



The Caring Connection

Caring Companions
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**A Resource Guide for Your
Loved Ones & Those Who
Provide Care.**

Edition 3, Volume 2
April - June 2020

2020 Calendar: APRIL:

Parkinson's Awareness Month

April 1: National Walking Day

April 6-12: National Public Health Week

MAY:

Healthy Vision Month

Better Hearing & Speech Month

Arthritis Awareness Month

May 11: National Women's Check-up Day

JUNE:

National Safety Month

June 7: National Cancer Survivor's Day

June 15: World Elder Abuse Awareness Day



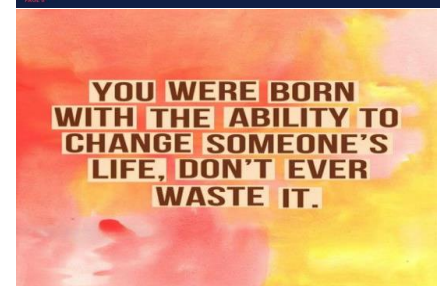
"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style."

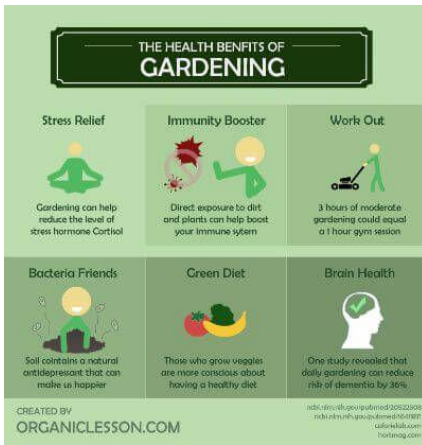
Maya Angelou

Home Remedies for Sensitive Teeth

- **Switch your toothbrush.** Using an extra soft toothbrush will prevent the wearing down of root surfaces.
- **Floss your teeth at least daily after brushing.**
- **Change your brushing technique.** Avoid brushing horizontally. This will help minimize tooth abrasion and the exposure of tooth roots.
- **Try a special toothpaste.** Specially formulated desensitizing toothpastes such as Sensodyne or Denquel can help bring relief. (Be sure to buy a brand with the seal of the American Dental Association.) These contain compounds, such as strontium chloride and potassium nitrate, that can reduce the painful nerve response, though it often takes

- a month or so of regular use for this to occur.
- **Schedule regular dental visits.** A thorough cleaning will reduce dental plaque and lessen the sensitivity.
- **Avoid foods that seem to aggravate the condition.** Hot coffee, ice cream, wine, and grapefruit juice are often prime offenders.





Psoriasis

- Psoriasis is a chronic inflammatory disease of the immune system. It mostly affects the skin and joints, but it also may affect the fingernails, the toenails, the soft tissues of the genitals and the inside of the mouth.
- Psoriasis and psoriatic arthritis can be associated with other diseases and conditions, including diabetes, cardiovascular disease and depression.¹
- See your dermatologist for the successful diagnosis and treatment of psoriasis.

Psoriasis Facts

- Psoriasis is a serious medical condition.
- Approximately 7.5 million people in the United States have psoriasis.¹
- Psoriasis occurs in all age groups but is primarily seen in adults. Up to 40 percent of people with psoriasis experience joint inflammation that produces symptoms of arthritis. This condition is called psoriatic arthritis. Psoriatic arthritis patients

also experience other arthritis symptoms.^{2,4}

- Psoriasis usually occurs on the scalp, knees, elbows, hands and feet. Approximately 80 percent of those affected with psoriasis have mild to moderate disease, while 20 percent have moderate to severe psoriasis affecting more than 5 percent of the body surface area.¹
- The most common form of psoriasis, affecting about 80 to 90 percent of psoriasis patients, is plaque psoriasis. It is characterized by patches of raised, reddish skin covered with silvery-white scale.¹
- There are other forms of psoriasis, including inverse, erythrodermic, pustular, guttate and nail disease.¹ In 2013, the total direct cost of treatment associated with psoriasis was estimated to be between \$51.7 billion and \$63.2 billion.⁵
- 1. Menter A, Gottlieb A, Feldman SR, Van Voorhees AS et al. Guidelines of care for the management of psoriasis and psoriatic arthritis: Section 1. Overview of psoriasis and guidelines of care for the treatment of psoriasis with biologics. J Am Acad Dermatol 2008 May;58(5):826-50.
- 2. National Institutes of Health /NIAMS http://www.niams.nih.gov/Health_Info/Psoriasis/default.asp (last accessed June 1, 2013).
- 3. National Psoriasis Foundation - <http://www.psoriasis.org/about/> (last accessed June 1, 2013).
- 4. Gottlieb A, Korman NJ, Gordon KB, Feldman SR et al. Guidelines of care for the management of psoriasis and psoriatic arthritis: Section 2. Psoriatic arthritis: overview and guidelines of care for treatment with an emphasis on the biologics. J Am Acad Dermatol 2008 May;58(5):851-64
- 5. Brezinski EA, Dhillon JS, Armstrong AW. Economic Burden of Psoriasis in the United States: A Systematic Review. JAMA Dermatol 2015; Published online January 07, 2015. doi:10.1001/jamadermatol.2014.3593.

