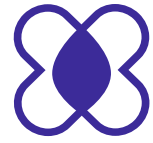


AGE WITH DIGNITY

2020-2021



GRACEFUL LIVING

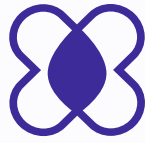
LOVE LIFE LIBERTY



Our annual issue covers articles and columns that have been a part of our monthly Newsletters over the past one year. It is and has always been for the elderly, giving information and entertainment to help them live a life of comfort and ease.



**TULSI
TRUST**
DEVELOPMENT FOR ALL



GRACEFUL LIVING

LOVE LIFE LIBERTY

VIEWPOINT

October 2020 was when the first issue of the Graceful Living Newsletter was born. Today it is 15 months old and is still moving in an upward direction. As we complete 2021, we thought it would be a good idea to put together some important information into an annual-cum Newsletter as a “Collectors” issue for posterity.

The purpose of the Newsletter was to make it a special directory for reference so the elderly can refer to it for specific information. We reached out to audiences through our Zoom meetings wherein we invited specialists from various fields to make presentations and talk in details on their subjects, all of interest to seniors. Our list included doctors such as ophthalmologists, pulmonologists, neurologists, gastroenterologists, endocrinologists, nephrologists, general surgeons, not forgetting counsellors, financial wizards and advocates. I could go on and on. Suffice to say all were experts in their fields to satisfy our audiences.

We also reached out to people through their columns written for the Newsletter regularly, again professionals and non-professionals; physiotherapists too who helped seniors identify their 'specific' exercises and important articles on mental health and dementia. Very important was the listing of vaccines during the crucial period of the pandemic.

Let's say we have built a connection with the elderly whereby we have also received a feedback from them regarding our programs, webinars and support group meetings. And the highlight of our organization is that we are on social media – Facebook, Instagram, Twitter. So all our Newsletters are readily available online to be accessed whenever required. And we know the years ahead will only take Graceful Living to another level.



Asha Gurnani Vohra
Editor



GRACEFUL LIVING – AN OVERVIEW

Graceful Living started in 2014-15 in a small way, when The Trustees of Tulsi Trust realised that the plight of the elderly in India warranted intervention to alleviate their distress. If their suffering was so obvious in our own families then what would be their condition in families who could never afford mental/physical help nor could their mental conditions be addressed?

With this in mind, the chief Trustee of Tulsi Trust, Mr Jagdish Chanrai, channelized his efforts in setting up an organization that could offer assistance, either medical or social to all stratas of society, irrespective of income. This resulted in the formation of Graceful Living.

Over the last three-four years through the efforts of Graceful Living and Tulsi Trust teams, we have managed to touch the lives of senior persons. Many of those would have otherwise been ignored and neglected.

Graceful Living has set up a partnership with similar like-minded organizations to help the elderly. For example to name just two, Echoing Healthy Ageing (EHA) and Story Mitr. The former is an organization in Bandra that takes line-up care of all the needs of the elderly, be it counselling, support group sessions or dementia. Story Mitr is associated closely with Graceful Living to provide entertainment and engagement to the seniors by means of telling stories, interaction and activities which keep them involved in every day life.

We are also working with other organizations such as Aaji Care, MMP Shah College and Taare Social for training of counsellors, organizers etc. The Parkinson's Society is one more such a potential partner. We even provide technology training with the help of Mrs Golvalkar, for smart phones and computers.

In addition to the above activities, Graceful Living organizes Support Group Meetings for elders associations all over the city, Webinars are arranged for interaction with various individuals whether doctors, physiotherapists, lawyers or financial professionals. All the problems of the elderly, whether medical, psychological, social or handling every day life are discussed in detail.

Graceful Living also has an active website (and in our Newsletters too) where comments and testimonials are regularly posted. These include Facebook, Twitter and Instagram accounts which are maintained by a specially designated IT professional. The publishing of The Graceful Living Newsletter (monthly) which started more than a year ago, has been well received.

In the near future, we hope to strengthen our association with these organizations and forge new ties with others so that the guiding principle of Graceful Living is available to all: to provide the elderly with companionship and help in all ways that may touch their lives in a positive fashion.



Naval Pandole
Adviser, Tulsi Trust



EYE WEAR GLASSES & CONTACT LENSES



Glasses are an essential part of our lives for poor eyesight. Frames and lenses are expensive but you need to look after them well, keep them in a case when not using them and keep contact lenses in their small cups with fluid in them so they don't dry up. Keep the glasses clean with solutions or even a quick wash under the tap will do and wipe them clean with the special cloth. They then last longer and don't scratch easily (anti-scratch coating can be applied when you order them). Various filters can be used and so discuss them with your optician for your comfort.

When you choose your frames let them fit you well, especially the multifocal. The optician should centre the lens for optimal results – do remind him/her as they tend to avoid this step especially for progressive or multifocal lenses. Remember these are expensive lenses and need to last for 3-4 years.

Young children, when they start wearing glasses should give importance to the size of the frame – a good fit is recommended and the ear pieces can be designed to wrap around the back of the ear so that they can play sports and other activities without them falling and the family not having recurring expenses.

People like to wear glasses as they can see well and are used constantly. The hyperopes (plus numbers) will have their numbers reduced over the years and in their teens - 80% will not need them while the myopes (minus numbers) unfortunately will see an increase in numbers and will be used for a life time but note that laser surgery is very successful in getting rid of glasses once they turn 18. It is a life-changing surgery and the most popular surgery in the world at present.

Elderly folk who have age-related macular degeneration may need magnifiers or specially made glasses – low visual aids to help them read. Advanced gadgets are available which help them to read and see images which cannot be seen normally. Your eye doctor will guide you accordingly.

Contact Lenses are popularly used by the younger generation but are useful for all generations. They are used for all forms of refractive errors (myopia, hyperopia and astigmatism) and modulate the cornea (alter its shape) thereby helping in visual status.

The old hard lenses are available in better material now but out of favour - the soft modern lenses are preferred. These soft lenses can be used for one year, one month and one day (disposable); they come in packets of 30+30 lenses for daily disposable (cost approx. ₹6000/- a pair). Monthly cost is the same but they can be used for 3 months. Multifocal lenses are also available which give you the ability to see far and near. Recently, new EXTENDED DEPTH of FOCUS lenses are in the market - they are very useful for myopia, presbyopia and antifatigue; 35+ year old folk (antifatigue), above 40 (presbyopia) and myopic children over the age of 5 benefit immensely from them.

Patients with conical corneas (Keratoconus) can also benefit from contact lens use - orthokeratology is a science which applies to them. Astigmatic contact lenses are also available. Great importance should be laid on keeping these lenses clean and sterile and the contact lens specialist will guide you as taking care of them is different for each of these lenses.



SURPRISING FACT: Senior Citizens Happy In Lockdown

Instance 1

My mother lives with my brother and his family and I keep in touch with her through telephone calls. I try to call her once a week, but sometimes I only manage once in two weeks, that too for no longer than five to 10 minutes. With the lockdown, I have more time on my hands, and the chance to revive the mother-daughter heart-to-heart. Surprisingly though, my mother cannot spare more than a few minutes for me now.

Instance 2

Usually, I spend my time reading the newspaper, taking walks in the neighborhood park, and watching cricket on TV – all by myself. For the past few weeks, my eight-year-old granddaughter isn't leaving me alone. Last week, I taught her how to play chess, and I must admit, she's getting good at it – so good that she defeated me this morning!

CATARACT



Cataract is a condition which develops when the lens in the eye turns cloudy. It's a natural ageing process but can occur in a new born till ripe old age. The location of the opacification determines how much of visual loss will occur and the need for surgical intervention. When the central part of the back of the lens is opacified, the visual loss is severe and the individual is handicapped. But when the central part of the lens begins to get cloudy, the vision ie its clarity and contrast may be affected but the percentage of vision may not be altered and hence people manage for a long period before they begin to feel disturbed about it.

In the initial period, the numbers in the glasses change, one becomes short-sighted as the cataract progresses, so one can manage. These days cataracts are occurring in younger professionals and active working individuals, hence surgical procedure is the only way to restore the vision back provided there are no other pathology problems in the eye which may mar the outcome. Surgery is the only viable treatment for this condition though eye drops were available in the old days which could halt the condition but no scientific evidence was produced to support its use.

