



**ARTICLES**

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**Senior Safety News**

This month's issue of The Buzz features two articles important to seniors: (1) Health Scams and (2) Exercise - the does and donts.

THE FIRST ARTICLE DEALS WITH HEALTH SCAMS.

There are all kinds of scams that target seniors. One of the largest has to do with health and wellness.

These types of con games appeal to false hopes and the worries seniors have as they age. Being aware will prepare you to question the claims of an easy "cure" made about these products and devices.

**Always consult your Doctor before purchasing anything that promises an easy cure.**

THE SECOND ARTICLE DEALS WITH EXERCISE.

"To get all of the benefits of physical activity, try all four types of exercise - 1) endurance, 2) strength, 3) balance, and 4) flexibility."

The article describes how to effectively exercise while avoiding over-exercise and under-exercise.

It also gives tips on avoiding injury and using exercise to build up musculature and aerobic strength.

**Again, consult your Doctor before setting up an exercise regime.**

One caveat that we add is stay hydrated and avoid undue heat. As this Newsletter is being published, we, in the northeast, are experiencing an excessive heat wave. Here, in balmy Wilmington, it was 101 yesterday and is forecasted to reach the same temperature with higher humidity today.

Stay active but stay SAFE.

**BEWARE OF HEALTH SCAMS**

YOU SEE THE ADS EVERYWHERE THESE DAYS—"SMART DRUGS" FOR LONG LIFE OR "ARTHRITIS ACHEs AND PAINs DISAPPEAR LIKE MAGIC!" OR EVEN STATEMENTS CLAIMING, "THIS TREATMENT CURED MY CANCER IN 1 WEEK." IT'S EASY TO UNDERSTAND THE APPEAL OF THESE PROMISES. BUT THERE IS STILL PLENTY OF TRUTH TO THE OLD SAYING, "IF IT SOUNDS TOO GOOD TO BE TRUE, IT PROBABLY IS!"

HEALTH SCAMS AND THE MARKETING OF UNPROVEN CURES HAVE BEEN AROUND FOR MANY YEARS. TODAY, THERE ARE MORE WAYS THAN EVER TO SELL THESE UNTESTED PRODUCTS. IN ADDITION TO TV, RADIO, MAGAZINES, NEWSPAPERS, INFOMERCIALS, MAIL, TELEMARKETING, AND EVEN WORD-OF-MOUTH, THESE PRODUCTS ARE NOW OFFERED OVER THE INTERNET—WITH WEBSITES DESCRIBING MIRACLE CURES AND EMAILS TELLING STORIES OF OVERNIGHT MAGIC. SADLY, OLDER PEOPLE ARE OFTEN THE TARGET OF SUCH SCAMS.

THE PROBLEM IS SERIOUS. UNTESTED REMEDIES MAY BE HARMFUL. THEY MAY GET IN THE WAY OF MEDICINES PRESCRIBED BY YOUR DOCTOR. THEY MAY ALSO WASTE MONEY. AND, SOMETIMES, USING THESE PRODUCTS KEEPS PEOPLE FROM GETTING THE MEDICAL TREATMENT THEY NEED.

**FALSE HOPES**

WHY DO PEOPLE FALL FOR THESE SALES PITCHES? UNPROVEN REMEDIES PROMISE FALSE HOPE. THEY OFFER CURES THAT APPEAR TO BE PAINLESS OR QUICK. AT BEST, THESE TREATMENTS ARE WORTHLESS. AT WORST, THEY ARE DANGEROUS. HEALTH SCAMS PREY ON PEOPLE WHO ARE FRIGHTENED OR IN PAIN. LIVING WITH A CHRONIC HEALTH PROBLEM IS HARD. IT'S EASY TO SEE WHY PEOPLE MIGHT FALL FOR A FALSE PROMISE OF A QUICK AND PAINLESS CURE. THE BEST WAY FOR SCIENTISTS TO FIND OUT IF A TREATMENT WORKS IS THROUGH A CLINICAL TRIAL.

**THESE SCAMS USUALLY TARGET DISEASES THAT HAVE NO CURES, LIKE DIABETES, ARTHRITIS, AND ALZHEIMER'S DISEASE. YOU MAY SEE ADS FOR:**

