

This is a monthly diary giving updates on activities at Graceful Living and providing information on ageing 'gracefully' to help elders live a life with maximum ease



## FOUR TYPES OF AGEING

*Staying healthy isn't just about how old you get. It's about **how** you get old*

According to emerging research by Dr Michael Snyder, a geneticist at Stanford University's School of Medicine, Snyder and his team have discovered what he calls the body's "ageotypes," specific ways in which certain people age. People with different ageotypes grow differently over the course of their lifetimes, experiencing ageing according to distinct patterns. These create, in Snyder's words, "very distinct profiles" which can tell someone an enormous amount about how their body will change over time.

And perhaps more importantly, these profiles can tell people how to take better care of themselves as they grow older.

### The four ageotypes:

The body ages at different rates, a phenomenon that doctors call "biological" vs "chronological" age. Take a chronologically 45-year-old individual, for example, with a biologically 55-year-old liver but biologically 35-year-old skin. This would mean that although the person had recently celebrated his 45th birthday, the liver more closely resembled that of a median 55-year-old while the skin resembled that of a median 35-year-old.

These effects are often the result of lifestyle choices by the individual. It's how doctors note the ageing effect that cigarettes have on a smoker's lungs or the effect of weight issues on the heart.

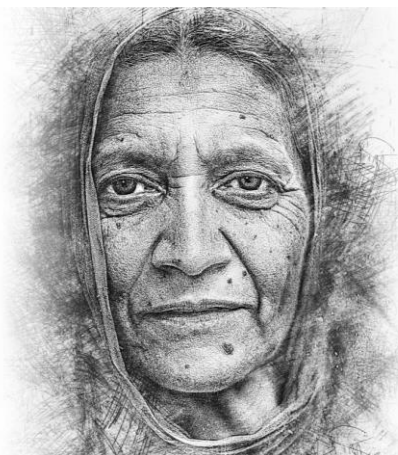
However, the ageotype insight is that everyone is also predisposed to biologically ageing in different ways. Their ageotype defines how they will get older, with parts of their body ageing faster or more slowly than others.

"The way we're thinking about it," says Snyder, "is like a car. You buy a car and it gradually wears out over time, but some parts wear out faster than others ... And that's kind of what we think we're measuring here."

As of October 2020, Snyder's team has identified four distinct ageotypes:

- **metabolic agers** or people whose immune systems age fastest
- **immune agers**
- **kidney (or 'nephrotic') agers**
- **liver (or 'hepatic') agers**

A classic "immune ager" for example, might be chronologically 40 with the immune system of a 42-year-old and a metabolism that is biologically 32. This person would most likely remain more slender in old age but would also be increasingly prone to immune-compromise and related conditions over the course of his life. A metabolic ager, on the other hand, might retain a healthy immune system while increasingly struggling with diabetic risk factors and weight while growing older. And Snyder is quick to point out that research is still ongoing. There will be more than four types, he says, referencing cardiovascular ageing in particular as a subject for an ongoing study.



It's also important to note that individuals can age in multiple different ways and will typically have a combination of ageotypes to varying degrees. A primarily nephrotic ager, for example, may also have a partial hepatic ageotype, meaning the kidney functions are likely to age fastest, but the liver may develop a bit faster than the median, too. Other individuals may have a mix of ageotypes without a single dominant pattern. It is a highly individual, highly specific profile.

Like most issues surrounding health, ageotypes are based on a combination of a genetic predisposition and lifestyle choices. Knowing this, Snyder hopes to use his research into ageotypes in the opposite direction. If behaviour can help accelerate ageing, it can also help slow the process.

"The holy grail is being able to use this information actionably," he says. "What you would do is suggest programs that might improve what people are doing. So if they are metabolic agers, exercise and food would be the thing." Snyder believes this personalized and proactive approach to health will make a big difference in allowing people to live well longer. Right now, he says, "I think the medical system is totally broken: At so many different levels it's very reactive. We work on people when they're sick, but we really don't focus on keeping people healthy."

Applying ageotypes to treatment would be a matter of helping people understand what their body needs as it gets older.