There are different surgical techniques and various intraocular lenses that are on offer by the eye surgeon. Often, it's the purse that decides the technique and the lens but the results will satisfy all patients as long as a competent surgeon has executed it. The 'gold' standard since the past 30 years has been phacoemulsification cataract surgery which is highly sophisticated and done with 2mm incisions and folding lenses inserted through them. Sometimes other techniques are used and will be explained by the doctor due to different pathology and eye disease. Lasers have been added to the

armamentarium of the surgeon - some surgical steps can be taken but are not in demand universally as the cost is in crores.

A wide range of intraocular lenses are in use. Monofocal lenses – give you distance vision, for near you need glasses. Multifocal lenses – give you both distance and near vision, a GOOD choice but it has its limitations. People complain of halos and shadows but they usually settle down in due course of time. They are expensive and the insurance company DOES NOT pay for them. Even high cylindrical numbers can be corrected with custom-made lenses. Lately, EXTENDED DEPTH OF FOCUS lens is available which eliminates the halos and shadows and are half the price of the multifocal lenses. They give good distance and decent near vision at one to two feet range. Occasionally, the surgeon has to use another type of lenses if the case is complicated. NEVER forget that you may need glasses for far and near sometimes after all the fancy work has been done – there are NO guarantees.

Have a chat with your doctor regarding the above and you will be guided. Remember it is about the surgical skill of the surgeon that overrides everything. Once you have made your selection, then go by his experience and guidance.



Dr Phiroze Patel

Consultant, Ophthalmic Surgeon

Instance 3

Our daughter, who lives abroad, calls us once a week – usually Saturday evening or Sunday morning. My husband and I have nothing better to look forward to all week. Of late, the calls have become more frequent and it's not only our daughter but also our son-in-law and grandchildren who talk to us.

When the world is concerned about keeping the senior citizens indoors and safe, these people seem quite content and happy in lockdown. The only real concern is the possibility of a flare-up of existing medical conditions.

Courtesy: TriBeCa Care



REVERE YOUR PARENTS

I would like to share my experiences with my parents. My Dad and Mom both lived into their late 80s and in fact my Dad was 89 years old when he passed away. Spending time with them made me realize the challenges one faces in old age: illnesses related to old age which include bed sores, aches and pains of the body and so much more.

More importantly, another fact which I realised was their feeling of loneliness. We, his children, could not spend much quality time with them as we got busy with our own lives, chasing our goals, businesses, looking after our kids, their future, education, and so on. They would await our visits (we learned later that every bell which rang, they used to feel that one of their sons had come to visit them).

Rewind to March 2020. Covid struck and everything was shut down. I was now involved with Graceful Living (initiative of Tulsi Trust) and Able Living. We realised that aspects like a walk in Nana-Nani park, visit to holy places, to the theatre/cinema house, meeting friends had come to a grinding halt and this had a devastating effect on our seniors.

We initiated a series of virtual Webinars highlighting various aspects mentioned above and called experts on topics like Ageing Gracefully, Geriatric Physicians, Gerontologists, therapists and motivational speakers. It helped allay a lot of their fears and also gave them enough knowledge on how to deal with the challenges thrown up by Covid.

We were fortunate to have spent enough time with our parents and feel we are truly blessed. I can assure you that this is the best pilgrimage you will experience as parents represent God on earth - you can see them. Those of us who spend quality time and care for them are indeed blessed to have been given this golden opportunity.



Manoj Gursahani

Managing Trustee, Indian Relief Foundation

COGNITIVE HEALTH

Cognitive health is the ability to think, learn and remember effectively, which is the central aspect of performing everyday tasks.

Subtle and gradual cognitive deterioration is part of the process of ageing. A more rapid decline in cognition could be indicative of dementia. Recent studies indicate that individuals who work with cognitive stimulations (such as teachers, musicians, physicians, pilots etc.) often maintain a greater level of cognitive ability in their later stages. This states that the brain is presented like a muscle, and with diligent care and effective use, it can be active and functioning to a certain extent throughout our lives.

For the senior population, cognitive activities should be conducted frequently for a favorable living. A recent study showed that the elderly who spent five to six weeks (10 minutes of training a day) performing cognitive activities such as puzzles and memory tasks, exhibited improved memory, reasoning and information processing. The effects of this were seen over the next few years.

Listed below are some mental exercises that have a positive impact on your cognitive skills.

Arts & Crafts – Creativity is a good way to keep one's mind active. Arts and crafts not only keep the mind busy but also keep your hands occupied. These can be as simple as card making, knitting, painting or anything else that keeps your creative side alive. The time and affection put into any handmade gift is surely appreciated!



Trivia Games – These are especially good since they promote recall exercises. It encourages the senior to think back to past events or facts they've learnt throughout their lives.

Puzzles – Problem solving activities like puzzles are an excellent way to stretch mental muscles and stimulate

DIET FOR SENIORS

Malnutrition, both over-nutrition and under-nutrition are dangerous for the elderly. They are at a very high risk of multiple nutrient deficiency, age-related decline in food intake as well as consuming food that does not give value and causes obesity and other metabolic issues.

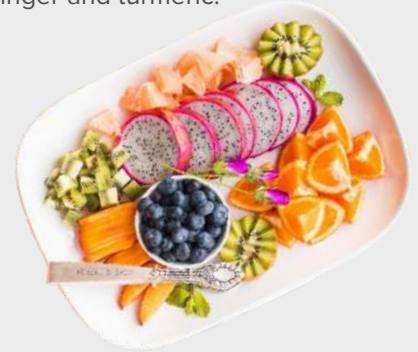
Diet recommendations for the elderly

- ➔ They should avoid two heavy meals, instead have three to four smaller ones.
- ➔ They should not take only a liquid-type diet like khichdi, soups, soft mashed stuff. Food that requires to be chewed, like vegetables and fruits, should be also eaten.
- ➔ Foods containing fibre-like coarse cereals, vegetables, beans and roots - which reduce cholesterol imbalances, high blood pressure, glucose intolerance and prevent constipation - are important.
- ➔ Avoid food with trans fats especially fried food, sugar and sugar derivatives; reduce carbohydrate intake.
- ➔ Salt should not be limited or omitted as low salt can cause a condition called hyponatraemia which can create a coma-like condition.

Importance of anti-oxidants in the diet of the elderly

Many foods and spices contain vitamins, minerals, flavonoids and other chemical compounds called anti-oxidants which protect the body from various disorders caused by chemical compounds called free radicals.

Foods containing anti-oxidants should be included in their diet such as citrus fruits (lemon & orange), coloured fruits/vegetables (carrot, papaya & tomato), leafy vegetables, onion, ginger and turmeric.



Dr Lenny D'Costa

Consultant - Geriatric Medicine

brain function. Activities like these require seniors to search patterns and look for details.

Sudoku – Seniors can look for numeric patterns instead of words and images. Sudoku puzzles can help sharpen problem-solving skills and build on them as they come with different levels of difficulty.

Board Games – Strategic games like Chess and Checkers are great too. They require players to weigh the pros and cons of each move and come up with a challenging strategy for the opponent.



Reading (& retelling) – A good novel, magazine or even catching up with the news can instigate cognition. Reading prompts imagination and forces the brain to form images in order to match with the words written. In some cases, they can also be asked to retell what they've read as this promotes recall from memory.



Amrita Patil Pimpale

Founder, Echoing Healthy Ageing



EXERCISES TO KEEP FIT

Exercises to help you overcome lethargy, improve blood circulation, keep your muscles and joints active and prevent any aches and pains arising due to a poor posture. Two experts from Iconic Physio share their tips.

1 Pursed lip breathing

Sit in a relaxed position, keep your mouth closed, inhale slowly through your nose for three counts. Close your lips as though you are going to whistle. Exhale slowly by blowing air through your pursed lips for four counts.



2 Diaphragmatic breathing

Place one hand on your upper chest and the other one below your rib cage. Slowly inhale through your nose, feeling your stomach pressing into your hand. Exhale (pursed lips still) as you tighten your stomach muscles, keeping your upper hand still.

