

HOUSE CALL

KelseyCare Advantage

July 2016

SUPPORT HELPFUL WITH DEPRESSION

Depression in seniors is different from depression in younger individuals. With age, depression is often associated with serious illness and usually lasts longer. In fact, depression in seniors has been shown to increase the risk of heart problems and even slow the recovery period. Although depression in seniors is fairly common, studies show only one in ten people seek treatment for it.

People of any age can have depression. Certain factors with seniors do increase the chance for depression: being a woman, being single, having little or no social contact and no support system are a few of the reasons.

Have you ever noticed changes in a previously outgoing, active senior relative or friend? Increased sadness, shying away from friends or rarely leaving home, frequent conversations regarding death, especially suicide – all are signs of depression and need to be addressed. A diagnosis of depression is serious, but treatable. To help a loved one recover from depression, support is key to their care.

How can you help? As in any caregiving role, the first rule is to take care of yourself. It is not unusual for you to feel a wide range of emotions from frustration to anger to guilt. Everyone in your position has these emotions; putting yourself first enables you to provide even stronger support for your depressed loved one or friend. To avoid burn out, give yourself a chance to “recharge” by stepping away from this situation and doing something for you!

Your first step in helping is to understand depression. Go to seminars, talk to your Kelsey-Seybold doctor, read books and articles to learn how depression is affecting that special person in your life –and how it affects you!

Other important tips:

- Offer emotional support by listening
- Help locate a proper physician
- Take he/she on outings – walks, lunch, movies, etc.
- Plan regular social activities –

family or friend visits, church socials, etc.

- Encourage proper diet, exercise, good sleep habits
- Help he/she follow their treatment plan – take them to physician appointments
- Seek help immediately if you hear of suicide thoughts, attempts

To learn how to better cope with depression, contact your Kelsey-Seybold primary care physician or phone United Behavioral Health at 1-800-817-4808.



EATING WELL: *Key to Senior Health*



Ronda Elsenbrook, RD, LD, CDE
Dietitian with
Kelsey-Seybold Clinic

As you age, eating healthy becomes increasingly important to maintain a sound mind, body and soul. Better nutrition not only helps your body be the best that it can be, but is helpful in giving seniors a better outlook on life, higher energy and even become a happier person. As seniors, eating fewer calories is also part of eating better – studies show older adults need 25% fewer calories each day due to a slower metabolism. Eating healthy starts with you.

Here are some healthy eating tips from Ronda Elsenbrook, a nutritionist with Kelsey-Seybold Clinic, to assist you in making better food choices.

What food assistance programs are available to Houston area seniors?

The Senior Box Program through Houston Food Bank, SNAP (supplemental nutrition assistance program) through nutrition.gov, Meals on Wheels, ncoa.org,

also many individual community centers and area churches provide assistance.

Where can seniors find low cost, easy to cook recipes to prepare healthy, nutritious meals?

Many grocery stores have recipes available near the produce and meat area of the store and often also offer cooking demonstrations. Websites such as eatingwell.com and skinnytaste.com will email you weekly menu ideas with recipes if you sign up with your email address.

As a senior, what should your diet include?

A healthy diet consists of mostly natural, minimally processed foods. Fill half the plate with vegetables, some fruit, ¼ plate lean meats and ¼ plate whole grains.

Why does eating healthy matter?

Eating healthy is important to prevent illness, manage disease, maintain weight and a strong immune system, and provide energy for a better quality of life.

What does eating a plate filled with “bright color” or “rainbow” foods mean?

Eating the rainbow means choosing vegetables and fruits in a variety of colors similar to all the colors of the rainbow. This will provide a variety of nutrients as well as be visually appealing with more pleasure from different tastes and textures.

What matters most when reading food labels?

The list of the ingredients. Choose foods that contain fewer preservatives and chemicals (things you can't pronounce or don't

recognize as food). Be aware of sodium content – less than 140 mg per serving on one item or less than 500 mg for an entire meal is a good starting place.

How do fluids help with your health?

Hydration is important to maintain good health and digestion, however, we don't recognize thirst cues quickly. Strive for 64 ounces per day of mostly water.

What are some common mineral/protein deficiencies as we age?

Vitamin D, Vitamins B6, B12 and Folic Acid are common deficiencies. Individuals should talk with his/her doctor to determine any need for supplementation.

What foods are heart-healthy?

Vegetables and fruits, lean protein and some whole grains.

