



Greetings and grateful to share the second edition of our news letter.

HealthAbove60 team has created a lot of smiles and given a lot of relief to many of our clients over the past three months through our home care services. Many have given us an immense pleasure with their positive feedback on our services which has led to a lot more excitement and encouragement to do more good work.

We are very proud of our HealthAbove60 team who are dedicated and sincere to provide the necessary care, courtesy and service as their first priority.

In this issue we have provided articles on how elderly people need to take care of themselves and stay fit at home. We have also shared some of the activities done last month for our marketing activities and you can also find few other fun related activities and articles which you can read during to get a small break from your daily routine.

Please contact us for any suggestions or comments on our services that we provide.

Mr. G. Srinivasan CEO

## DOCTOR'S TALK

Greetings from Healthabove60

Hope this month gives a lot of positive energy to body and mind, as we have many celebrations in the form of Poojas and Diwali.

This month, we would like to share a few words about the most important health topic for elders – **The Bone Health.**

No matter how young an elderly feels, he or she is susceptible for broken bones, because with aging comes a higher risk of osteoporosis due to loss in bone mass. Bones become brittle and weak and a fall that would not affect a younger person can result in a broken hip or arm for an elderly person.

Fortunately, there are ways that good bone health for seniors can be maintained. The following are some steps that can help improve or maintain bone health.

### GETTING A BONE DENSITY TEST

A bone density test or scan can measure the strength of your bones and indicate whether treatment for osteoporosis is necessary. A bone density test is an x-ray that measures bone mineral in the forearm, lower back or hip.

### TAKING CALCIUM SUPPLEMENTS FOR BONE HEALTH

Calcium helps build bone mineral and slow bone loss. Some doctors will recommend over-the-counter supplements as a preventive measure against osteoporosis. It is best to obtain a doctor's recommendation before taking a calcium supplement.

### CONSUME CALCIUM RICH FOODS

Older adults, both men and women, need 1,000 to 1,200 milligrams of calcium each day. This is not difficult to achieve since so many foods are now fortified with calcium. A cup of milk contains about 300 mg of calcium; one cup of yogurt contains about 450 mg and one ounce of cheese contains around 200 mg.

Other products such as orange juice, soy milk, dark leafy greens, broccoli, almonds, eggs, fishes like salmon, tuna are also fortified with calcium.

It is important to note that Vitamin D helps the body absorb calcium better. Many calcium foods like milk are fortified with Vitamin D. The body can also make Vitamin D when exposed to sunshine. However, many people do not get outside as needed to absorb enough Vitamin D. When there is a deficiency, a health care provider might prescribe Vitamin D in supplement form.

### ENGAGE IN BONE STRENGTHENING EXERCISES

Bone strengthening exercises such as lifting light weights can help strengthen bones and joints, and improve bone health for

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## BENEFITS OF YOGA

- ❑ Improves sleep quality
- ❑ Reduces stress
- ❑ Helps control blood sugar in people with diabetes
- ❑ Enhances respiratory function
- ❑ Helps alleviate arthritis pain
- ❑ Increases bone density and prevents osteoporosis
- ❑ Improves balance
- ❑ Moderates the chronic pain



## ART GALLERY



Art by  
G.S. Mowlala

## PUZZLE TIME

Find the best Answer for every box in the puzzle?

1 U S T	2 STROKES! STROKES!	3 SOM...	4 KJUSTK
5 S T I N K	6 H S A T	7 you just me	8 M M A P
9 FISHING	10 GET IT GET IT GET IT	11 more it it than	12 WID OIG
13 i.e. •	14 GOLDEN GATE H <sub>2</sub> O	15 WV WEE	16 END D

seniors. Walking is another weight-bearing exercise that most people can do. These exercises help build muscle, strengthen bones and improve balance, which will prevent falls.

## REMOVING FALLING HAZARDS

Clutter on the floor, rugs and cords all can be dangerous tripping hazards for seniors. Remove these hazards to avoid falling and breaking bones.

Family members and home care support workers should encourage their senior loved ones to take steps to prevent osteoporosis.

Dr V. Janakan

## MEDICAL ABBREVIATION

ACLS	advanced cardiac life support
CABG	coronary artery bypass graft
CCU	coronary care unit
CRF	chronic renal failure
CT	computer tomography
DNA	deoxyribonucleic acid
EEG	electroencephalogram
GTT	glucose tolerance test
HIV	human immunodeficiency virus
IUI	intrauterine insemination
IVF	In Vitro Fertilization
Kcal	kilocalorie
LPN	licensed practical nurse
MICU	medical intensive care Unit
MRI	magnetic resonance imaging
NICU	neonatal intensive care Unit
PET	positron emission tomography
PTCA	percutaneous transluminal coronary Angioplasty
RCU	respiratory care unit
SCD	sudden cardiac death
SCI	spinal cord injury
SICU	surgical intensive care Unit
SIDS	sudden infant death syndrome
STD	sexually transmitted Disease
TAH	total abdominal hysterectomy
TB	tuberculosis
TBI	traumatic brain injury
USG	ultrasonography

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## TESTIMONIALS

**Mr. Raghunathan, Kottur, Chennai**

I thank you very much for quick and timely medical assistance given to my mother Smt Susila, 80 who needed B12 injections at home. Your commitment to seniors cause is wonderful. Keep doing the excellent work. I wish you and your institution all the best in the coming years ...

**Mrs. Punitha Shridhar, Anna Nagar, Chennai**

Healthabove60 has committed workers who put their heart and soul to find a good trained person in stoma care for father in-law. They did this as they would do for their own family. I totally appreciate their work, for attending to my calls anytime without any trouble. Thanks once again for all the help and coordination. Would also like to add on that your organization has a very impressive name which registers immediately in our minds. Wishing your infant organization to grow to a giant size. Good luck for such a noble services. God bless

**Happy Birthday  
13th October**



**J.Sulabha D/O Dr. Janakan**

## STAYING HEALTHY FOR AGE ABOVE 70S, 80S, 90

Aging can be defined as: "progressive changes associated with the passing of time". While physiological changes that occur with age may prevent life in your 60s, 70s, and 80s and beyond from being what it was in your younger years, there's a lot you can do to **improve your health and longevity and reduce your risk for physical and mental disability as you get older.**

Although you aren't able to control every factor that affects health as you age, many are in your hands. Some **keys to living a long, healthy life** include:

- Make healthful lifestyle choices—don't smoke, eat right, practice good hygiene, and reduce stress in your life.
- Have a positive outlook.
- Stay as active as possible—mentally and physically.
- Take safety precautions.
- See your health care provider regularly and follow his or her recommendations for screening and preventative measures.

## ACTIVITIES OF HA60

Healthabove60 team organised various marketing activities to bring in awareness on the service among the people of Chennai such as brochure distribution at various public locations. The snapshots of the same are attached below;



## PUZZLE ANSWER

1. It's up to you. 2. Different strokes. 3. The start of something big. 4. Just in case.
5. Fouted up. 6. Jay walking. 7. Just between you and me. 8. Time's up.
9. Deep sea fishing. 10. Forget it. 11. More to it than meets the eye.
12. Space invaders. 13. That is beside the point. 14. Water under the bridge.
15. Highway overpass. 16. Making ends meet.

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