Paper blowing

Hold a paper in front of your mouth. Blow it away as much as you can slowly through pursed lips (mouth slightly open). Helps in clearing chest secretions (cough).

Bubble blowing

Take a glass of water, place a straw in it and blow through it making bubbles. Helps in clearing chest secretions (cough).

Chest expansion

Sit with your back erect. Raise your hands outwards while breathing in through your nose and bring them back to the centre while exhaling through your mouth slowly (by pursing lips). Similarly, place your hands on the sides of your chest. Take a deep breath, feel the chest expanding under your hands, and exhale slowly. Increases air entry in lungs due to chest expansion.

Prone lying

Lie on your stomach and take a deep breath. Note: attempt this position taking into account your comfort level. Increases air entry in lungs, especially in the lower parts of the lungs which tend to have less air entry.

Curling toes

Curl your toes and then stretch out to give a good pull to all the important small muscles of your feet which we ignore most of the time. (10 times)

Butt walking

While sitting on the chair with your back straight, lift and shift one buttock at a time to move forward on the chair. Then shift each buttock at a time again to move backward on the chair and repeat again. Helps activate muscles of lower back and hips - better after sitting for long in one position. (5 times front and back)

Overhead namaste: Perform namaste in front of your body and gradually move it overhead giving a good stretch to your arms, shoulders, upper back while straightening your slouched back. (5 times with a 10-second hold)

Clenching fists

Stretch your arms in front and clench both fists and open wide. (15 times)



Dr Pratha Mehta



Dr Rajashree Lad

MAGIC OF STORY TELLING

Each person has a story and when shared with everyone, brings joy to both the listener and the story-teller.

In school, it was all about the Pythagoras Theorem or the Archimedes Principle. Some may remember all of it or part of it. But all of us surely remember the story of The Hare and the Tortoise or The Crow and Jug of Water. Thus the importance of story-telling.

The reason for this: our brain can easily remember those details which are told in a sequence, in a particular setting by visualising it, the characters, the exchange of dialogues, the characters' actions, the twist/hurdle and finally the solution followed by a moral. This is not just a belief. This is a fact.

Research has found health benefits from story-telling which include mental stimulation, improved memory, positive social connections, and increased activity among older adults.



Photo by Andrea Placquadro from Pexels

Stories compel elders to think, and thinking helps them remember old incidents, stories which they can share with family or friends. Stories have helped elders overcome communication hurdles while suffering from dementia. There have been cases when patients who were unable to connect even with their own care-givers have been able to do so with a group of similar aged individuals, all thanks to story-telling!

So listen, share and be surrounded by stories!!!



Nandita Sankaran
Co-founder, Story Mitr



Photo by Rodnae Productions from Pexels

ENJOY YOUR BONUS TIME

I live in a large residential complex. We celebrate each and every festival, more so towards the end of the year. Celebrations come in the form of fashion shows as well. I introduced the idea of a fashion show for seniors and it has become a hit as it is now a regular feature (I too willingly participate in the fashion show). We take part in some marathons as well. I am a senior citizen and I feel it is my duty to enjoy this 'bonus' time. I have a daily routine which keeps me going from day to day. I do some chanting in the morning. This gives me peace of mind. Soon after, I do yoga which provides me energy for the day. Both these activities keep me very busy and add to my happiness, to my 'feeling good' as well.

We seniors are NOT a burden and we should take each day as it comes. My secret to happiness is four-fold:

- 1) Don't think too much
- 2) Mind your own business
- 3) Don't give advice
- 4) Don't talk too much



Manjiri S Kelkar
(Retired) Assistant, Agricultural Dept.
Mantralaya



COVID VACCINES

Know all about the various vaccines used during the pandemic...

Viral Vector Vaccine (VTV)

VTV uses an unrelated harmless virus modified to deliver SARS-CoV-2 genetic material. The delivery virus is known as a viral vector. Our cells use the genetic material to make a specific SARS-CoV-2 protein, which is recognised by the immune system to trigger a response. This builds up immune memory so your body can fight off SARS-CoV-2 in the future.

Oxford AstraZeneca/Covishield 2 Doses - 12 weeks apart **Efficacy:** About 70%

Variants: At least one study finds it has little effect against the South African variant, but appears effective against UK and Brazilian ones.

Sputnik V 2 Doses - 21 days apart **Efficacy:** 91%

Variants: Unknown. Clinical trial data was largely conducted in Russia prior to the emergence of major variants.

Johnson & Johnson

Variants: Studies in Africa, UK and Latin America show evidence that the vaccine is effective against the variants, although less so against the South African and Latin American ones.

Efficacy: 66% at preventing symptomatic infections. In US about 72%. 100% effective at preventing hospitalisation and death.

Genetic Vaccines (Nucleic Acid Vaccine)

This contains a segment of SARS-CoV-2 virus genetic material that codes for a specific protein. Can be DNA or RNA. Our cells use the genetic material to make the SARS-CoV-2 protein, which is recognised by the immune system to trigger a response. It builds immune memory, so your body can fight off SARS-CoV-2 in the future.

BIONTECH/Pfizer 2 Doses - 21 days apart **Efficacy:** About 95%. 100% at preventing hospitalization and death.

Variants: Data suggests it is "quite effective" against the UK, South African and Latin American variants. Said to be effective against hospitalization of the Delta variant.

Moderna 2 Doses - 28 days apart **Efficacy:** About 95%. 100% at preventing hospitalization and death.

Variants: Data suggests it is "quite effective" against the UK, South African and Latin American variants. Said to be effective against hospitalization of the Delta variant but more data is needed.

Sinovac 2 Doses - 14 days apart **Efficacy:** 50.38% to 91.25%, depending on the clinical trial.

Variants: Unknown, although a study in Brazil demonstrated 50.4% efficacy at preventing symptomatic infections.

Sinopharm 2 Doses - 21 days apart **Efficacy:** 79%

Variants: Reported to be effective

Protein Vaccine

Contains proteins from the SARS-CoV-2 virus, which are recognised by the immune system to trigger a response. Can be whole proteins, protein fragments, or many protein molecules packed into nanoparticles. This response builds immune memory, so your body can fight off SARS-CoV-2 in the future. e.g. Novavax, Sanofi

Novavax 2 Doses - 14 days apart **Efficacy:** 90.4%

Variants: Effective against South African & UK variants

Sanofi Phase 3 trials are on

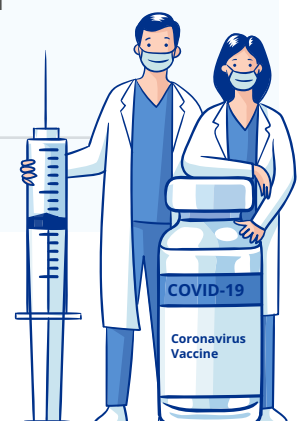




Photo by Anna Tis from Pexels

IMPROVING APPETITE

It may seem like appetite just comes and goes mysteriously, but there are things you can do to help your loved ones increase their appetites. Try the following tricks to stimulate appetite in the elderly.

Starting a routine helps as it creates a set schedule. The food should be packed with nutrients. Loneliness can reduce appetite, so eating meals with others is preferable. Washing your mouth before meals can prevent a dry mouth. Sandwiches, fruits eaten with the hand/fingers may be more fun/interesting for them. Keep a variety of easy-to-eat, healthy snacks handy. Many elderly people have trouble chewing their food. And many others just prefer liquids and softer foods. Smoothies, whole-fat milk and soup work well. Nutritional drinks like Ensure are also good options.

Creating a pleasant atmosphere may make eating more enjoyable. To make the elderly feel more empowered, get them involved in what they eat and how it's going to be prepared. Loss of appetite is very important to understand in the older person. Specific care plans for the elderly need to be devised. The risk factors can range from medical to social, hence should be thoroughly looked into.



Dr N N Prem

MD, Geriatric Medicine
Consultant - Jaslok Hospital,
Graceful Living



FOODIE NEWS

The foods we eat may have a direct impact on our cognitive acuity in our later years. This is the key finding of an Iowa State University research study spotlighted in an article published in the November 2020 issue of the Journal of Alzheimer's Disease.

