



COMPLIMENTARY COPY
TAKE ONE HOME

WebMD®

BE WELL, LIVE WELL, STAY WELL

OCTOBER 2022



HEALTHY EATING:

DIETARY CHANGES TO
CONSIDER AFTER 40

PAGE 4

BY THE NUMBERS:

STATS & FACTS

PAGE 7

HEALTH SMARTS:

WHAT YOU LOSE WHEN
YOU DON'T SNOOZE

PAGE 10

SCAN ME

Access this
content online: use
your mobile phone
camera to activate
the QR code





CHECKLIST

ESSENTIAL SCREENINGS FOR WOMEN OVER 40

By Kendall K. Morgan

Reviewed by Melinda Ratini, DO, WebMD Medical Reviewer

To stay healthy as you age, your primary care doctor will keep tabs on your blood pressure, weight, and any health concerns you have. Routine blood tests check blood sugar, cholesterol, and any other signs of a health problem. Keeping up with other essential screenings will help you live life to the fullest.

BREAST CANCER

Current recommendations for breast cancer screening vary. You can start getting mammograms at age 40 unless you have a reason to start earlier, says Lynn Pattimakiel, MD, an internal medicine specialist at Cleveland Clinic in Ohio. She adds, however, that there are different schools of thought.

“Patients who are at low risk with no first-degree relatives [with breast cancer] can start screening at age 50,” she says.

These recommendations are meant for a woman who does not have an increased risk of breast cancer. Pattimakiel says online calculators can help you decide based on your individual risks.

COLORECTAL CANCER

There’ve been recent changes to the guidelines for colorectal cancer screening, Pattimakiel says. Colonoscopy can start at age 45, instead of 50, and continue until age 75.

If you are at average risk for colon cancer, you can get a colonoscopy every 10 years. If you choose other tests that look for signs of colorectal cancer, you’ll need to do those more often and get a colonoscopy if needed. Pattimakiel says

colonoscopy is still the “gold standard,” and allows a doctor to remove any polyps they find right away.

CERVICAL CANCER

“Continue pap tests for cervical cancer screening up to age 65,” Pattimakiel says.

If your doctor orders a test that only looks for abnormal cells, you’ll need one every 3 years. If they look for human papillomavirus (HPV) and you’re negative, you can wait 5 years.

SKIN CANCER

Pattimakiel suggests getting any moles checked by your doctor. If you’re older than 50 and have spent time in the sun, consider seeing a dermatologist to look for any signs of cancer. There’s no set recommendation for skin cancer screening, so ask your doctor what they suggest.

OSTEOPOROSIS

Women age 65 and up should have an X-ray to measure their bone density and risk for fractures from weakened bones (osteoporosis). You should start osteoporosis screening at an earlier age if you are at increased risk. Ask your doctor about tools to check your risk.

“It’s good to get a baseline at menopause,” Pattimakiel says. “If you’ve had a previous fracture, you may wish to start earlier.” Keep in mind your insurance may not cover it before age 65.

ASK YOUR DOCTOR

In addition to these standard screening tests, ask your doctor if you should consider any others based on your risk factors or family history. For example, Pattimakiel says, if you’re between the ages of 40 and 65 and have a history of smoking, you may be eligible for regular lung cancer screening. Let them know of any concerns you have about your hearing, vision, mental health, or heart health.



We Fight Cancer with Heart.

Providence Cancer Institute leads in state-of-the-art cancer treatments including MRI-guided radiation therapy for precise tumor destruction, immunotherapy, and minimally invasive robotic surgery.

An expert multi-disciplinary team of cancer specialists delivers effective and individualized support for every phase of care. The most advanced cancer research and robust clinical trials expand the boundaries of hope.

In 2021, over 90% of patients rated their satisfaction “exceeding outstanding.” Providence elevates clinical excellence with compassion to create a world-class network of care for you.

