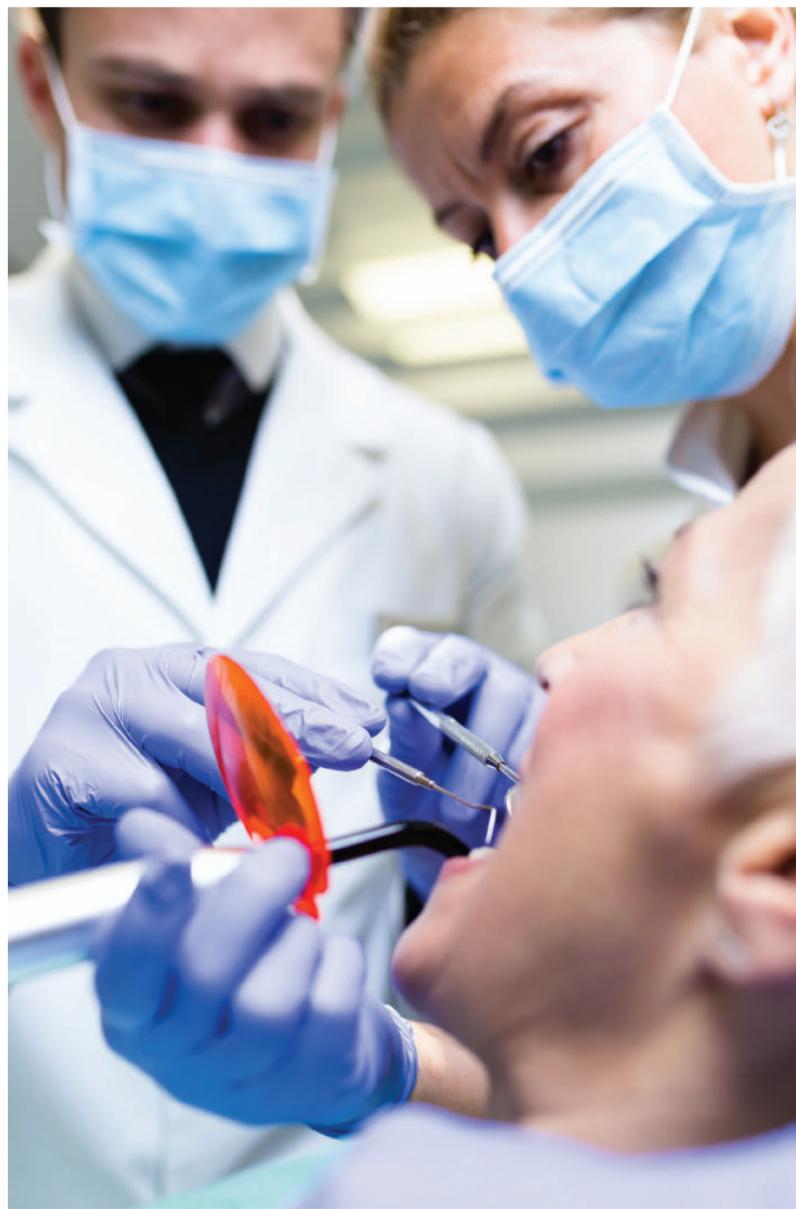
What health issues are exacerbated by poor dental care?

Nationally, around one in 10 emergency room visits is dental related. Many times teeth are ignored until there is pain, which can easily lead to a dangerous infection and swelling. Regular trips to your dentist can help reduce that risk and a costly ER visit. The same bacteria that causes plaque in your mouth has been found in plaque in your arteries. I’m not saying going to the dentist will keep you from having a heart attack or stroke, but having a healthy mouth can help keep a healthy body. Studies have also shown a link between good oral hygiene and gum health, and reduced risk of diabetes as well as better control of blood sugar in people already diagnosed with diabetes.

What’s the one thing you wish everyone knew about taking care of their teeth?

An ounce of prevention is worth a pound of cure. Modern dentistry tries to focus on prevention – brushing and flossing at home, visiting the dentist for regular cleanings and check-ups and limiting sugar in your diets can help keep your teeth chewing for a lifetime.

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Sleep Like a Kid Again

Leonardo de Vinci once said, “A well spent day brings happy sleep,” but what if you climb into bed and toss and turn? Your sweet slumber is disturbed by achy joints or a big work presentation that’s on your mind. Maybe your partner is snoring his head off. Whatever it is, it’s time to do something about what’s keeping you up at night.

“Sleep deprivation can cause a variety of physical-psychological problems, which causes everything from being tired during the day to trouble concentrating, to making mistakes at your work, to becoming irritable or hostile,” says Dr. Jerald H. Simmons, who is triple Board Certified in neurology, epilepsy and sleep medicine and founding director of the Comprehensive Sleep Medicine Associates in The Woodlands, Texas.