How do carbohydrates fit in to healthy eating?

Carbohydrates are used by the body for energy. The more active a person is, the more carbohydrate they will use. With less activity, use smaller amounts to prevent unwanted weight gain.

What are some suggestions to shopping healthier?

Shop the perimeter of the store and buy foods that are close to the earth (right out of the garden or off the farm). Buy foods that have to be washed and prepared. Healthy foods don't have to be expensive if you give up some of the convenience of prepackaged (already cut/prepared foods) and do the prep work yourself.

SIGNS AND SYMPTOMS OF HEARING LOSS – PART ONE

Hearing loss can affect people of all ages, however for many, it's a natural part of the aging process. About 25 percent of Americans between the ages of 55 and 64 have some degree of hearing loss. Among those over 65, nearly one out of two people suffers from hearing loss.

"Genetics plays a large part in how much hearing one may lose," says Kelsey-Seybold Clinic audiologist (hearing specialist) Dr. Jennifer D. Kimberly. "The amount of noise one is exposed to over time also plays a role in developing hearing loss. Even certain medications can affect our hearing," says Dr. Kimberly, who treats hearing loss patients at Kelsey-Seybold's Main Campus and Clear Lake locations.

The main signs and symptoms of hearing loss include:

- Muffled hearing;
- Asking people to frequently repeat what they're saying;
- Ringing or buzzing sound in the ears;
- Not paying attention and avoiding conversations or social situations;
- Increased volume on electronics (television, radio);
- Depression.

Dr. Kimberly explains that certain illnesses can lead to hearing loss. "Diabetes, heart disease,

hypertension, kidney disease and even smoking can contribute to hearing loss. Also, people with untreated hearing loss are more likely to suffer depression and anxiety and are more likely fall down." She says early detection of any of these illnesses and hearing loss is the key to limiting the effects and preventing additional hearing loss.

Dr. Kimberly tells us that the best way to prevent hearing loss is to protect your ears when you are in a noisy environment, like concerts and when using power tools, including the lawn mower. She recommends limiting the use of ear buds. "A good rule to follow with ear buds is to have the sound no more than 60 percent of the allowed volume and to use them no more than an hour at a time," she says.

"If a hearing loss is suspected, make an appointment with an Ear Nose and Throat doctor to have the ear checked for cerumen and any ear disease," says Dr. Kimberly. "Typically, a hearing test will be completed by the audiologist in the same office visit to assess the current hearing status."

Dr. Kimberly adds that the best way to convince a friend or family member that they may need to have their hearing checked is to offer positive encouragement to get help from an audiologist.



Dr. Jennifer Kimberly, AuD
Audiologist with
Kelsey-Seybold Clinic

"The person with the hearing loss is often the last to notice," she says. "Help them understand how much they are missing out on conversation and how much they are asking people to repeat things."

She adds: "How well a person can hear and communicate with family and friends has a huge impact on one's overall quality of life."

For more information about Dr. Kimberly and the rest of the Kelsey-Seybold Audiology team, and to make an appointment, please see <https://www.kelsey-seybold.com/medical-services-and-specialties/pages/meet-our-audiology-specialists.aspx>.

KELSEY-SEYBOLD CLINIC IS EXCITED TO ANNOUNCE THE OPENING OF THE NEW SIENNA PLANTATION CLINIC

The new clinic is located at 7010 Highway 6 in Missouri City, near the Oilfield Road/Lake Olympia Parkway intersection. The new clinic is scheduled to open in August 2016.

The new 23,800-square-foot Sienna Clinic will offer services in eight medical specialties and accommodate 12 physicians and their staff. In addition to medical services, patients will have the convenience of an onsite Kelsey Pharmacy, laboratory and X-ray and diagnostics.

“We have known for some time that our presence in Fort Bend would grow exponentially because of all of the incredible development in the area,” Stuart Cayer, Director of Ambulatory Care, Kelsey-Seybold Clinic. “The new Sienna Plantation Clinic will improve access for patients and bring added convenience and services to the growing Fort Bend area.”

DID MY DOCTOR MOVE?

You can see if your doctor will be at the new Sienna Plantation Clinic by going to the Find a Location section of the Kelsey-Seybold website or call Member Service for assistance at (713) 442-2273 option 2.

HOW DO I CONTACT MY DOCTOR AT THE NEW LOCATION?

You can reach the new Sienna Plantation Clinic by calling (713) 442-6700.



Important Plan Information