Learn more at
Providence.org/ORCancerInstitute



Our world-class team is dedicated to finding a cure for cancer:

14 National awards and accreditations

65+ Board-certified oncology physicians

150+ Cancer treatment clinical trials

1 Shared mission



DIETARY CHANGES TO CONSIDER

AFTER 40

HOW TO TAILOR YOUR DIET TO MEET YOUR CHANGING NEEDS

By Rachel Reiff Ellis

Reviewed by Melinda Ratini, DO, WebMD Medical Reviewer



After you hit age 40, your body starts to shift in certain ways. Your skin thins, the number on the scale creeps up, your vision worsens, and for women, your monthly cycle slows and eventually stops.

These changes are in the cards for everyone gifted with older age. But even though you can't prevent them, you can support your maturing body with smart nutrition.

"In general as we age, we need fewer calories," says Lena Beal, RDN, LD, cardiovascular dietitian at Piedmont Hospital in Atlanta, and national spokesperson for the Academy of Nutrition and Dietetics.

Her advice: Make those fewer calories count with nutrient-dense foods full of the nourishment you need.

WHAT TO FOCUS ON

Fiber. Fiber helps keep cholesterol in check by binding to it and expelling it from

your body. It also helps regulate blood sugar and ward off constipation. "You hear a lot of commercials directed at older adults when it comes to fiber because it's extremely important for regularity," Beal says.

Calcium and vitamin D. Older women are especially at risk for osteoporosis, or weak and brittle bones. Calcium and vitamin D promote healthy bones. "Once you enter your 50s, your daily calcium requirement increases," says Sami A. Alskaf, MD, an internal medicine specialist at Panorama City Medical Center in California. Dairy products, leafy greens, salmon, sardines, and mineral-fortified breads and pastas are good sources of these bone boosters.

Protein. Many National Institutes of Health studies show that protein is key for combating the muscle loss that happens as you age. "One study that followed 2,000

SEX-SPECIFIC NUTRITION

Lena Beal, RDN, LD, lists the top nutrient needs for women and men.

+ Women: Protein for muscle, calcium for bone health, iron for healthy blood

+ Men: Protein for muscle, vitamin D for gut absorption

elderly people over 3 years found that those who ate more protein lost 40% less muscle mass than people who ate less," Beal says. Go for lean meats,



eggs, legumes, low-fat dairy, and nuts and seeds for a protein bump.

Omega-3. You find this fatty acid in fish, vegetable oils, nuts, flax seeds, flaxseed oil, and leafy vegetables. Omega-3s are good for brain, heart, and blood vessel health, Beal says. “It keeps our arteries nice and open so that our blood flow is good to all of our organs.”

WHAT TO REDUCE

Calories. You lose muscle mass and move less as you age. This slows down your metabolism, which means you burn fewer calories at rest. “When we continue to eat as much as we did when we were younger, then we can easily gain fat,” Beal says. Typically, this fat is harmful belly fat that surrounds organs and increases your risk for heart disease, diabetes, and liver problems.

Tip: Eat earlier in the day and save your largest meal for when you’re most active.

Sodium. American diets tend to be loaded with sodium. “A sodium-heavy diet increases the risk of high blood pressure, stroke, congestive heart failure, kidney damage, and heart disease, among other chronic health conditions,” Alskaf says.

Tip: Eat more whole foods and avoid processed options, which can be loaded with sodium.

Saturated fat. Animal-based foods, full-fat dairy, and oils that are solid at room temperature are chock-full of saturated fat, which raises cholesterol. “Animal protein in general has been found to promote other types of conditions like cancers and heart disease,” Beal says.

Tip: Stick with lean proteins such as poultry and fish and use vegetable oils.

QUESTIONS TO ASK YOUR DOCTOR

Cover these bases at your next well visit.

- + What does my blood work tell you about my diet?
- + What should I eat more or less of?
- + How many daily calories do I need?

ESSENTIAL SCREENINGS

WHAT EVERY MAN 40 AND OLDER SHOULD KNOW

By Kendall K. Morgan

Reviewed by Melinda Ratini, DO, WebMD Medical Reviewer

One way to stay healthy with age is to catch any emerging health problems before they get worse. Even when you feel well, see your doctor for regular checkups.

There are so many recommendations [for good health] that fall into different categories," says Louise Aronson, MD, a geriatrician at the University of California, San Francisco. "We think of vaccinations, general health, which includes weight and exercise, cancer prevention, and screening."