There are many reasons why, as we age, we don’t sleep as well as we did when we were younger. “Many people over 50 have some degree of arthritis or musculoskeletal problems with aches and pains,” says Dr. Marc I. Leavey, a primary care specialist at Lutherville Personal Physicians, Maryland, a Mercy Medical Center Community Physician Site. “Many older people also have trouble with temperature extremes, it’s either too warm or too cold, or can have anxiety, heartburn or neck problems where the pillow doesn’t give adequate support.”

As we age, we also tend to gain weight. “This weight gain can cause sleep apnea,” says Dr. Simmons.

According to the National Heart, Lung and Blood Institute, sleep apnea is a common condition that occurs when the upper airway becomes blocked repeatedly during sleep, reducing or completely stopping airflow. The American Sleep Association says that 25 million U.S. adults have obstructive sleep apnea.

All hope is not lost though, as there are just as many ways to solve these sleep problems. “First, are you having a problem falling asleep or do you wake up at night and have a problem falling back to sleep?” asks Simmons. “If you have a problem falling asleep, are you preparing for bed or working hard until it’s time to sleep? Do you have a regular sleep routine or are you drinking caffeinated beverages before bedtime?”

If you’re having difficulty staying asleep, Simmons said you might need a sleep study. “What’s going on in the sleep process that’s triggering you to wake up?” he asks.

If you get up to pee a lot, it might not be because of the juice you had before bed. “Again, sleep apnea can cause increased urine production at night,” Simmons says. “Get it checked because it would be a shame to miss that it’s sleep apnea causing you to wake up.”

In some cases, you just might need a new mattress or pillow. “People who are very heavy, for example, need a mattress that provides extra support,” Leavey says. “If you use a memory foam type mattress, a heavier person will sink in and that could be uncomfortable, so the old-fashioned inner-spring type mattress may be a better choice.”

Simmons adds that if you suffer from heartburn or acid reflux, consider a bed that is raised at the top.

Behavioral therapy is another option for the sleepless. “Cognitive behavioral therapy or CBTI, trains your brain to go to sleep which is much more effective than pills and certainly has no side effects,” Leavey says.

Speaking of pills, if your idea of good sleep is popping a nighttime ibuprofen, think again. “What are you treating?” Leavey asks. “Just taking a pain reliever, like an aspirin or acetaminophen, relieves pain and allows you to relax and sleep. Talk to your physician and see if you just need a pain reliever and not the extra medication, which is an antihistamine.”

That doesn’t mean you should avoid medication. “Medication can be helpful, including melatonin,” Simmons says. “Going outside to sunlight during the day and taking some melatonin an hour before you go to bed can help you to fall asleep.”

To sleep with sound or without sound is personal preference. “Some people use sound machines while others need complete quiet,” Simmons says. “A repetitive sound can be very calming especially if you have tinnitus – ringing of the ears – then it can mask that noise and allow you to sleep better.”

Finally, from long johns to lingerie, there is a lot to choose from to wear at bedtime. “If you’re having problems sleeping, you might just want to simply look at what you’re wearing, or not wearing, to bed,” Leavey says.

If your partner is keeping you awake, maybe it’s time to find out what’s causing that. Once you make some basic changes to you or your partner’s sleep patterns and habits, you just might nod off blissfully. However, if you still don’t, forgo counting sheep and make an appointment with your primary care provider for a sleep test and determine what actions should be taken next.

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 - Proven patient outcomes

Heinz Transitional Rehab in Wilkes-Barre and **Allied Transitional Rehab** in Scranton offer the region's best when it comes to transitional rehab. Here, expert clinicians and caregivers work as a team, with one goal in mind: the quickest and most complete recovery possible for patients.

Directed by our team of physiatrists, transitional rehab offers a unique advantage to those patients who *do not* require the intensity of inpatient rehab nor desire a nursing home stay. Our highly credentialed care teams provide superior rehab and the highest quality, round-the-clock nursing care designed for the needs of each patient.



Unparalleled Expertise
 Patients enjoy full access to the expert staff at our nationally-ranked inpatient rehab hospitals including physiatrists, DPTs, OTs, CRRNs, and speech pathologists.

Advanced Technology
 The world's most advanced rehab technology is available at our Transitional Rehab. Robotic and computer-assisted therapy devices can expedite and enhance recovery.

5 Star Care
 Our transitional rehab facilities earned top scores in staffing, quality measures and state health inspections according to the Center for Medicare & Medicaid Services (CMS) Nursing Home Compare program.

Patient Friendly Facilities
 Renovations at our two Transitional Rehab Units mean that patients and visitors enjoy well-appointed rooms and clean, well-equipped facilities.

CALL TODAY

Making a referral is easy. Our admission teams will guide you through the referral process.

Heinz Transitional Rehab
 570.826.3885

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Allied Services Integrated Health System is a non-profit organization whose mission is bringing you back to the life you love. When you choose Allied Services, you choose the opportunity for success. Ask your physician to make Allied Services your partner in a successful recovery.