While the research remains new, an individual's ageotype can be identified by studying the blood samples for molecules produced as a by-product of bodily functions. Different levels of chemicals can indicate whether, say, the hepatic system has aged more quickly than the metabolic system or vice versa.

Someday, this may enable doctors to create medical and, more often, lifestyle plans to help someone address the way the body is specifically ageing. While far from the cure for old age, Snyder hopes that people can stay healthier longer once they can build their lives around their body's specific needs.

"We haven't found the solution," he says. "There's no magic pill. I think we've just found the way to measure you in incredible detail. So we can see how you're headed downhill and that's the first step to trying to stop yourself from heading downhill."

Ageotypes may help unlock new ways to treat chronic issues, and may allow people to extend their health and vitality longer than treatment currently allows. It is not, however, the long-sought path to eternal youth and energy. On that note, Snyder counsels that nothing can beat the advice that doctors have given for generations...the closest to maintain good health is exercise.

*Courtesy-Internet. This article (written by Eric Reed) first appeared in the **Boston Globe**... Ref - Harvard Pilgrim's Health Centre.*



## LIKE CURES LIKE



### Dr Rajul Shah

Dr Rajul Shah is a practitioner of Classical Homoeopathy since 1981. She has conducted training workshops for doctors and patients from Germany, Switzerland, Belgium, Romania and India

Homoeopathy is a system of medical treatment based on the principle of the 'Law of the Similar' better known as 'Like Cures Like'. Put simply, this means that which creates the disease also gives us the clues to the cure through homoeopathic medicines with similar medicinal properties.

The German physician, Dr Samuel Hahnemann is the founder of this system. One is guided to look at the person as a whole – the mind as well as body. Since 1796, the system and philosophy of bringing relief at all levels is the main goal of the treatment.

Homoeopathic remedies have effective curing properties for animals as well as human beings. They have a potential to treat problems through understanding the root cause. This brings healing at the level of the state of our minds and the physical symptoms through minimal or no suffering. It becomes a journey of learning rather than a process of pain.

Whatever we manifest at the physical level

as a 'dis-ease' is nothing but the reflection of the suffering of our inner perception about the situations in the life stressors. This inner state of mind and how we perceive the situation and react is our disease-state. This is transferred to the physical body as disease. By treating this root cause with similar substances (called remedies) in nature, we achieve accurate and timely results. The preparation of these remedies is a detail-oriented and complex procedure called potentization and this supports the changes in the organs of the body.

For Homoeopathic treatment, each patient receives one particular remedy based on his/her experience of the symptoms and also state of mind.

#### Most common myth:

"Homoeopathy works very slowly and takes a long time to act."

Twenty years of living with asthma can improve in up to three months – that is the time that the body takes to change its

function and structure. Chronic psoriasis can show wonderful results in a few weeks. We have cases where acute food poisoning kind of symptoms got corrected in few doses with the right remedy!

Yes, it works with great efficiency in acute conditions – in cases where internal haemorrhage of small capillaries in the eyes with severe redness was cured with three doses within 12 hours. So it is rapid in activating the immune function.

Dreams play an important role in understanding the mind-body connection and to find the right remedy. We as physicians, ask questions to understand dreams, the mind, emotions and peculiar constitutional symptoms of each patient to prescribe the right remedy and follow up thoroughly to track the changes.

Wishing the readers a happy and healthy recovery ahead.

## URINARY INCONTINENCE



### Dr Naganath Narasimhan Prem

Consultant, Geriatric Medicine - Jaslok Hospital

Urinary Incontinence (UI) occurs when one has trouble controlling the bladder and there is a leakage of urine. You may have to urinate so suddenly and forcefully that you're unable to make it to the toilet on time. Or you may leak urine when you cough or sneeze, or "dribble" urine. In some instances, you may have no warning or sensation of the leakage.

Urinary incontinence becomes more common as people grow older, but it is not a normal part of ageing. It is NOT something older adults should think they just have to "put up with". Untreated urinary incontinence can decrease the quality of your life and lead to other complications like infections and falls.