- ANTI-AGING MEDICATIONS. OUR CULTURE PLACES GREAT VALUE ON STAYING YOUNG, BUT AGING IS NORMAL. DESPITE CLAIMS ABOUT PILLS OR TREATMENTS THAT LEAD TO ENDLESS YOUTH, NO TREATMENTS HAVE BEEN PROVEN TO SLOW OR REVERSE THE AGING PROCESS. EATING A HEALTHY DIET, GETTING REGULAR EXERCISE, AND NOT SMOKING ARE PROVEN WAYS TO HELP PREVENT SOME OF THE DISEASES THAT OCCUR WITH AGE. IN OTHER WORDS, MAKING HEALTHY LIFESTYLE CHOICES OFFERS YOU THE BEST CHANCE OF AGING WELL.
- ARTHRITIS REMEDIES. UNPROVEN ARTHRITIS REMEDIES CAN BE EASY TO FALL FOR BECAUSE SYMPTOMS OF ARTHRITIS TEND TO COME AND GO. YOU MAY BELIEVE THE REMEDY YOU ARE USING IS MAKING YOU FEEL BETTER WHEN, IN FACT, IT IS JUST THE NORMAL EBB AND FLOW OF YOUR SYMPTOMS. YOU MAY SEE CLAIMS THAT SO-CALLED TREATMENTS WITH MAGNETS, COPPER BRACELETS, CHEMICALS, SPECIAL DIETS, RADIATION, AND OTHER PRODUCTS CURE ARTHRITIS. THIS IS HIGHLY UNLIKELY. ADS WHERE PEOPLE SAY THEY HAVE BEEN CURED DO NOT PROVE THAT A PRODUCT WORKS. SOME OF THESE PRODUCTS COULD HURT YOU, AREN'T LIKELY TO HELP, AND ARE OFTEN COSTLY. THERE IS NO CURE FOR MOST FORMS OF ARTHRITIS. REST, EXERCISE, HEAT, AND SOME DRUGS HELP MANY PEOPLE CONTROL THEIR SYMPTOMS. DON'T TRUST ADS WHERE PEOPLE SAY THEY HAVE BEEN CURED. THIS KIND OF STATEMENT PROBABLY DOESN'T TELL THE WHOLE STORY. **IF YOU ARE THINKING ABOUT ANY NEW TREATMENT, SUCH AS DIET, A DEVICE, OR ANOTHER ARTHRITIS PRODUCT, TALK WITH YOUR DOCTOR FIRST.**

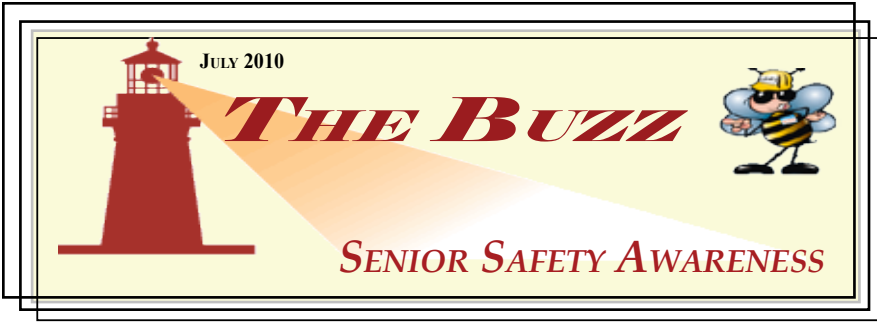
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•**CANCER CURES.** SCAM ARTISTS PREY ON A FEAR OF CANCER. THEY PROMOTE TREATMENTS WITH NO PROVEN VALUE—FOR EXAMPLE, A DIET DANGEROUSLY LOW IN PROTEIN OR DRUGS SUCH AS LAETRILE. REMEMBER: THERE IS NO ONE TREATMENT THAT CURES ALL TYPES OF CANCER. BY USING UNPROVEN METHODS, PEOPLE WITH CANCER MAY LOSE VALUABLE TIME AND THE CHANCE TO BENEFIT FROM A PROVEN, EFFECTIVE TREATMENT. THIS DELAY MAY LESSEN THE CHANCE OF CONTROLLING OR CURING THE DISEASE.

•**MEMORY AIDS.** MANY PEOPLE WORRY ABOUT LOSING THEIR MEMORY AS THEY AGE. THEY MAY WRONGLY BELIEVE FALSE PROMISES THAT UNPROVEN TREATMENTS CAN HELP THEM KEEP OR IMPROVE THEIR MEMORY. SO-CALLED SMART PILLS, REMOVAL OF AMALGAM DENTAL FILLINGS, AND CERTAIN BRAIN RETRAINING EXERCISES ARE SOME EXAMPLES OF UNTESTED APPROACHES.

•**DIETARY SUPPLEMENTS.** AMERICANS SPEND BILLIONS OF DOLLARS EACH YEAR ON DIETARY SUPPLEMENTS. THESE SUPPLEMENTS ARE SOLD OVER-THE-COUNTER AND INCLUDE VITAMINS AND MINERALS, AMINO ACIDS, HERBS, AND ENZYMES. MOST DIETARY SUPPLEMENTS DO NOT UNDERGO GOVERNMENT TESTING OR REVIEW BEFORE THEY ARE PUT ON THE MARKET. WHILE SOME VITAMINS MAY BE HELPFUL, SUPPLEMENTS MAY BE BAD FOR PEOPLE TAKING CERTAIN MEDICINES OR WITH SOME MEDICAL CONDITIONS. BE WARY OF CLAIMS THAT A SUPPLEMENT CAN SHRINK TUMORS, SOLVE IMPOTENCE, OR CURE ALZHEIMER’S DISEASE. **TALK TO YOUR DOCTOR BEFORE STARTING ANY SUPPLEMENT.**