The Food Frequency Questionnaire asked participants about their intake of fresh fruit, dried fruit, raw vegetables and salad, cooked vegetables, oily fish, lean fish, processed meat, poultry, beef, lamb, pork, cheese, bread, cereal, tea and coffee, beer and cider, red wine, white wine and liquor.

Here are some of the most significant findings from the study:



Cheese, by far, was shown to be the most protective food against age-related cognitive problems, even late into life.



Weekly consumption of **lamb**, but not other red meats, was shown to improve long-term cognitive prowess.



Excessive consumption of **salt** is bad, but only individuals already at risk for Alzheimer's disease may need to watch their intake to avoid cognitive problems over time.

Source: Science Daily, Internet

PAIN OF PILES

Rectal problems are common. Almost everyone will experience some rectal itching, pain, or bleeding at some time during his/her life. These problems are often minor and may go away on their own or with home treatment. Piles as they are commonly known are a universal problem and are known scientifically as Haemorrhoids. In Turkish, they're known as "bottom tulips"; in Dutch they're called "anus berries". In India, they are famously called "bhavaseer".

Piles are swollen veins on either inside the anus or rectum or around the outside of the anus. When they get enlarged and swollen, they are called haemorrhoids. Piles are more common as people age. By the age of 50, about 50% of men and women have Piles. Due to the embarrassing nature of the problem, people rarely go and see a doctor. Unfortunately, by the time they do so, the Piles have either become very big or have started developing symptoms like pain and severe bleeding.



CAUSES

Constipation, which is increasingly common as people age, is the primary cause. Difficulty in evacuating stool leads to straining, which in turn puts pressure on the veins in the rectal area, causing the veins to enlarge. It's likely that extreme abdominal pressure causes the veins to swell and become susceptible to irritation. The pressure can be caused by obesity, pregnancy, standing or sitting for long periods, straining or prolonged sitting during bowel movement, coughing, sneezing, vomiting and holding your breath while straining to do physical work and a poor posture. A diet high in processed foods can also contribute to the formation of Piles.

There are two types of Piles: Internal and external. These show up in different guises. Internal haemorrhoids are often painless unless they protrude outside the anus. If they do, they can develop blood clots, which are painful but not dangerous. These are called external haemorrhoids.

Look out for signs such as anal pain, anal itching, a purplish lump around the anus, a reddish mass of tissue around the rectum, bright red blood on toilet tissue in the stools or mucous/faeces on the undergarments. Symptoms of Piles are akin to anal fissures (small skin tears around the anus) or even diseases like colorectal cancer.

TREATMENT

If you have Piles pain, we usually recommend a combination of treatment. This could include warm baths (not hot ones), followed by an ice pack three to four times a day. Creams or suppositories often provide relief, and very gentle cleansing of the area can help relieve irritation as well. Some tablets are available to stop the minor bleeding.

When it is more persistent or painful, we suggest various non-invasive office-based procedures which can be done either without anaesthesia or under local anaesthesia. These include sclerotherapy, a chemical injection that shrinks the haemorrhoid, and laser or heat therapy, a treatment that causes internal haemorrhoids to harden and shrink. In the event that you don't respond well to any of this treatment, we may suggest surgery. Swollen veins can also be removed by stapling, which blocks blood flow to them or by traditional surgery which includes cutting out the mass of Piles and suturing the wound.

Constipation is an extremely common problem that is seen in the elderly which leads to a greater risk of Piles.



PREVENTION

You can avoid developing Piles by eating healthy food and getting plenty of exercise and also making some changes in your lifestyle. Because constipation is one of the major culprits, this has to be tackled first by eating a diet rich in fibre (found in whole grain foods, fresh fruits, and vegetables) and drinking at least 3-4 litres of water a day. This sort of diet softens and adds bulk to stool to help push it through the intestine. In addition, cut down on your intake of refined or processed foods like cakes, chips, and sweets. They can create a traffic jam in your digestive tract, adding to the strain on those veins. Constipation may also be caused by lack of exercise.

Good bowel habits are also important in preventing haemorrhoids or keeping them from becoming a complete nuisance. Sitting on the pot for long periods can put pressure on the veins around the anus or rectum. Gently cleaning the anus after a bowel movement often helps to keep the area from becoming irritated.

Caution

Do not wait to see a doctor. Else surgery will remain the only option.

Dr Dheeraj Mulchandani

Consultant, General Surgeon - Laproscopy

AGEING WISELY

One is young by accident but 'ageing gracefully' is an art.

Health is a state of complete harmony of body, mind and spirit, and not just the absence of illness or infirmity. Irrespective of age, all have the ability and the right to be fit and healthy. An elderly can improve his/her health by improving the diet, cultivating healthy relationships, managing stress, exercising and resting/sleeping well.

Having annual health check-ups along with monthly visits to your family physician is a must. If you have any ailments, educate yourself about them. Keeping a list of medications in your wallet/purse would be a wise thing to do. Self-medication should be avoided as some medicines can interact with others, causing life-threatening emergencies. Painkillers should be taken with caution and under supervision of your physician. Also having self-monitoring tools at home like a digital blood pressure machine, the one-touch sugar check and the oximeter are essential. All emergency numbers must be kept handy.

Planning your diet as per your medical condition would be the next step. I would strongly suggest a holistic approach using traditional therapies along with the new knowledge of nutrition. One size does not fit all, hence diet and exercise plans have to be customised for each person.

Let your body be challenged beyond what it can do (under guidance) so that it can evolve and become stronger, slowly but surely. Yoga, outdoor walks, strength training to maintain bone and muscle mass is a must. Laughter and warmth of loved ones is the best health booster. A joyful spirit is always young. Keep yourself active, because what you don't use... you lose (eg. muscles, bone strength).

Health and ageing gracefully go hand in hand. Make the most of this golden phase of your life, for now you have the knowledge and wisdom and with health by your side you can find happiness and joy.



Dr Perna Chhugani
Primary Care Physician

Individualized brain stimulation therapy improves language performance in stroke survivors.



RE-TIRE & RE-INVENT

I always wanted to be a beach bum. Couldn't wait to retire and wallow on the golden Goan sands. Then the editor of your newsletter, Asha, introduced me to Vedanta and that put paid to all my retirement plans. I began to learn that work is our only salvation. Vedanta is an ancient Indian philosophy that teaches us how to live life. There is nothing religious about Vedanta. I have a Parsee Vedanta teacher, Adi sir, from whom I am still learning. So as I bumbled along, a realization gradually began to unfold. Retirement is not meant to retire. But to re-tire and re-invent ourselves. It can be a wonderful opportunity to do all the things we wanted to but never had time for.

So I find myself starting yoga late in life and doing more yoga every day than I thought was possible. I am even attempting to decipher Patanjali's yoga sutras with my group of fellow yoginis.

I turned an entrepreneur of sorts and began an unusual boutique literary festival in Kasauli. That extended to London too, a few years later when the then Indian High Commissioner invited us over. It is the only festival in the country named after a person, the Khushwant Singh Literary Festival. The last two years put paid to all events. But we did not let that deter us. Technology came to our rescue and we went online. So now all the festivals and classes are online and my day as a 'senior' is a rather full one.

But there is an important point I want to make here. It's not just a matter of keeping busy in retirement. It is more important to keep abreast of what is happening in the world, to keep pace with technology, and yes, even social media. When I meet youngsters, I find we have so much to talk about. And I learn so much from being in their company. And I hope it's the same for them too. So the next time any of us complain that children or grandchildren have no time for us, let's look within. Am I worth spending time with?



Niloufer Bilimoria

Founder-Director,
Khushwant Singh Festivals, Kasauli and London

UNDERSTANDING AGEING

It is a known fact that life expectancy has increased and we are living longer. The question is, are we leading healthier lives? One reason why we cannot embrace old age is because we do not prepare for it. We also have a lot of preconceived notions about ageing. We should prepare for old age as we grow older.