BLOOD TESTS

Blood tests are often done at a younger age, but men may be checked more often as they age. The tests look for many health problems, including:

- High cholesterol
- Diabetes
- Kidney problems
- Thyroid problems

Even men who have a lot of muscle but may be overweight or obese should be screened for diabetes, Aronson says. She says men older than 65 should keep being screened for lipid disorders every few years, or more if you're in treatment.

CANCER SCREENINGS

For a man at average risk for colon cancer, screening should start at age 45. How often you'll need a test will depend on certain other risk factors, the findings, and which type of screening test you choose, Aronson says. A fecal occult blood test or DNA test for colon cancer may be repeated each year. Get a sigmoidoscopy or CT colonography every 5 years. If you have a full colonoscopy, you'll need one every 10 years up to age 75 or beyond.

"This is where it gets iffy," Aronson says. "If a person is still super healthy at 75, you might want to continue doing it. The benefit is probably 10 years out. But a healthy 75-year-old has a good chance to live that long."

Have your skin checked for signs of

skin cancer. A blood test to screen for prostate cancer isn't generally recommended, Aronson says. But you should talk it over with your doctor, especially if you're worried about it or think you're at high risk.

AORTIC ANEURYSM

Men ages 65 to 75 who've ever smoked should be checked for an abdominal aortic aneurysm (AAA) once, Aronson says. An aneurysm is a blood vessel that's wider than it should be. If it bursts, AAA is a potentially fatal condition. When doctors check for it by ultrasound, "that can make a difference," Aronson says.

MENTAL HEALTH, HEARING, AND MORE

Don't forget about your brain, eyes, and ears. "Hearing impairment is important because it comes with increased risk for dementia," Aronson says.

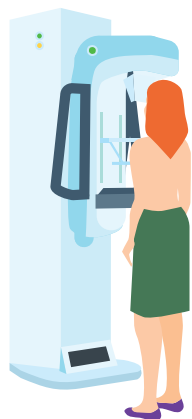
Correcting hearing loss may not prevent dementia, she says, but it helps avoid social isolation. Your vision is also important for independence as you age.

"The more you see and hear, the better you can function," Aronson says. Your doctor also should check you for signs of depression, "which influences cognition in an outsized way with age," she says.

STATS & FACTS

By Sonya Collins

Reviewed by Melinda Ratini, DO, WebMD Medical Reviewer



40

Age at which a woman has the option to start screening mammograms every year according to the American Cancer Society. Women can drop down to every other year at the age of 55.

2.5



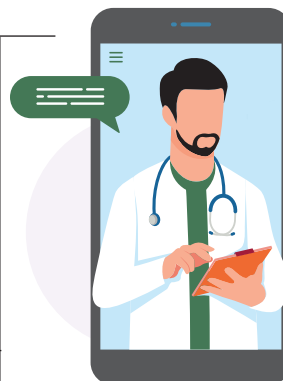
Number of cups of vegetables adults should eat every day.



Maximum number of drinks a man should have each day. Women should keep it to no more than one. One drink equals 12 oz of regular beer, 5 oz of wine, or 1.5 oz of distilled spirits. (And not drinking at all is great for your health, too!)

<10%

Amount of your total daily calories that should come from added sugar or saturated fat.



55

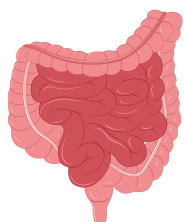
Age by which all men should have a conversation with their doctor about prostate cancer screening.

7

Minimum number of hours of sleep adults need each night.

150

Number of minutes of physical activity adults need every week. You can get that with 30 minutes a day, 5 days a week.



45 TO 75

Age range during which adults should have colon cancer screenings at regular intervals.

EXERCISING IN YOUR 40s AND 50s:

HOW TO SAFELY PUSH YOURSELF

GET GAINS WITHOUT PAIN

By Rachel Reiff Ellis

Reviewed by Melinda Ratini, DO, WebMD Medical Reviewer

Once you're "over the hill," getting regular exercise is one of the most important things you can do for your health. You can prevent or stave off many age-related health problems, keep your muscles strong, and maintain your mobility as you mature.

