

long term care
connection

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things to know

Family caregivers can find support

Taking care of a family member is rewarding. But it can also be difficult.

You are not alone! There are support groups for family caregivers of seniors and people with physical disabilities.

These groups give you a chance to talk to other caregivers. You can share

information. All groups are free. Professionals lead them.

There are groups in Spanish, and other groups for certain illnesses.



To find out more, call the Area Agency on Aging Senior Help Line at (602) 264-4357, or visit www.aaaphx.org and click on "Family Caregivers."

Seeing a specialist



specialist, you have to go to your regular doctor first. He or she can help you decide if special care will help you.

If your doctor thinks you need special care, he or she will contact us. We'll look into your case and get back to your doctor within five days.

If we approve the request, it will tell you how many times you can see the specialist and what he or she may treat you for. It will also tell whether you should make an appointment or if your regular doctor

will make it for you.

If you don't hear from your doctor within five days, call your doctor to ask about the status of your specialist referral.

A specialist is a doctor who treats only certain health problems.

Often these doctors may be needed. But if you want to see a

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Prevent colorectal cancer



Cancer of the colon and rectum can be deadly. And it can strike anyone. That's the bad news.

But here's some good news.

Colorectal cancer can be prevented. The key is to find and remove tumors before they turn cancerous.

So talk to your doctor about getting tested or screened. It could save your life.

You may be at higher risk of colorectal cancer if:

- You are 50 years or older.
- You are African American or Hispanic.

- You or family members have had cancerous or noncancerous tumors in the colon or rectum.
- You have had bowel disease, like Crohn's.
- You have had cancer of the breast, ovaries or uterus.
- You smoke.
- You don't get much exercise.
- You eat a lot of high-fat foods.
- You are very overweight.

Remember, by being screened, you can help stop colorectal cancer.

Sources: American Cancer Society; Cancer Research Foundation of America; National Cancer Institute

Watch your cholesterol

If your cholesterol is too high, that's a problem. It doesn't matter how old you are. Or if you're a man or woman. High cholesterol puts you at risk for heart disease.

Cholesterol is a fatty substance in the blood. When too much of it builds up, it can clog the arteries of the heart.

You can have a heart attack if blood doesn't go to the heart.

High cholesterol can cause strokes if it blocks blood to the brain.

All adults should have their cholesterol checked. Talk to your doctor if you haven't. Most people need it checked every five years.

Your doctor can tell you how to lower cholesterol if it's high.

Eating better can help lower it. So can exercising more.

Avoiding saturated fats helps too. These fats are in red meat, cheese and many sweets.

Your doctor may also give you medicine to lower cholesterol.

For better sleep

Many people with heart failure wake up tired.

Lying flat can cause coughing and make it hard to breathe.

So you may wake up a lot during the night. For relief:

- Prop your head up with pillows when you sleep.
- Don't nap.
- If you take water pills, ask your doctor if there's a time you can take them so you won't wake up so often to use the bathroom.

Source: American Heart Association