It is necessary to know about Gerontology, which is the holistic study of ageing and improving the quality of life in older adults. If we are better informed and aware of the physical, emotional, biological, psychological and emotional changes that take place in old age, we will be able to face and overcome challenges when we get there. Research says that your overall attitude towards ageing will determine whether you will age successfully or not. Social experiments have shown that those who have negative attitudes towards ageing will live less number of years and will also have difficulty coping with illnesses.

Young people should also know and prepare for their old age. Not just financially, but also on how to use their time productively and be of use to others, so there is less possibility of having mental health issues like depression and anxiety which are common in old age.

LONELINESS

Loneliness does not come from having no people around, but from being unable to communicate the things that seem important to oneself - Carl Jung. Loneliness is a complex human emotion unique to each individual. While common definitions of loneliness describe it as a state of solitude or being alone, it is actually a state of mind.

Loneliness causes people to feel unwanted, empty and alone. But it is not necessarily about being alone but about 'feeling alone and isolated'. It is the feeling that no one values or understands you. A person who is attending a party with lots of people around or having more people in the house can still feel lonely.

Loneliness is a sad reality of modern life. It can affect anyone but older adults are more vulnerable to being lonely. According to a study by AgeWell Foundation done in 2017 in which 15,000 older adults across 300 districts of India were surveyed, it was reported that 47.49% older adults were feeling lonely. As people age, they tend to get disconnected from their social circles. Increasing physical limitations, and debilitating ailments also contribute to social isolation. Loneliness is a critical problem amongst older adults which needs to be addressed.



Amruta Lovekar

Gerontologist & Project Co-ordinator
Graceful Living

YOU ARE NOT OLD BUT YOU ARE AGEING

Understand the following facts about old age

Cognitive decline associated with decline in physical performance

Depression which is under-treated in older people

Mobility – walking speed and other physical functions slow down

Older people more likely to fall leading to sometimes increased mortality

Weight loss in older people

Cardio-vascular disease which is said to be present in half of the elder population

Frailty

Deterioration of the immune system

Source: Internet



Photo by Max Smirnov from Pexels

PHISHING ON THE INTERNET

The word “phishing” has been coined since it represents “catching” the targeted users by luring them to a website just like fishing, using a worm on a hook. This is used to make them unknowingly part with their vital details, which can then be used to cause financial or other losses to them.

The game starts with the fraudsters skilfully creating a bogus website resembling the real login page of an e-mail service or social media. Fraudsters then randomly send hundreds of e-mail messages, giving either a fake incentive (prize, gift, etc.) or a fake threat (suspension of account, usually) to click on a link provided that takes the recipient to the fake website. Unless one is careful to observe the fake address line on the browser, the recipient of the message may simply key in the login ID/password. Since this is a false web page, it does not usually go any further but the fraudsters now have the login credentials of the person.



After getting the login details, fraudsters immediately open the e-mail or social media account to scan the contents for the type of messages and the activity the ‘victim’ uses the account for. After that, any of the following is possible:

Trying to extract money from the victim’s contacts by sending them SOS messages in the victim’s name, describing how she/he is stranded in a foreign country without travel documents and money, having lost them in a case of mugging, theft, pick-pocketing, etc.

If the account is used for commercial purposes, messages are sent to the client to make payments into ‘their’ account.

If they find some private correspondence or photographs of a personal nature, they could consider blackmail.

Anything else inspired by the account contents.

Please do not fall prey to such frauds. Never click carelessly on links provided in suspicious messages. E-mail and social media service providers never send threatening messages nor do they give any incentives or prizes for using these.



Prakash Khemani
Pioneer in Internet Use

2020 to 2030 is the 'Decade of Healthy Ageing'

Persons aged 65 or over

2019

703 million



One in 11

80%

of those will be in
low and middle-income
countries

2050

1.5 billion



One in 6

One in six 
of the people aged 60 and
over faced some form of
abuse last year

COVID-19 pandemic

may significantly lower incomes of elderly people

Sources: UN, WHO



How to catch an early warning for dementia

Apathy and a loss of motivation and interest in life have been linked to a type of frontotemporal dementia. The condition is believed to be caused by brain shrinkage, and scans show the more acute the apathy, the worse the brain shrinkage. This type of frontotemporal dementia tends to show up in younger people aged 45 to 65, but may have been present for some time. A long-term study suggests that apathy may show before other symptoms of dementia appear.

Professor James Rowe of Cambridge University’s Department of Clinical Neurosciences said people who lose motivation in their middle age should seek medical advice in order to guard against the early onset of dementia. “It’s not the same as being depressed. It’s about that flatness and losing energy to do things,” Rowe said.

Ref: Daily Mirror, The Economic Times.

GROWING OLD WITH DIGNITY

Ageing is not an accident. It's a natural progressive route. I decided to attend to my physical health in my 40s – walking for 30 minutes and doing yoga too for half-an-hour daily which I increased (yoga) to an hour. Once you start enjoying this routine, you become restless not doing it. The regularity of it compels you to sleep early, thereby wake up early. Daily physical activities not only keep you healthy in maintaining the body but also keep your mental and emotional health in good form. And this I feel is a life-long 'health insurance'.

To maintain finances, early 50s is the right time to plan and execute systematic investments to mature after and during retirement. If you maintain a middle-class lifestyle during your earlier years, it becomes easy to maintain the same after retirement.

I am now involved in activities at the Co-operative Shushrusha Hospital in Shivaji Park, Dadar, where I was a founder-member. My advanced age never deterred me and I am still very involved in its activities. The reason for this: my energy and enthusiasm which I have nurtured all along. At 82, I keep myself busy and have a purpose in life.

An annual health check-up keeps the body systems in place and if issues crop up, timely action prevents mishaps.



Yashwant Deshpande

Hon. Director, Shushrusha Hospital, Dadar

New tests identify early changes in Alzheimer's disease before symptoms appear. Researchers have found new forms of tau protein that become abnormal in the very early stages of Alzheimer's disease before cognitive problems develop. The scientists developed new tools to detect these subtle changes and confirmed their results in human samples.

Source: University of Gothenburg, Science Daily



THIS TOO SHALL PASS

“Even this shall pass away” - Theodore Tilton

In these trying times, everyone seems more exasperated as the pandemic continues with no end in sight. Rather, there are more complications like newer mutations. But we as senior citizens have to cope like everyone else. It's that much harder as going out is a strict no-no for us. I spend my time doing some needlework at home and a lot of reading. Evenings I go for walks just around my area. Having reached this age of being a senior citizen I feel wiser. One becomes calmer as one understands human emotions. In fact, I am filled with the knowledge of my experiences which I share with my children and grandchildren as also inter-connecting on video calls with friends and relatives. A mention of Women's Day which was on March 8. Women are at the receiving end of the high-handedness of the powers that be...often from home to the workplace and in occupations beyond walls. The day reminds us that women have equal rights and privileges as well as duties and responsibilities like men do and these must be honoured and when in jeopardy, comprehensively restored.

We sincerely hope and pray that the way forward will slowly albeit surely ease out the pandemic and resolve all the mammoth problems that now stare us in the face.



Serena Franklin

Journalist

FOCUS ON FUN

Do you know what works best for the elderly? To NOT discuss the PROBLEMS of growing old all the time, but to concentrate on the FUN that we can have in our golden years.

It gives me great pleasure to communicate my thoughts with a group that is close to my heart. I'm going to address the fun element of growing old and of finally reaching the stage where you realise that you've done everything that you had to, you've fought all of life's battles and now you have all those hours in the day to do what you want to do. Is that daunting, boring, frightening? Not if you remember to be happy, to do something that gives you joy. Albert Einstein has very famously quoted, "I have reached an age when if someone tells me to wear socks, I don't have to."

Fix a timetable for the day, make every hour count by all means but leave aside plenty of time for friends, to play games, to sing and dance together. Bernard Shaw wrote, "We don't stop playing because we grow old, we grow old because we stop playing."

So let's continue to have fun, because there are no old people nowadays – they are "wonderful for their age".



Tasneem Hoosein
Co-founder, GoldenGlow

New research has revealed that training one arm can improve strength and decrease muscle loss in the other arm - without even moving it!

© Randy Glasbergen
www.glasbergen.com



"If I don't go to the doctor, he can't find anything wrong with me. That's how I stay healthy!"