The key is to do it safely so you don't risk injury and sideline yourself into a more sedentary lifestyle.

PHYSICAL ACTIVITY GOALS

As you think about prioritizing physical activity, keep this goal in mind: at least 30 minutes of exercise, five times a week. And although amount is important, the

type you do matters, too.

"As you age it's more important to do strength and balance training as part of your workout routine," says Heather Moore, DPT, physical therapist with Total Performance Physical Therapy in North Wales, PA.

You lose muscle mass as you age and strength training helps counteract that. And balance training helps minimize your risk of falls—something that can happen more often as your body gets older.

"Balance training involves exercises that strengthen your core muscles—the major muscles that move, support, and

stabilize your spine," says Lawrence J. Kessel, MD, geriatrics doctor in Philadelphia, PA.

In addition to building strength and balance, keep it fun so you look forward to and make time for regular activity, Moore says. "So many people stop exercising because they hate it," she says. "If you hate it, you will not stick with it."

BE EXERCISE WISE

Always talk to your doctor before starting a new workout program. You should tailor your exercise to your fitness level, and any health conditions or physical limitations you have.

TYPES TO TRY

Mix it up for different benefits.

+ **Endurance:** Swimming, biking, jogging

+ **Strength:** Weight training, resistance bands

+ **Balance:** Tai chi

+ **Flexibility:** Yoga, stretching



SCAN ME

Want to read this guide on the go? Use your mobile phone camera to activate the QR code.



AVOIDING ACHES

Heather Moore, DPT, offers dos and don'ts for preventing pain.

- + **Do** use a foam roller to massage large muscles.
- + **Don't** go all out when you exercise—moderate exercise is best.
- + **Do** stretch muscles gently after exercise.

Other smart practices include:

- **Stay hydrated.** Pay attention to your water intake, especially when your exercise makes you sweat. “Your cues for hunger and thirst diminish with age,” Kessel says. Always have water on hand when you work out and take breaks to hydrate.

- **Warm up and cool down.** Ligaments and joints grow stiffer in later years, and proper prep and cool down are key for avoiding injury. “Injuries are most often caused by lack of recovery, which can include a warm up and cool down, stretching, and foam rolling

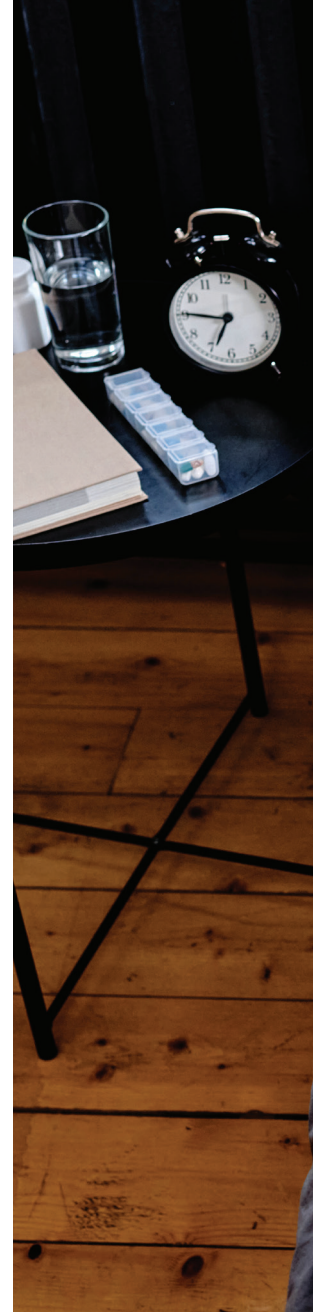
routine,” Moore says.

- **Dress in layers.** You can put on more when you're cold or take off a layer when you're hot so your temperature stays regulated.

- **Don't overdo it.** Pay attention to what your body is telling you, and stop if you feel dizzy, have chest pain, or heartburn. Seek emergency medical help for any chest pain or difficulty breathing. “As we age, we often wake up with pains that we ignore and push through, but when it comes to exercise, it's important to listen to your body,” Moore says. “It's not a no pain, no gain situation.”