#### Trigger Types

Stress | Urge | Overflow  
Mixed | Functional

#### Causes

*Beverages and foods that can worsen your condition:*

- Alcohol
- Caffeine (coffee, cola and tea including green tea)
- Carbonated beverages
- Artificial sweeteners
- Foods high in spice or sugar
- Foods high in acid, such as citrus fruits

*Medications and supplements that can cause or worsen your condition:*

- Diuretics, or "water pills"
- Some heart and blood pressure medications
- Certain cold and allergy medications
- Some medications for depression and anxiety, diabetes
- Medications for dementia
- Muscle relaxants

*Medical conditions that can cause or worsen your condition:*

- Sleep apnea
- Arthritis
- Urinary tract infection
- Constipation
- Prostate problems in men (including an enlarged prostate)
- History of a hysterectomy
- Obesity
- Some neurologic diseases, such as multiple sclerosis, Parkinson's disease, dementia, stroke or spinal injury

#### Risk Factors

##### Gender

Stress incontinence is more common in women, both because of normal anatomy, and because of other life events that are unique to women such as pregnancy, childbirth, and menopause. In men, prostate gland problems can cause the urge and overflow incontinence.

##### Age

With ageing, bladder spasms that the brain cannot control become more common.

##### Being Overweight

Extra weight puts more pressure on your bladder and surrounding muscles, which can cause urine to leak, especially when you cough or sneeze.

##### Complications

Untreated urinary infections can increase your risk of other health problems including:

- Urinary tract infections
- Skin problems, such as rashes, sores, and infections from being exposed to wet skin
- Social withdrawal, isolation, and depression from fear of accidents and bad odour
- Falls and fractures, especially from getting up at night or rushing to get to the toilet
- Sexual problems

##### Management

- Lifestyle changes
- Changing how much you drink
- Changing what you drink
- Changing when you drink
- Weight Loss
- Toilet habits
- Exercises: Bladder training and pelvic floor exercises

# ANNIVERSARY ISSUE 2023

## Some Noteworthy Comments...

It's always a proud moment to get the *Graceful Living* monthly bulletin in our inbox and to see it on social media. As part of Tulsi Trust and Graceful Living, it gives me immense satisfaction to see the response to the regular Newsletter and more recently to our Annual Issue. I have witnessed the process of preparing the annual issue and how Ms Asha Gurnani Vohra, the editor of this Issue and Monthly Newsletter was engaged for almost two months. She was very particular to see that each article was judiciously written by experts/doctors to meet the information needs of elders. While flipping through the second annual issue, we can see a variety of articles by various doctors, medical experts and other professionals who are engaged in providing services to the elderly.

Day by day, we, at Graceful Living are adding many new activities, subjects and creative ways of working with the community. We have also started working with children establishing a youth sensitization program towards elderly issues and adding momentum to our projects. We have extended ourselves by adding more partners, associates and volunteers to reach out to our elderly friends. I sincerely thank the Trustees of Tulsi Trust, Team of Graceful Living, Editor Ms Asha Gurnani Vohra, our partners, associates and volunteers for their constant support and for keeping the momentum alive. Everyone comes with creative ways of supporting or working with the elderly and that's what makes the project more colourful and comprehensive.

I appeal to the readers to start expressing through our newsletters and by sharing their views, writing, scribbling or otherwise on this open platform. Let us reach out to the unreachable. Our vision and focus at Graceful Living now is also to support those elderly who are/live all alone and need support to live meaningful lives! So please feel free to inform us if you come across such people who need support.



**Shrinivas Sawant**

General Manager, Tulsi Trust

“ **Mr Sunny Sharma, businessman, Mumbai.** I think your annual issue was really special. All the articles make good reading. I did go through the complete issue. Kudos for bringing out such an informative magazine. This is meant for all, not only the elderly as it tells of so many prevalent ailments. I want to congratulate Graceful Living on bringing out such a praiseworthy issue.

“ **Mr Chandrashekar Thakur, Borivali Senior Association, Mumbai.** I read the 2023 annual issue of Graceful Living. This issue has achieved the difficult task of presenting GL and its work in brief while continuously working with a sense of a social responsibility towards senior citizens. I have listened to many programs of Graceful Living and can't thank Ms Asha Gurnani Vohra and her many colleagues enough. Despite being a social institution, I was amazed to see the quality of the printing on the issue.