EXERCISES FOR SENIORS FOR STRENGTH & BALANCE

Falls are one of the leading causes of injury and death for senior citizens. However, you don't have to fall prey to slips and falls. By exercising, you can improve your balance and your strength, so you can stand tall and feel more confident when walking.

Single Limb Stance - It's best to start off with a simple balance exercise for seniors. Here's how you do this one: stand behind a steady, solid chair (not one with wheels), and hold on to the back of it. Lift up your right foot and balance on your left foot. Hold that position for as long as you can, then switch the foot. The goal should be to stand on one foot without holding onto the chair and hold that pose for up to a minute.

Walking Heel to Toe - You might read this and wonder, "How is walking an exercise to improve balance?" This exercise makes your legs stronger, which enables you to walk without falling. Put your right foot in front of your left foot so that the heel of your right foot touches the top of the toes of your left foot. Move your left foot in

front of your right, putting your weight on your heel. Then, shift your weight to your toes. Repeat the step with your left foot. Walk this way for 20 steps.

Back Leg Raises - This strength training exercise for seniors makes your bottom and your lower back stronger. Stand behind a chair. Slowly lift your right leg straight back – don't bend your knees or point your toes. Hold that position for one second, then gently bring your leg back down. Repeat this ten to 15 times per leg.

Single Limb Stance with Arm - This balance exercise for seniors improves your physical co-ordination. Stand with your feet together and arms at your side next to a chair. Lift your left hand over your head. Then, slowly raise your left foot off the floor. Hold that position for 10 seconds. Repeat the same action on the right side.

Side Leg Raise - You'll need a chair for this exercise to improve balance. Stand behind the chair with your feet slightly apart. Slowly lift your right leg to the side. Keep your back straight, your toe facing forward, and stare straight ahead. Lower your right leg slowly. Repeat this exercise 10 to 15 times per leg.

Excerpts - Courtesy: Philips Lifeline, Internet

STAYING WELL

Get active

Physical activity is an immune system booster

Take supplements as necessary

Eat a healthy diet

Wash your hands frequently

Learn how to manage stress

Get plenty of rest

Take steps to prevent infections

Schedule annual physicals

Courtesy: Internet

Healthier, happier you

'The Age Well Foundation' now published as a book was written with the purpose of understanding how the elderly can have a healthier and happier old age. According to the authors, walking is very good but pace matters. Walking briskly is more advantageous and the pace should be such that you must sweat. Aim for a 30-minute walk every day. And if you happen to be anywhere near a garden or any kind of green stretch, it means better sleep at night.

Also, after age 40, we lose muscle at the rate of one per cent per year, increasing our risk of heart attacks, strokes and osteoporosis. Research has proved that older adults who did 'strength' training twice a week lived longer and with less illness than those who did none.

Recommendations: weight training for efficiency; keep pairs of weights near the kitchen and TV and lift them if you have a few minutes to spare.

Ref: The Age Well Foundation, Saunders and Streets.

Proven facts

It's easy to get confused when it comes to health and nutrition. Even qualified experts often seem to hold opposing opinions, which can make it difficult to figure out what you should actually be doing to optimize your health. Yet, despite all the disagreements, a number of wellness tips are well supported by research. Here are some health and nutrition pointers that are based on scientific evidence.

- 🔴 Limit sugary drinks
- 🟢 Eat nuts and seeds
- 🔴 Avoid ultra-processed foods
- 🟢 Don't fear coffee
- 🟢 Eat fatty fish
- 🟢 Get enough sleep
- 🟢 Stay hydrated
- 🔴 Avoid bright lights before sleep
- 🟢 Take Vitamin D if you are deficient
- 🟢 Eat plenty of fruits and vegetables
- 🟢 Eat adequate protein
- 🟢 Get moving
- 🔴 Don't smoke or use drugs, and only drink in moderation
- 🟢 Lift heavy weights and strengthen your muscles
- 🟢 Use plenty of herbs and spices
- 🟢 Nurture your social relationships
- 🔴 Get rid of excess belly fat
- 🔴 Avoid restrictive diets
- 🟢 Eat whole eggs
- 🟢 Meditate

Source - Internet: Pointers taken from an article written by Kris Gunnars, BSc; medically reviewed by Jillian Kubala, MS, RD; updated on July 2, 2021



Morning habits

How you start your day can play a huge role in your 'feel' throughout the day. Celebrity nutritionist Rujuta Diwekar says that you must never start your day with tea or coffee. Now this might be shocking for some of you who simply cannot do without their morning cuppa of tea or coffee. For some, it helps in regular bowel movement. But in many others, having tea or coffee on an empty stomach can result in acidity, heart burn and dehydration.

According to Diwekar, a healthy way to start your day would be eating a handful of soaked almonds and raisins first thing in the morning. This can be followed by a glass of water. And then you can have your tea or coffee.

Eating soaked almonds or any other nuts along with raisins can make you feel energetic. It can make for a nourishing protein-rich pre-workout meal. What's more, it offers benefits like reduced PMS symptoms, lesser cravings, acidity, bloating and indigestion.

Foods never to be eaten on an empty stomach:



**Aerated
Drinks**



**Citrus
Fruits**



**Raw
Vegetables**



**Spicy
Foods**

A healthy morning tip

Have lukewarm water, lemon tea or ginger tea in the morning. Doing so can help in kick-starting your metabolism.

Source: Internet (Written by Garim Arora; Updated by Taboola)

Disclaimer: This content including advice provides generic information only. It is in no way a substitute for qualified medical opinion.

Tidbits

A healthy diet may reduce risk of cognitive decline with age.

A new study has linked partial sleep deprivation to biological ageing in older adults.

Aerobics/exercise can prevent age-related brain changes.

Eating fish of two or more servings per week may reduce risk of hearing loss in women.

Vital vitamins

A strong immune system in elders keeps old-aged diseases away. Although there are many options available in the market to increase immunity, the best immunity booster foods can be easily prepared at home.

Important Nutrients To Boost Immunity In Elderly

Protein is a building block to boost immunity in the elderly. It repairs the old cells and promotes the production of new cells. It improves their digestive system and keeps them healthy and happy.

Vitamin A is an important nutrient that elders get with the regular intake of dairy products, carrots, broccoli, cantaloupe, and squash. Vitamin A improves vision and strengthens the immune system in elders.

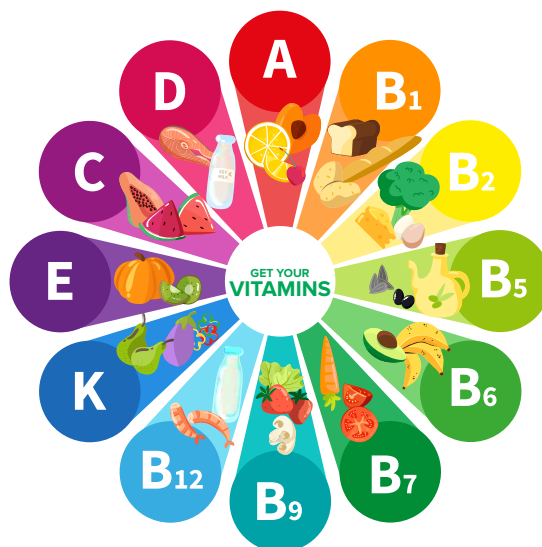
Vitamin D facilitates the formation of new cells in old-adults. It regulates the amount of phosphate in elders. It maintains a good immune system in the elderly and keeps their teeth, bones, and muscles healthy for a longer time.

Vitamin C helps senior citizens to develop infection-fighting cells. It makes new cells in their old body and gives them the power to fight against old-age diseases. It also reduces the risk of chronic illnesses and manages high blood pressure. Moreover, Vitamin C is an important nutrient to boost immunity in old age.

Vitamin E is an antioxidant that is highly required in elders. It strengthens their immune system and promotes the development of new cells. Reduction of Vitamin E leads to a bad immune system, hence the regular intake of Vitamin E rich foods is a must for senior citizens.

Vitamin B-6 and B-12: B Vitamins maintain the energy level in the elderly and help their immune system to function better. This set of Vitamins maintains the energy level in the elders and keeps their appetite/food healthy. B-6 and B-12 are also good for the proper functioning of the digestive system.