DON'T SLEEP ON SLEEP HEALTH:

THE IMPORTANCE OF REGULAR SLEEP



WHAT YOU LOSE WHEN YOU DON'T SNOOZE

By Rachel Reiff Ellis

Reviewed by Melinda Ratini, DO, WebMD Medical Reviewer

TROUBLESHOOT YOUR ZZZs

Shalini Paruthi, MD, offers these options for assessing your sleep.

- + Try a sleep tracker.
- + See a sleep specialist.
- + Consider medication or a sleep device.

While we lie asleep overnight, a lot is happening behind the scenes in our brain and body. Quality sleep is important to growth, stress hormones, immune system function, appetite, breathing, blood pressure, and cardiovascular health, to name a few.

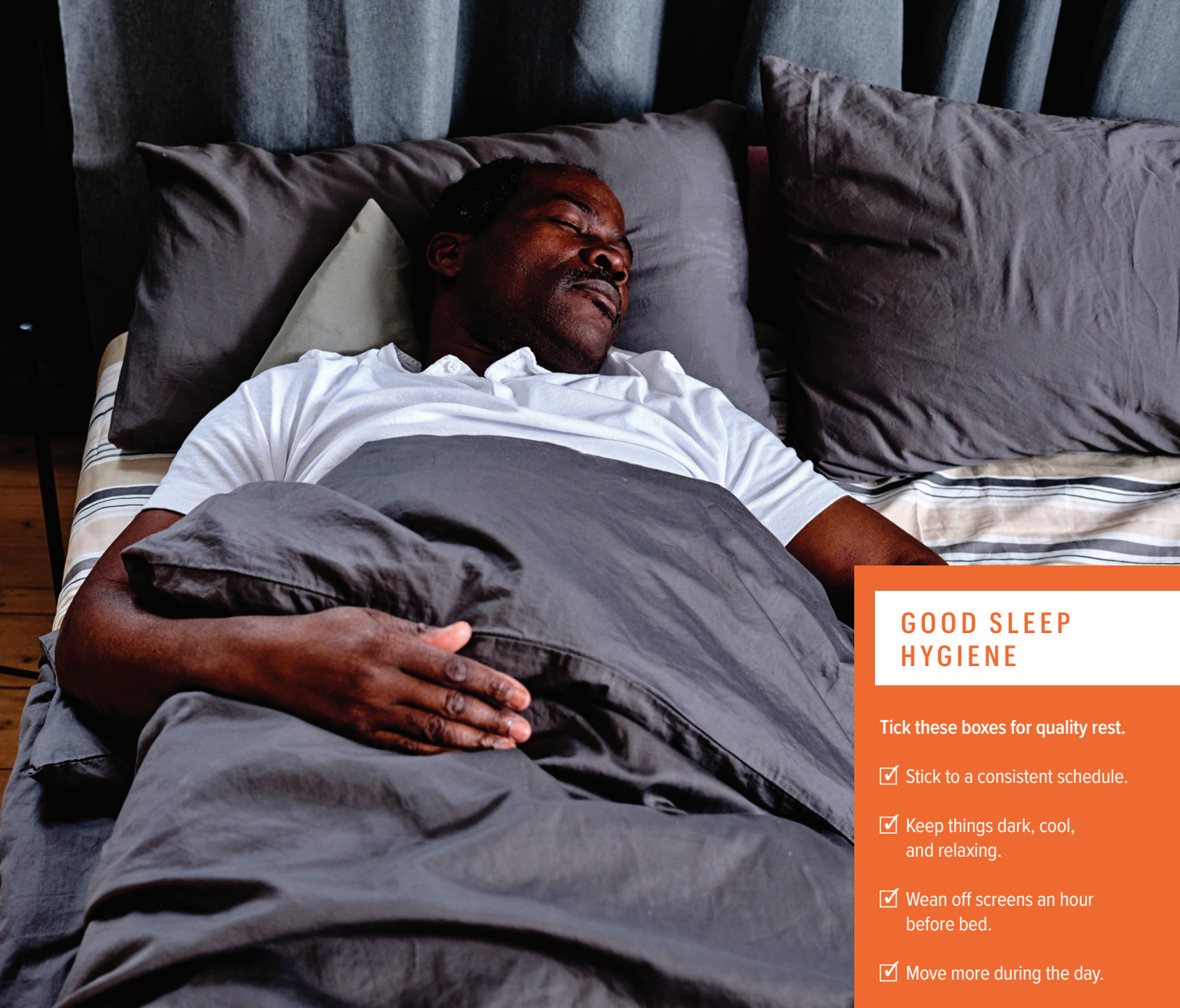
“One of the most important things that the brain does during sleep is take all of the input we got during the daytime—conversations with people, work we did, our to-do lists—and process it to make sure it gets stored into memory while pruning out what we don’t need,” says Shalini Paruthi, MD, co-director of the Sleep Medicine and Research Center at St. Luke’s Hospital in Chesterfield, MO. “And at the same