“ **Mr Milind Acharya, regular attendee of support group meetings (online).** The annual magazine has covered almost all aspects of ageing. It has given in-depth information about how to deal with the issues faced by senior citizens. The magazine may be shared with the senior citizens (in local languages also), and the needy can get help from Graceful Living. I find it really useful for senior citizens. Further, let us know if any help from DEEP-ARCHAN is required in enabling senior citizens to age gracefully to the extent possible. Thanks to the editorial board and team for sharing the magazine.



**GRACEFUL LIVING**

LOVE LIFE LIBERTY

“ **Dr Gurusamy Gandhi, Bangalore.** I went through your anniversary issue published in January 2023. I found its articles to be very informative and useful to all senior citizens. I would like to receive your newsletter on a regular basis, as and when it is published. While I very much appreciate you and your Tulsi Trust members and executives for this excellent effort to enhance the longevity of seniors,

“ **Ms Kaumudi Patil, Snehwadhini Bhagini Mandal, Ghatkopar, Mumbai.** It was a pleasant surprise to receive 'Age With Dignity - 2023', your anniversary issue. It covers all the problems that senior citizens may face as well as solutions. I particularly liked the article 'Sunrise at Sunset' which gives useful tips on financial management. The article on logo therapy is also quite interesting. I would like some more detailed information about logo therapy. All the articles covering health issues will certainly benefit senior citizens. It is nice to know that someone, somewhere, is taking so much trouble to make our lives healthier and happier. I am grateful to Graceful Living for giving us hope and confidence. According to me, not only senior citizens but also young members of families should read this magazine.

“ **Ms Asawari Phadnis, Thane Senior Association, Maharashtra.** I wish to congratulate Graceful Living for completing four years of service to the seniors. The anniversary issue, the beautifully designed cover page and articles within are special, covering a wide range of topics. Dr Rishi Nagpal's seven steps to a healthy heart; the warning signs of cancer elaborated by Dr Vinay Deshmane will help seniors in getting timely treatment. In India, majority of deaths due to cancer occur as in most of the cases it is detected in the last stages. Dr Phiroze Patel's article on diabetes and its connection to the eyes is definitely an eye-opener. Articles on Logo therapy to treat mental disorder and 'Sunrise to Sunset' on management of your finances make good reading.

“ **Mr V R Bembalkar, Dombivli Senior Association.** I am one of the lucky senior citizens to receive the *Graceful Living* Annual Issue! Just wonderful and complete from all angles, very useful and rich with its graceful contents! A wonderful job done for seniors - a treasure to keep.

“ **Mr Chandrakant Kowli, Regular attendee of support group meetings (online).** I really appreciate the efforts to compile all activities of Graceful Living in the annual publication. Congratulations to all those instrumental in bringing out the magazine.

“ **Mr Chandrakant Parpillewar, Sanpada Senior Association.** The Graceful Living annual magazine is very informative, with articles by masters in their respective fields. Their views and discussions are of much use to senior citizens.

“ **Ms Varsha Sinkar, Nerul Senior Association.** I highly recommend supporting this organisation as it strives towards promoting good living in our communities. The focus on mindfulness, respect, and positivity is truly inspiring and has a profound impact on the individuals they reach. Through their programs and initiatives, they educate and empower people to lead lives filled with grace, elegance and balance.







## AGEING WITH DIGNITY AND GRACE

**Tulsi Trust** was established by the Chanrai family in 1975 with an aim to fulfil basic needs of the poor and needy. At a deeper level, it's more than indulging in physical activities. Health care, skills development and education are top priorities. It envisages a fair world for all, working with partners to improve health care and opportunities for livelihood, and education. Add to this, the capacity to understand another's needs and do this with utmost integrity.

**Graceful Living (GL)** is an arm of Tulsi Trust which came out of a realization of a social need for elderly care. After three active years, GL is now a recognized organization for those in their twilight years and has created an awareness through its activities and talks for senior citizens. GL has a social presence viz. Twitter, Facebook, Instagram and YouTube.