Internet/Prakriti Jena



WARNING SIGNS OF DECLINING AGE IN YOUR LOVED ONES



Is there significant memory loss?

We all lose some memory as we age, and the occasional misplaced keys or disappearing remote are nothing to worry about. But what can be worrisome is memory loss that affects bigger issues, like where you are, how to drive and what you just said minutes ago.

Is your elderly loved one safe at home?

Check the home for clutter, loose rugs, exposed electrical wires and other dangers which could cause a fall. If climbing stairs or moving normally in the house is not easy, it is a red flag.

Is he/she safe driving a car?

We all make fun about the old man driving too slow on the left lane, but it's not funny. Slow reflexes, diminished vision and hearing and increased confusion all make driving a challenge. Several dents in the car can be another indication.

Has your loved one lost weight?

Unexpected and unexplained weight loss could be a sign of either physical or mental health problems – or potentially both. And weight loss could be due to several reasons: difficulty in cooking, loss of taste/smell, other health issues, socio-economic issues.

Has your elder's mood changed?

Everyone gets sad, and the elderly have a lot to be sad about, with the loss of friends and family and every day challenges of growing old. Many seniors maintain a happy outlook for most - if not all - of the time. If you notice a change in mood that lasts longer than what you consider normal, it could indicate clinical depression or another illness.

Is your loved one socially active?

Social engagement is one of the primary markers of good physical and mental health. The pandemic has made that difficult for all and seniors are suffering isolation like the rest. Staying as active as possible, connecting with friends, maintaining hobbies and participating in activities is important.

Is your elderly walking safely and steadily?

Ageing can lead to muscle weakness, stiffness and pain in the joints, balancing problems and other issues that affect gait and steadiness on foot. Falling is the primary cause of disability in adults, so any sign of walking difficulty should be addressed immediately.

Ref: Pointers taken in part from an article by David Levine, Contributor, Mayo Clinic. (Internet).



Photo by Ben Hershey on Unsplash

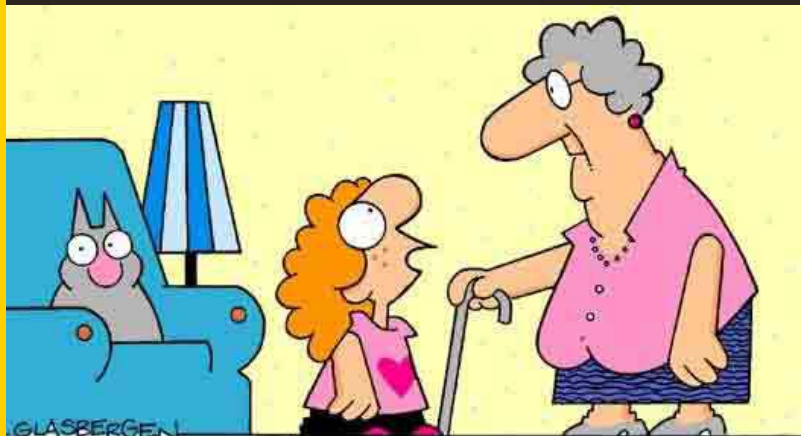
ELDER ABUSE

Elder abuse is a single or repeated act, or lack of appropriate action, occurring within any relationship where there is an expectation of trust, which causes harm or distress to an older person. This type of violence constitutes a violation of human rights and includes physical, sexual, psychological, and emotional abuse, financial and material abuse, abandonment, neglect, and serious loss of dignity and respect.

KEY FACTS

- Around 1 in 6 people 60 years and older experienced some form of abuse in community settings during the past year.
- Rates of elder abuse are high in institutions such as nursing homes and long-term care facilities, with 2 in 3 staff reporting that they have committed abuse in the past year.
- Elder abuse can lead to serious physical injuries and long-term psychological consequences.
- Elder abuse is predicted to increase as many countries are experiencing rapidly ageing populations.
- The global population of people aged 60 years and older will more than double, from 900 million in 2015 to about 2 billion in 2050.

Source: WHO – Internet



“My teacher says little girls can grow up to be anything they choose! Why did you choose to be an old lady?”

LIVING TILL 100: A curse or a boon

One view celebrates the fact that more people can be expected to live for 100 years or more. Another sees it as an apocalyptic disaster, as agedness “swamps” the resources of society needed to maintain itself. Yet another view juggles between the successes of more years of healthy active life and the failings of more years of living with disability and infirmity.

Rates of osteoarthritis, for example, which disables but does not kill you, have been rising over the last 25 years. Rates for Alzheimer’s disease, which disables more than it causes death, have also grown but in a less pronounced manner. Although some chronic conditions affecting older people, such as chronic obstructive pulmonary disease, which kills and disables, have been falling (statistics available).

In Denmark, one of the few national surveys of nonagenarians was conducted around the turn of this century. The researchers found that the majority contacted had some disability and that women were more often affected than men.

In the UK, one study of 85-year-olds found a median number of five diseases per person, with more than half suffering from hearing impairment, just over half from osteoarthritis, and just under half suffering from high



blood pressure. Just under a quarter had some form of cancer. Less than 5 per cent told the researchers that their health was poor: most said it was good.

Most people over 80 live alone. They often have only a few people to talk with. Meantime, stories of abuse, or TV footage of the inside of the nursing home paint a grim picture to all who watch, read or hear them.

For many of these people, life can be difficult. Estimates suggest that chronic pain “in people aged 85 years or older is common”, affecting the majority of people from this age group.

Excerpts - Paul Higgs is a professor in sociology of ageing at UCL, Chris Gilleard is a visiting research fellow in psychiatry at UCL. This article was originally published on The Conversation (theconversation.com)

The major old age problems are...



The elderly face many challenges in later life, but they do not have to enter old age without dignity.

It’s no secret that there are plenty of issues in today’s world. Between a worldwide pandemic, civil unrest, global warming, salmonella outbreaks... I mean, if you watch the news it makes you want to crawl into a hole and hide.

For seniors, there are issues that affect them in a bigger way than others. The issues do not necessarily affect seniors exclusively, but they have a significant impact on their lives, more so than for the general population.

Three issues seem to be the top concerns that keep showing up for seniors.

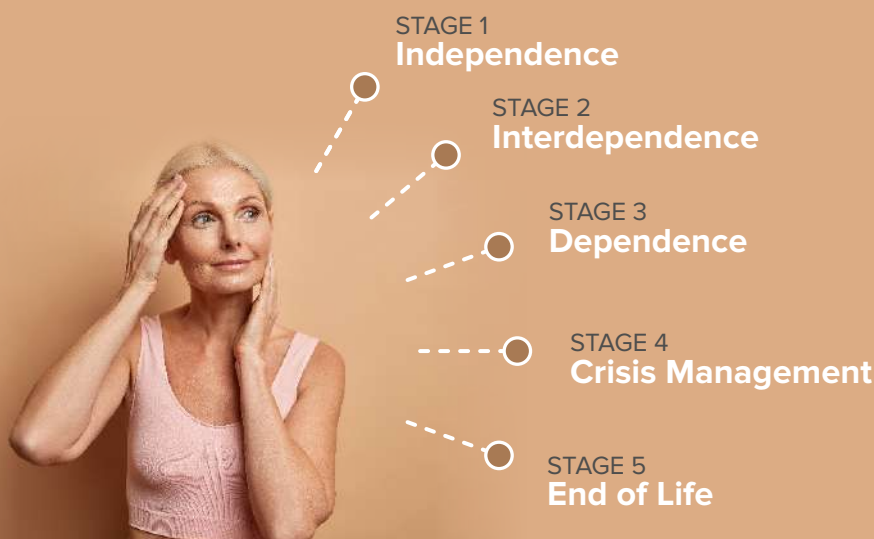
1 Financial Stability

**2 Social Isolation
Loneliness
Bereavement**

3 Ageism

Courtesy: SilverCompanionsGA

Experts generally break down the ageing process into 5 stages





ISCHEMIC HEART DISEASE

Ischemic heart disease develops when cholesterol particles in the blood begin to accumulate on the walls of the arteries that supply blood to the heart. Eventually, deposits called plaques may form. These deposits narrow the arteries and eventually block the flow of blood. This decrease in blood flow reduces the amount of oxygen supplied to the heart muscle.