STROKE
A stroke aka. cerebrovascular attack is the loss of brain function due to a disturbance in the blood supply to the brain.

Stroke is the fourth leading cause of death in the United States.

On average, one American dies from stroke every 4 minutes. Stroke is a leading cause of serious long-term disability.

In 2009, 34% of people hospitalized for stroke were younger than 65 years. Stroke kills almost 130,000 Americans each year (1 out of every 19 deaths).

Ischemic stroke
Blood supply to part of the brain is decreased, leading to dysfunction of the brain tissue in that area. There are four reasons why this might happen:
1. Thrombosis (obstruction of a blood vessel by a blood clot forming locally)
2. Embolism (obstruction due to an embolus from elsewhere in the body, see below)
3. Systemic hypoperfusion (general decrease in blood supply, e.g. in shock)
4. Venous thrombosis.
About 87% of all strokes are ischemic strokes.

Hemorrhagic stroke
Intracranial hemorrhage is the accumulation of blood anywhere within the skull vault. A distinction is made between intra-axial hemorrhage (blood inside the brain) and extra-axial hemorrhage (blood inside the skull but outside the brain).

Risk Reduction Tips:
*Eating a healthy diet
*Maintaining a healthy weight
*Getting enough exercise.
*Not smoking
*Limiting alcohol use.
*Check Cholesterol
*Control Blood Pressure
*Manage Diabetes
*Manage Heart Disease
*Take Your Medicine
*Talk with Your Health Care Team

Major Risk Factors:
*high blood pressure *smoking
*high cholesterol

Top Foods Thought To Help Prevent Stroke

Oats	Almonds	Soy	Strawberry	Low Fat Milk
Blackberries	Banana	Barley	Cornmeal	Salmon



<https://www.caregiverstress.com/>

<https://www.ecarediary.com/Wellness.aspx?CategoryID=42>

<http://www.caregivingcafe.com/>



<https://archrespire.org/respitelocator>

https://www.parkinson.org/caregiving_fam_issues

<https://www.nsc.org/work-safety/get-involved/national-safety-month>

Contact our office at
410-750-7350 or visit
www.ADLMARYLAND.com
to learn more about in-home care services.

Knowing Risk Factors Can Prevent Colon Cancer

Colorectal cancer is the third largest cancer killer in the United States, killing an estimated 50,000 people every year, according to the American Cancer Society. It doesn't have to be that way. Early detection can reduce the colon-cancer death toll through prevention and treatment.

Regular colonoscopies can catch colon polyps before they have a chance to turn into cancer. People with no identified risk factors should begin regular colonoscopies at age 50. Those who have risk factors for colon cancer should be screened earlier and more frequently.

Read through the following risk factors for colorectal cancer, which suggest earlier and more frequent detection efforts:

- **Family history.** Colon cancer is known to be passed down genetically; if your family has a history of colon cancer, it is important that you get screened in your 40s.
- **Race.** The highest incidence and death rates of colon cancer are seen in African Americans. Dr. Hanna recommends that all African Americans, both men and women, begin screening for colon cancer at age 45.
- **Smoking.** Mounting evidence suggests that smoking increases the risk of colon cancer.
- **Diet.** Studies show that diets that are heavy in red and processed meats and low in fruits, vegetables, and grains are associated with a higher incidence of colon cancer.

- **Lifestyle.** People who exercise regularly seem to have a decreased risk of colon cancer. Conversely, inactive lifestyles may be associated with an increased risk.

Learn about [colonoscopy](#), including how to get ready for the test, what is done during the test, and how long it will take.

This information has been approved by Phillip Hanna, MD (July 2010).




Walker

Maintenance

- Make sure the walker is adjusted to the proper height for the person, and that it is sturdy enough for the person's weight. Get the physical therapist to check this for you if you purchase a used one. If you receive one when being discharged from rehab, ask them to make any necessary adjustments before being discharged.
- Put the person's name on it in case of hospitalization or a nursing rehab stay.
- Wipe down with clorox wipes, especially the handles, on a regular basis.
- Use a four-wheel walker with brakes for greater stability and safety. Two-wheelers seem much more prone to stumbling and catching on things and harder to maneuver. Plus, with the four-wheeler, if they get

tired or suddenly weak, you can put the brakes on, help them turn and sit down before a fall happens.

- If you use a basket or bag, don't put it in the line of vision; keep it underneath or on the side, so as not to obstruct the flooring in front of you or be a distraction. (A basket is a great place to keep exercise charts and bands for easy access and a reminder.) This is especially true for Alzheimer's patients, where everything is a distraction, so don't keep anything extra on the walker.
- Secure brake lines to side rails to keep the lines from catching on items and corners while walking.
- Attaching a small but powerful flashlight to the walker in case the electricity should go out, is a very useful tool.



Driver Safety

AARP Driver Safety Course
Next Class: Monday, April 13th, 2020
9am – 1pm
\$15 for AARP members; \$20 for non members
Checks ONLY made out to AARP
Please register with payment in advance in the Catonsville Senior Center Staff Office.
501 N Rolling Road, Catonsville, MD 21228
410-887-0900

