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FALL 2024



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THE LATEST ON

HEALTHY AGING

STEPS TOWARD BETTER HEART HEALTH

Do you know how many steps you take each day? Start counting! Add 500 steps a day to your current steps and you could lower your risk of heart disease, stroke, and heart failure by 14%. Those were the findings of a study that tracked 450 older adults for 3 ½ years. Want to lower your risk even more? In the study, folks who walked more than 4,500 steps a day were 77% less likely to have one of these cardiovascular events than those who took fewer than 2,000 steps a day.

SOURCE: American Heart Association

76.5 MILLION

Number of Americans who were over age 60
at last count in 2020.

SOURCE: Administration for Community Living

Up to 160,000

Number of hospitalizations for RSV in people over 65 every year.

SOURCE: CDC

TAKE YOUR VITAMINS

A daily multivitamin could help you hold onto your memory as you age. A group of 3,500 adults ages 60 and up took either a multivitamin or a sugar pill every day for 3 years. At the end of each year, they took memory tests. After just 1 year, people in the vitamin group showed improvements in their memory. They maintained that mental sharpness throughout the 3-year study. People with heart disease seemed to get the greatest memory gains from taking daily vitamins. This might be, the researchers suggest, because people with heart disease may have underlying nutritional deficiencies.

SOURCE: *American Journal of Clinical Nutrition*

HOW TO DEACTIVATE A COMMON RESPIRATORY VIRUS

RSV hits most people like the common cold. But for babies, pregnant women, and older adults—especially those with preexisting conditions like diabetes, heart disease, and COPD—the respiratory infection can be very serious and even deadly. Learn how to protect yourself. New research confirms that when used correctly, hand sanitizers that contain at least 30% alcohol can deactivate the virus on your skin. Surface cleaners kill it, too. Rinsing with mouthwash for 30 seconds after contact with an infected person lowers your risk of infection as well. When at-risk people add these strategies to an RSV vaccine, you'll get even more protection.

SOURCE: *The Journal of Hospital Infection*



For people 60 years and older,

PROTECT AGAINST RSV with

AREXVY



AREXVY
(RESPIRATORY SYNCYTIAL VIRUS
VACCINE, ADJUVANTED)

WHAT IS AREXVY?

AREXVY is an FDA-approved vaccine for the prevention of lower respiratory tract disease (LRTD) caused by respiratory syncytial virus in people 60 years of age and older.

What is RSV?

RSV is a respiratory virus that typically causes mild symptoms. However, RSV infections can be severe and dangerous for certain people.

Who may be at risk for severe RSV disease?

RSV can be severe for those aged 60 years and older, including those with:

- Asthma • Diabetes • COPD • CHF

CHF=chronic heart failure;
COPD=chronic obstructive pulmonary disease;
RSV=respiratory syncytial virus.

Important Safety Information

- You should not receive AREXVY if you are allergic to any of its ingredients
- Fainting can happen after getting injectable vaccines, including AREXVY. Precautions should be taken to avoid injury due to fainting
- Some people with weakened immune systems may have reduced immune responses to AREXVY
- The most common side effects are injection site pain, fatigue, muscle pain, headache, and joint pain

Please see additional Important Safety Information on the following page.

Please see Important Facts About AREXVY on the back side of the following page.

You are encouraged to report vaccine adverse events to the US Department of Health and Human Services. Visit www.vaers.hhs.gov to file a report, or call 1-800-822-7967.

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AREXVY is proven, through a clinical study, to provide RSV protection.

OVER 82% EFFECTIVE

in preventing lung and lower airway infection from RSV in people aged 60 years and older.

OVER 94% EFFECTIVE

in preventing lung and lower airway infection from RSV in people aged 60 years and older with asthma, diabetes, COPD, CHF, advanced liver or kidney disease, or any chronic respiratory/pulmonary disease.

Important Safety Information (cont.)

- Vaccination with AREXVY may not result in protection of all vaccine recipients
- Ask your healthcare provider about the risks and benefits of AREXVY. Only a healthcare provider can decide if AREXVY is right for you

Need price information?
Visit GSKforyou.com

Scan now for questions to ask your doctor about AREXVY

Talk to your doctor about AREXVY today



Important Facts About



WHAT IS AREXVY?