The signs and symptoms of ischemic heart disease may develop slowly as arteries gradually become blocked, or they may occur quickly if an artery suddenly becomes blocked. Some people with ischemic heart disease have no symptoms at all, while others may have severe chest pain (angina) and shortness of breath that can pose the risk of a heart attack.

Fortunately, ischemic heart disease can be treated successfully with lifestyle changes, medicines, and surgical procedures. Even better, you can reduce your risk of ischemic heart disease by following heart-healthy practices, such as eating a low-fat, low-sodium diet, being physically active, not smoking, and maintaining a healthy body weight.

Left untreated, ischemic heart disease may lead to severe heart damage. Heart damage can result in a heart attack and shock and may be life threatening. Seek immediate medical care for serious symptoms such as difficulty in breathing, which may be accompanied by pale or blue lips, rapid heart rate (tachycardia), and severe chest pain. Seek prompt medical care if you are being treated for angina but have mild symptoms that recur or are persistent.

Common symptoms of ischemic heart disease :
You may experience ischemic heart disease symptoms daily or just occasionally. Common symptoms include chest pain, chest pressure, or shortness of breath.

Serious symptoms include chest pain, typically on the left side of the body (angina pectoris), clammy skin, nausea with or without vomiting, pain in the neck or jaw, rapid breathing or shortness of breath, shoulder or arm pain.

Reference: Internet - American Heart Association editorial staff and reviewed by science and medicine advisers.

BENEFITS OF ULTRASOUND

Ultrasound can overcome some of the detrimental effects of ageing and dementia without the need to cross the blood-brain barrier, Queensland Brain Institute researchers have found

Professor Jürgen Götz led a multi-disciplinary team at QBI's Clem Jones Centre for Ageing Dementia Research which showed low-intensity ultrasound effectively restored cognition without opening the barrier in mice models. The findings provide a potential new avenue for the non-invasive technology and will help clinicians tailor medical treatment that considers an individual's disease progression and cognitive decline. "Historically, we have been using ultrasound together with small gas-filled bubbles to open the almost-impenetrable blood-brain barrier and get therapeutics from the bloodstream into the brain," Professor Götz said. The new research involved a designated control group which received ultrasound without the barrier-opening microbubbles. "The entire research team was surprised by the remarkable restoration in cognition," he said. "We conclude therapeutic ultrasound is a non-invasive way to enhance cognition in the elderly."

Professor Götz continued, "Using ultrasound could enhance cognition independently of clearing amyloid and tau, which form plaques and tangles in people with Alzheimer's disease," he said. "Microbubbles will continue to be used in combination with ultrasound in ongoing Alzheimer's research."

About 400,000 people in Australia have dementia and numbers are projected to increase to one million by 2050, with ageing the single biggest risk factor. Previous research has shown the long-term safety of ultrasound technology and that pathological changes and cognitive deficits could be improved by using ultrasound to treat Alzheimer's disease.

Professor Götz said there were still questions about the differences between normal "physiological" ageing and "pathological" ageing that happens in Alzheimer's disease. "We believe there may be some overlap between physiological and pathological ageing in the brain and the potential for this to be corrected with ultrasound is meaningful for those living with Alzheimer's disease," he said. "We are taking these findings and implementing them in our Alzheimer's research as we go forward to clinical trials."

Professor Götz's research team aims to understand how brain diseases begin and their progression at molecular and cellular levels in the hope of ultimately developing therapies.

Excerpts: Science Daily. Materials provided by University of Queensland: "Non-invasive potential treatment for Alzheimer's disease."



GRACEFUL LIVING HAS MOVED FORWARD WITH THE HELP OF THE FOLLOWING PARTNERS

Echoing Healthy Ageing
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Aaji Care Home Health Services Pvt Ltd

Story Mitr
MM Activ Sci-Tech Communications Pvt Ltd

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Jyestha Nagrik Sangha - Bhandup East
Jyestha Nagrik Sangha - Nerul

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Senior Citizen Association- Model Town, Andheri
Jyestha Nagrik Sangha - Bangur Nagar, Goregaon (W)
G.E. Link Seniors Association - Goregaon (W)
Jyestha Nagrik Sangha- Lalbaug
Jyestha Nagrik Seva Sanstha – Deonar
Abhuday Nagar Jyestha Nagrik Sangha - Kalachauki
Jyestha Nagrik Hitchintak Manch - Goregaon (E)
Arya Chankya Nagar Jyestha Nagrik Sangha - Kandivali
Virangula Jyestha Nagrik Sangha, SWAMI - Parel

Graceful Living is grateful to our guest speakers for sharing their expertise in their field of work

Dr Sharmila Donde. Parkinson's Disease and Movement Disorder Society India.
Dr Dheeraj Mulchandani. Consultant, General Surgeon, Laparoscopy.
Dr Phiroze Patel. Ophthalmologist/Eye Surgeon.
Dr Sarosh M Katrak. Neurologist.
Dr Ashok Kripalani. Nephrologist.
Dr Ameet Mandot. Director, Gut Clinic (Daycare Gastroenterology & Liver Clinic).
Dr Nikhil Bhagwat. Endocrinologist.
Mr Jatish Shah. Addiction and Psychiatric Counsellor.
Ms Kalyani Shukla. Legal practitioner.
Ms Rajashree Parab. Financial Advisor and Coach.
Dr Aditya Agrawal. Pulmonologist.

HONEST INTROSPECTION

We often try to manage another's life, be it a parent, spouse or child. It's like someone said, "I want to get inside this person's life. I want to get inside this person's brain, tighten the screws and push the person in the right direction." We may have tried it for years, but have we succeeded? Can we really change a person's direction however badly we want to? We have to understand that it is not our job to do so. Who am I to change another? Why are we complicating our lives and aggravating our difficulties? MY WILL CANNOT BE THY WILL.

So what is my job? Isn't it my primary duty to take care of myself, else how can I even think of helping another. It's like the announcement during air travel. First save yourself, then your dear ones. And again, how can I really help another unless I am standing on solid turf.

So what do I do? Question myself and the direction my life is taking. Am I becoming angrier, losing my cool and manipulating because I am unable to handle the situation as is. Am I sinking lower in my stream of thoughts? I then become that kind of person who honestly does not respect himself/herself any more because of these negative characteristics that have become a part of me. Fact stands: The world will go on and people will say/do things that don't meet with our approval. Why am I changing for the worse because someone said or did me wrong. We are all struggling. Isn't it time to tighten the screws in my head and change my direction to avert more pain and resentment. YES. Only when I understand myself and am honest with myself can I open the windows of my mind. Let go... and somewhere let God enter the realm of my mind.

A well-known saying: "If thou cannot make thyself as such one as thou wouldst, how canst thou expect to have another according to your liking?"

Asha Gurnani Vohra



GRACEFUL LIVING

LOVE LIFE LIBERTY

Ageing with Dignity and Grace

Tulsi Trust was established by the Chanrai family in 1975. Graceful Living (GL) is a programme of Tulsi Trust which came into existence out of a realization that in today's world the elderly deserve due care and respect.

Graceful Living is a provider of elder care services. It has a presence on social media (Facebook, Twitter, Instagram, YouTube) to create awareness of elders needs. GL aims to become the best service provider in Mumbai.

Social Services

- Individual Interaction
- Counselling
- Creative Workshops
- Brain Stimulation Activities
- Specialised Care for Alzheimer's, Dementia, Parkinson's, through our Partners
- Regular Support Group Meetings
- Overcoming Loneliness

Medical Services

- Comprehensive Geriatric Assessment
- Depression Screening
- Vision/Hearing Tests
- Individual Nutrition/Diet Plan
- Review of Medications
- Preventive Care... Vaccinations and Medicines
- Home-based Physiotherapy

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Mrs. Bharati J. Chanrai
Dr. Prakash Mirchandani
Mr. S. Subramonian
Mr. Kannan K. Narayanan

Graceful Living Team

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