## ACTIVITIES OF GRACEFUL LIVING

### In Partnership...

- Intellectual companionship and special care programs – includes companionship, counselling and care-giving for Dementia, Parkinson's and Alzheimer's when required. These services are provided through our partners:

**Echoing Healthy Ageing**  
**Parkinson's Disease and Movement Disorder Society (PDMDS)**

- Physiotherapy sessions which help the elderly to improve their mobility and become more independent:

**PRAJ-The Rehab Sphere** with Dr Pratha Mehta and Dr Rajshri Lad

- Training candidates in 'elder care' in order to have professionals for the same:

**MMP Shah College** – elder companionship course for Sociology students

**Aaji Care** – Geriatric counselling course for post-graduate Psychology students

- Activities for the elderly :

**My Safe Place:** online activity programs  
**Mrs Manasi Golwalkar:** technology training

- Sensitization programs for school/college students to create an awareness of the needs and issues of the elderly.

### Direct Intervention by GL...

- Support Group Meetings
- Webinars (Mr Manoj Gursahani)
- Guest Lectures by professionals/experts – mainly on Zoom
- Graceful Living Monthly Newsletter carrying important information for the elderly plus articles by known doctors and other professionals
- Online interviews with senior achievers called 'Sitare'
- Co-ordination by GL to create platforms for senior citizen organizations in the city.



112-A Mittal Towers, Nariman Point, Mumbai – 400 021. Tel. +91 22842006 | info@tulsitrust.org | [www.tulsitrust.org](http://www.tulsitrust.org)

info@gracefulliving.co.in | [www.gracefulliving.co.in](http://www.gracefulliving.co.in)

Design by Indus D'Sign



## WOMEN'S DAY – MARCH 8



**"Thank you for being the woman you are. I could not imagine the world without you!"**

This is and should be a message to every woman as the fact is that no one can dream of a world without women. 'International Women's Day is a global holiday celebrated annually on March 8 as a focal point in the women's rights movement, bringing attention to issues such as gender equality, reproductive rights, and violence and abuse against women.' (Internet: [Wikipedia](https://en.wikipedia.org/wiki/International_Women's_Day))

We are first looking at the older generation of women who never knew how to say no to their husbands. In the past, women have always been subservient to their spouses and often to their sons. This was a worldwide phenomenon.

Women are stronger emotionally though may be not physically. Hopefully, women today, be they senior citizens or otherwise, have learned better. The fact is that man and woman do complement each other and that is how every such relationship has to be treated...AT PAR. The women should not allow themselves to be neglected (hopefully being ill-treated is a thing of the past).

Today, the woman knows when to put her foot down, and even the elderly woman knows where her strength lies.

WOMEN! STAY UP THERE AND LEAD THE WORLD.

AGV

## VIEWPOINT

We had a tremendous feedback to our anniversary issue released in January 2023 and responses did come pouring in! Not possible to print all but most of them are all praise for the information we have doled out. Rightly so, as we have done our level best to cover many health issues. Kudos to our doctors, health care writers who have paved the road to have a good 'second innings' – be it personal or financial. A little bit of spirituality has been thrown in.

Our cover story on page 1 is not only about how to stay healthy despite your age, it's more about **how** you choose to get old; in this issue we have a guest writer, Dr Rajul Shah, a practising homoeopath who discusses that homoeopathy is not a slow recovery process. She names ailments which can be and are cured within a few days. We also have Dr Prem who has written on Urinary Incontinence, the foods and beverages that can worsen your condition, and medical conditions, medications and supplements that can add to your urinary problem, the risk factors and more.

Last but not the least is a reminder of Women's Day in the month of March. Let's look up to our women and honour them...woman is the soul of man.

An aside: A woman of 60, exercising regularly with weights, has been forced to take a break. Reason: while bending forward with light weights, she suddenly felt pain in her lower back. She could not proceed and is now recovering. Warning to seniors (men/women) and youngsters: Please don't overdo. Take breaks intermittently and stop when the body says 'enough'.

**Asha Gurnani Vohra**  
Editor