- AREXVY is an FDA-approved vaccine for the prevention of lower respiratory tract disease (LRTD) caused by respiratory syncytial virus (RSV) in people 60 years of age and older

WHAT IS RSV AND WHAT CAUSES IT?

- RSV is a respiratory virus that typically causes mild symptoms but can lead to serious respiratory illness in older adults. It can cause lower respiratory tract disease, which may include infections of the lungs and lower airways
- RSV spreads via respiratory droplets. It can lead to more severe symptoms in people with long-term respiratory or heart diseases

HOW DOES AREXVY WORK?

- AREXVY is a vaccine that works to boost your immunity to protect against LRTD caused by RSV

HOW IS AREXVY GIVEN?

- AREXVY is given as a single dose (0.5 mL) into the muscle of the upper arm

WHO SHOULD NOT GET AREXVY?

- You should not receive AREXVY if you are allergic to any of its ingredients

WHAT ARE THE POTENTIAL SIDE EFFECTS?

- Fainting can happen after getting injectable vaccines, including AREXVY. Precautions should be taken to avoid injury due to fainting
- Some people with weakened immune systems may have reduced immune responses to AREXVY
- The most common side effects are injection site pain, fatigue, muscle pain, headache, and joint pain

ADDITIONAL IMPORTANT INFORMATION:

- Vaccination with AREXVY may not result in protection of all vaccine recipients
- Ask your healthcare provider about the risks and benefits of AREXVY. Only a healthcare provider can decide if AREXVY is right for you

NEED MORE INFORMATION?

- This is only a summary of important information
- To learn more about AREXVY, talk to your doctor, pharmacist, or other healthcare provider
- Visit [AREXVY.com](https://www.alexvy.com) or call 888-AREXVY9 (888-273-9899) for the FDA-approved product labeling

You are encouraged to report vaccine adverse events to the US Department of Health and Human Services. Visit vaers.hhs.gov to file a report, or call 1-800-822-7967.

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STATS & FACTS

By Sonya Collins

Reviewed by Melinda Ratini, DO, MS, WebMD Medical Reviewer

150 minutes

How much moderate aerobic exercise—like brisk walking or salsa dancing—adults over 60 need each week, just like younger adults.



95%

Amount of older adults—think 60s and up—who have at least one chronic condition, like diabetes, heart disease, or COPD.

Up to 10,000

Number of people over 65 who die of RSV every year.

7 TO 9

How many hours of sleep older adults need every night. It's a myth that you need less sleep as you age.



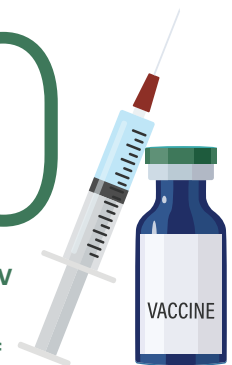
7 DAYS/WEEK

How often older adults should **socialize** to get the maximum benefits for their health and lifespan.



60

Age at which RSV vaccination is recommended if you have certain chronic conditions such as heart disease or diabetes, or you live in a nursing home.



MANAGING CHRONIC CONDITIONS

WHAT TO LOOK OUT FOR AFTER 60

By Rachel Reiff Ellis

Reviewed by Melinda Ratini, DO, MS, WebMD Medical Reviewer

A chronic condition is defined as a medical condition that lasts 1 year or more and requires ongoing medical attention. Chronic conditions can interfere in daily activities and limit your independence.

According to research from the National Council on Aging, nearly 95% of adults 60 and older have at least one chronic condition, and almost 80% have two or more.

Watch for these common health issues as you age.

REDUCE YOUR RSV RISK

Darin Lang, MD, lists habits to help protect you from infection.

- + **Get the RSV vaccine.** It's 94% effective at preventing severe illness from RSV.
- + **Avoid people who are sick.** RSV is extremely contagious.
- + **Wash your hands.** Do it well and often with warm water and soap.
- + **Take caution in crowds.** Consider wearing a mask at large gatherings.



SCAN ME 

For more on chronic conditions, watch this video on **Risks of RSV in Older Adults With Chronic Conditions**. Use your smartphone camera to activate the QR code.