time, the body has that time to rest, rejuvenate, regenerate, and heal.”

HOW MUCH IS ENOUGH?

As an adult, you need anywhere from 7 to 9 hours of sleep each night. “Sleeping [this much] is vital to allow the brain and body enough time to transition through sleep stages and perform each stage’s physical and mental recovery,” says Carleara Weiss, PhD, RN, clinician-scientist focused on sleep, aging, and wellness at University at Buffalo Department of Geriatrics and Palliative Medicine in New York.

But it’s more than just duration that matters, it’s quality. Conditions such as snoring and sleep apnea can make for



GOOD SLEEP HYGIENE

Tick these boxes for quality rest.

- ☒ Stick to a consistent schedule.
- ☒ Keep things dark, cool, and relaxing.
- ☒ Wean off screens an hour before bed.
- ☒ Move more during the day.

poorer hours of slumber and leave you feeling less rested.

WHEN SLEEP IS LACKING

Maybe the most obvious downside to being sleep-deprived is sleepiness. Fatigue can have a huge impact on your day-to-day activities, especially ones that require you to be alert or to concentrate.

“Being awake for 18 or 24 hours is equivalent to having blood alcohol content of 0.05% and 0.10%, respectively, a condition known as drowsy driving that’s associated with car accidents

and death,” Weiss says.

Over time, chronic lack of sleep has serious health risks, affecting crucial systems such as your:

Heart. With less sleep you’re courting heart problems. “People who sleep less than 7 hours consistently are going to be at a higher risk of having cardiovascular type problems such as heart attack and stroke,” Paruthi says.

Brain. During your slumber, your brain does a little housekeeping, cleaning up

toxins. Without this tidying up, your brain function can begin to falter. “Chronic lack of sleep increases the accumulation of molecules in the brain that, over time, may lead to Alzheimer’s disease and dementia,” Weiss says.

Mood. “Waking up on the wrong side of the bed” is a well-known phrase for a reason. REM (rapid eye movement) sleep, the stage of sleep when you typically dream, is also the part of sleep where your brain processes emotions. Lack of

sleep can especially affect your brain’s ability to consolidate positive emotion.

Immune system. Studies show that people who don’t sleep well or enough are more likely to get sick when they’re exposed to germs. Your body releases infection-fighting antibodies and cells while you sleep, and the numbers of those crud-busters goes down the less ZZZs you get. What’s more, with less sleep, once you do get sick, it can take longer to get over it.



We Fight Cancer with Heart.

Providence Cancer Institute leads in state-of-the-art cancer treatments including MRI-guided radiation therapy for precise tumor destruction, immunotherapy, and minimally invasive robotic surgery.

An expert multi-disciplinary team of cancer specialists delivers effective and individualized support for every phase of care. The most advanced cancer research and robust clinical trials expand the boundaries of hope.

In 2021, over 90% of patients rated their satisfaction “exceeding outstanding.” Providence elevates clinical excellence with compassion to create a world-class network of care for you.

Learn more at
Providence.org/ORCancerInstitute



Our world-class team is dedicated to finding a cure for cancer:

14 National awards and accreditations

65+ Board-certified oncology physicians

150+ Cancer treatment clinical trials

1 Shared mission

