

Health Tips for Seniors

Nutrition:

- Avoid dehydration by drinking at least 6-8 glasses of fluid each day.
- Avoid excessive caffeine as it increases the risk of dehydration.
- Promote good digestive health by eating whole grains and increasing fiber to 25-30 grams per day
- Increase activity level and maintain a regular exercise schedule. Mall walking, gardening, water aerobics, “water-bottle” lifting and chair yoga are good ways to increase your physical activity level.

Medications

- Follow your physician’s orders for medications and report any unusual side effects right away.
- Talk to your doctor before starting any new medication, including vitamins, herbs and over the counter remedies, as many of these can interact with your prescription medications.
- Carry a list of current medications with you at all times. This list should include the name, dose and frequency of each medication and list any allergies you may have. Make sure that each of your physicians has this list.
- Have all your prescriptions filled at the same pharmacy so that your pharmacist can keep track of all your medications and monitor for any potential drug interactions.
- Keep all of your medications in the same place so that in the event of an emergency they are easy to gather and take with you.

Home safety

- Have your emergency contacts listed next to your phone.
- Have an emergency preparedness kit readily available, including items like a flashlight, extra batteries, bottled water, canned or non perishable food, can opener, e.t.c.