MATTERS OF THE HEART

Ischemic heart disease (coronary heart disease) is a condition caused by the narrowing of heart arteries. It's one of the most common chronic conditions in people over 60.

"The narrowed vessels reduce the blood flow to your heart, which prevents adequate oxygen from getting to your heart muscle, which can ultimately lead to a heart attack," says Isaura Menzies, MD, an associate professor of medicine, general internal medicine, and geriatrics at The University of Vermont Larner College of Medicine in Burlington.

The most common symptoms include chest pain, shortness of breath, and fatigue. As your arteries narrow more, you'll notice your symptoms get worse.

EVERY BREATH YOU TAKE

Chronic obstructive pulmonary disease (COPD) is an inflammatory lung disease that causes mucus-filled coughing along with chest tightness and shortness of breath.



MOMO PRODUCTIONS VIA GETTY IMAGES

COPD is made up of two different conditions: emphysema, or damage to the walls between air sacs in your lungs, and bronchitis, or irritation in your airways that comes with mucus.

RSV, which is a common respiratory virus that can be serious in adults over 60, can make COPD much worse. RSV has a season that comes around every year, so prevention is important.

“RSV often looks like a mild cold, but if you have underlying issues like COPD or asthma, you’re at much higher risk of severe infection and hospitalization,” says Darin Lang, MD, a geriatric medicine specialist at Sanford Health in Fargo, ND.

BLOOD SUGAR BALANCE

Diabetes happens when your body can’t

control your glucose (blood sugar) levels and they get too high. About 33% of older adults have diabetes.

“Often we see older adults dismiss the symptoms of diabetes because they think they’re just part of getting old, so it’s important to know what to watch for,” Menzies says.

Sometimes diabetes doesn’t cause symptoms, but often it can make you extremely thirsty and have to pee a lot more than usual. You may feel really tired, dizzy, and you may even faint. Diabetes can make wounds take longer to heal. Your hands and feet may tingle, your vision may get blurry, and you may have headaches.

Your doctor should test your glucose levels at regular checkups. Keep up with your visits so that you can see the signs early.

RISK FACTORS

Certain habits can make chronic conditions more common and more severe.

- + **Smoking** ups your chances of cancer, heart disease, stroke, lung disease, COPD, and diabetes.
- + **Poor diet and little exercise** increase your chances of obesity as well as type 2 diabetes, heart disease, stroke, certain cancers, and depression.
- + **Alcohol misuse** raises your risk of mental health issues, memory problems, high blood pressure, heart disease, stroke, liver disease, and some kinds of cancer.

GET YOUR SHOTS

VACCINES YOU SHOULD KNOW ABOUT

By Rachel Reiff Ellis

Reviewed by Melinda Ratini, DO, MS,
WebMD Medical Reviewer

Vaccines are vital for everyone. Not only do they protect you as an individual, but they also keep the spread of disease low in communities.

“It’s not just about you—vaccines can help everyone,” says Anjali L. Gupta, MD, a geriatric medicine specialist at Cone Health in Greensboro, NC.

Do you know your vaccine status? If not, start with your doctor and go over your records so you know what you lack and where you’re covered.

IMPORTANT IMMUNIZATIONS

Here are some of the vaccines you should focus on once you hit 60. Talk to your doctor about a complete list for your specific needs.

Flu. This is a vaccine you need to get every year because the virus mutates and changes. Gupta recommends getting it during the month of October, but if you forget, don’t use that as an excuse to wait until next year.

“The season goes from October through March, so you can get it at any time for protection, but of course, earlier is better,” Gupta says.

Once you hit 65, your doctor may recommend you get a higher-dose version of the flu vaccine that helps strengthen your immune response.





SCAN ME

For more on vaccines, read **RSV Vaccines for Older Adults: What You Need to Know**. Use your smartphone camera to activate the QR code.



FATCAMERA/VIA GETTY IMAGES

COVID-19. Older adults make up some of the highest numbers of people hospitalized with COVID-19. Be sure you have the most updated dose of the COVID-19 vaccine, and keep records.

Shingles. Shingles is an infection that affects the nerves and causes a blistering rash that burns, tingles, and hurts. It's caused by the same virus as chickenpox. If you've ever had chickenpox, the virus is still in your body. As you get older, the virus can become active again and cause shingles.

You get the shingles vaccine in two doses, 2 to 6 months apart.

RSV. RSV is extremely common and contagious, and it can cause serious illness and even hospitalization and death in others, especially those with other health conditions.

"The CDC recommends every adult over 75 get the RSV vaccine, as well as any adult over 60 who's at high risk of severe RSV," says Karen E. Lee, MD, a geriatrician at Tucson Family and Geriatric Medicine in Arizona.

Your risk is higher if you live with a chronic condition such as heart or lung disease, or live in a group setting like an assisted living facility.

Pneumococcal. Pneumococcal disease can be very serious when you're older. The pneumococcal vaccine helps prevent serious infections such as pneumonia and meningitis. Per the CDC, all adults over 65 should get the pneumococcal vaccine.

Tdap. You need this vaccine every 10 years to protect against tetanus, diphtheria, and pertussis.

Ask your doctor for a full list of vaccinations you need.

WHY YOU NEED THEM

Anjali Gupta, MD, shares reasons older adults should get vaccinated.

- + **Weaker immune systems.** It's harder for older bodies to fight off infection.
- + **Worse sickness outcomes.** There's a higher chance an infection will send you to the hospital.
- + **Chronic conditions.** You're more likely to have them when you're older, and they raise your risk of serious complications from infections such as flu and pneumonia.

HOW RSV MAY IMPACT THOSE 60 AND OLDER

KNOW SIGNS TO WATCH FOR AND HOW TO PROTECT YOURSELF

By Kendall K. Morgan

Reviewed by Melinda Ratini, DO, MS, WebMD Medical Reviewer

You're probably more familiar with the common cold or flu, but respiratory syncytial virus (RSV) is the most common cause of lower respiratory infections. You've surely had its cold-like symptoms, including runny nose and a cough. But as you get older, RSV can come with bigger risks. Every year, it sends as many as 120,000 older adults to the hospital. As many as 10,000 older adults each year will die of RSV infection.

"RSV is more dangerous as we get older because the immune system weakens with age, which makes it harder to fight off infections," says Payel Gupta, MD, an immunologist at SUNY Downstate Medical Center in New York City and national spokesperson for the American Lung Association. "Older adults are also more likely to have chronic health conditions, such as heart disease or chronic lung diseases like COPD or asthma, which can complicate RSV infections and lead to more severe illness."

A WIDESPREAD VIRUS

The impact of RSV has become clearer recently, says David Hill, MD, a pulmonologist at Waterbury Pulmonary Associates in Waterbury, CT. "Since the pandemic, we've gotten better at being able to test for viral illnesses and know what is truly causing infection, particularly in people who are sicker and hospitalized," he says. "More than 10% of acute respiratory illness in adults is caused by RSV—and, when people get really sick, it's the No. 3 cause of hospitalizations for viral infection, with respiratory flu and COVID-19 being No. 1 and No. 2."

In addition to nasal congestion, sore throat, fatigue, and fever, it's more common with RSV than other respiratory viruses to get wheezing, Hill says. Symptoms will likely be worse if you have asthma or other health conditions affecting your heart or lungs. RSV can also make your other conditions worse.



WATCH FOR THESE SIGNS

If you have RSV, get immediate medical care if you have:

- + Severe wheezing
- + Blue skin, especially around lips or nails
- + High fever
- + Low activity or alertness
- + Dehydration



SCAN ME
For more on RSV, read [Why Some Adults Are More Susceptible to More Serious RSV](#). Use your smartphone camera to activate the QR code.

“When we see people who are negative for flu wheezing for days, it’s probably RSV,” Hill says.

HOW LONG WILL IT LAST?

Hill says it’s the acute problems that are usually most worrisome, especially when RSV sends you to the hospital. “Of patients who get hospitalized with RSV, 10% to 30% need ICU care and up to 15% end up on a ventilator,” he says. “It can make people really sick acutely.”

Most people will recover fully from RSV. But up to 1 in 3 who need ICU care may develop long-term problems, Hill says. Spending time in the ICU can worsen cognitive decline and cause posttraumatic stress disorder. Complica-

tions of RSV also can include bronchiolitis, or inflammation of small airways, pneumonia, and secondary bacterial infections in your lungs or other parts of the body.

“While most people recover from RSV in 1 to 2 weeks, it can lead to more serious and lasting conditions, especially in older adults and those with underlying health issues,” Gupta says.

PROTECT YOURSELF FROM RSV

To avoid an RSV infection:

- + Wash your hands.
- + Avoid big crowds when RSV levels in the community are high.
- + Avoid people who are sick, including your grandkids, when you can.
- + Ask your doctor about the RSV vaccine.

NURTURE YOUR MENTAL HEALTH AFTER 60

TACKLE STEREOTYPES ABOUT AGING, CULTIVATE JOY, AND GET HELP WHEN YOU NEED IT

By Kendall K. Morgan

Reviewed by Melinda Ratini, DO, MS, WebMD Medical Reviewer

As many as 1 in 4 older adults have a mental health condition, including anxiety or depression. You might think that worsening mental and brain health as you get older is natural, but there's a lot you can do to nurture your mental health as you age. Taking care of your mental health is critical for your physical health, too, according to Sandra S. Swantek, MD, a geriatric psychiatrist at Rush University in Chicago, IL, and president of the American Association for Geriatric Psychiatry.

"It's very important because we know that when a person is depressed, they are more likely to have worse medical illnesses," Swantek says. "Medical illness can cause depression. Depression can worsen medical illnesses."

REJECT STEREOTYPES AND STAY ENGAGED

Swantek says an important first step is to reject ageist ideas, prejudices, or stereotypes about what it means

to get older or how your later life should look. "There's a stereotype that depression is normal in late life, that older people want to be alone, or that they're not interested in doing things," she says.

None of that is true, she says. But you will need to prepare yourself to face challenges that come with age. That includes making sure that you can get around town safely to stay active in your community and that you can read the text on your smartphone to stay connected.

"Older adults who desire to live a vibrant, engaged, active life not only have to manage their own challenges—we do not get older without having some challenges—but we also have to adapt to and somehow figure out how to manage the challenges that our culture puts up in front of us," Swantek says.

ADDRESS COMMON RISK FACTORS

Common risks to your mental health as you get older include age transitions, such as losing a



spouse, friends, or other loved ones and the loneliness and stress that go with them, says Helen Lavretsky, MD, an adult and geriatric psychiatrist at UCLA Health in Los Angeles. You may face retirement, chronic illness, or even the loss of your independence.

"The big A and D words—Alzheimer's and dementia—are the scariest for aging adults," Lavretsky says. "So the approach is to be aware of any changes and get help when needed via talking to family, looking for community resources, and finding counseling or mental health care."



HALEPOINT/VIA GETTY IMAGES

EMPOWER YOURSELF

Lavretsky says that caring for your mental health is an essential ingredient when it comes to self-care. Nurturing your mental health will make it easier to eat a healthy diet, get good sleep, exercise, stay connected socially, lower stress, and more. In turn, these healthy habits will help to nurture your mental well-being. Lavretsky also recommends

exploring mind-body therapies, such as massage, meditation, yoga, tai chi, and acupuncture. Spend time in nature, practice gratitude, and volunteer to help others where you can.

“Anything that brings joy—even simple things like watching a sunset in the backyard increases meaning and purpose in life,” Lavretsky says. “I highly recommend the cultivation of joy on a daily basis.”

TELL YOUR DOCTOR

Get help if you notice signs of depression for more than 2 weeks, including thoughts of death or suicide or changes in your:

- +Sleep
- +Appetite
- +Energy
- +Mood
- +Interest

Call 988 for the Suicide & Crisis Lifeline if you are thinking about hurting yourself.

looking to
STAY WELL
 every day



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Beautiful flower traditionally thought to help your body's defenses



ROSE HIPS

Tart and tasty herb commonly used to help support your well-being

LEMONGRASS

Tasty herb commonly thought to be a supportive hand to your overall health



ELDERFLOWERS

Light colored flower traditionally considered to help support a healthy lifestyle



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