•**HEALTH INSURANCE.** SOME COMPANIES TARGET PEOPLE WHO ARE UNABLE TO GET HEALTH INSURANCE. THEY OFFER COVERAGE THAT PROMISES MORE THAN IT INTENDS TO DELIVER. WHEN YOU THINK ABOUT BUYING HEALTH INSURANCE, REMEMBER TO FIND OUT IF THE COMPANY AND AGENT ARE LICENSED IN YOUR STATE.

**HOW CAN YOU PROTECT YOURSELF FROM HEALTH SCAMS?**

BE WARY. QUESTION WHAT YOU SEE OR HEAR IN ADS OR ON THE INTERNET. NEWSPAPERS, MAGAZINES, RADIO, AND TV STATIONS DO NOT ALWAYS CHECK TO MAKE SURE THE CLAIMS IN THEIR ADS ARE TRUE. FIND OUT ABOUT A PRODUCT BEFORE YOU BUY. DON’T LET A SALESPERSON TALK YOU INTO MAKING A SNAP DECISION. CHECK WITH YOUR HEALTH CARE PROVIDER FIRST.

REMEMBER THE OLD STORIES ABOUT OLD SNAKE OIL SALESMAN WHO TRAVELED FROM TOWN TO TOWN MAKING WILD CLAIMS FOR HIS FABULOUS PRODUCT? WELL, CHANCES ARE THAT TODAY’S SCAM ARTISTS ARE USING THE SAME SALES TRICKS. LOOK FOR RED FLAGS IN ADS OR PROMOTIONAL MATERIAL THAT:

- PROMISE A QUICK OR PAINLESS CURE
- CLAIM THE PRODUCT IS MADE FROM A SPECIAL, SECRET, OR ANCIENT FORMULA
- OFFER PRODUCTS AND SERVICES ONLY BY MAIL OR FROM ONE COMPANY
- USE STATEMENTS OR UNPROVEN CASE HISTORIES FROM SO-CALLED SATISFIED PATIENTS
- CLAIM TO BE A CURE FOR A WIDE RANGE OF AILMENTS
- CLAIM TO CURE A DISEASE (SUCH AS ARTHRITIS OR ALZHEIMER’S DISEASE) THAT HASN’T BEEN CURED BY MEDICAL SCIENCE
- PROMISE A NO-RISK, MONEY-BACK GUARANTEE
- OFFER AN ADDITIONAL “FREE” GIFT OR A LARGER AMOUNT OF THE PRODUCT AS A “SPECIAL PROMOTION”
- REQUIRE ADVANCE PAYMENT AND CLAIM THERE IS A LIMITED SUPPLY OF THE PRODUCT

TWO FEDERAL GOVERNMENT AGENCIES WORK TO PROTECT YOU FROM HEALTH SCAMS. THE FEDERAL TRADE COMMISSION CAN HELP YOU SPOT FRAUD. THE FOOD AND DRUG ADMINISTRATION PROTECTS THE PUBLIC BY ASSURING THE SAFETY OF PRESCRIPTION DRUGS, BIOLOGICAL PRODUCTS, MEDICAL DEVICES, FOOD, COSMETICS, AND RADIATION-EMITTING PRODUCTS. **IF YOU HAVE QUESTIONS ABOUT A PRODUCT, TALK TO YOUR DOCTOR. GETTING THE FACTS ABOUT HEALTH CARE PRODUCTS CAN HELP PROTECT YOU FROM HEALTH SCAMS**

SOURCE..... NATIONAL INSTITUTE ON AGING

**EXERCISE AND PHYSICAL ACTIVITY: GETTING FIT FOR LIFE**  
 “AFTER WALKING ON A TREADMILL AT THE LOCAL COMMUNITY CENTER, I KNEW I’D BE HAPPIER OUTSIDE. SO, I GOT A STEP COUNTER AND STARTED WALKING IN MY NEIGHBORHOOD. SINCE THEN, I’VE SEEN YELLOW TULIPS BLOOM IN SPRING AND RED DOGWOOD LEAVES DROP IN FALL. I ALWAYS COME HOME WITH MORE ENERGY AND HAPPY TO GO ON WITH THE REST OF THE DAY.” MARIAN (AGE 77)

“BOTH MY WIFE AND I HAVE HEART PROBLEMS. ABOUT 2 YEARS AGO, WE JOINED OUR LOCAL HEALTH CLUB, WHERE WE DO BOTH ENDURANCE AND STRENGTH TRAINING EXERCISES. ON THE OFF DAYS, WE WALK NEAR OUR HOUSE. IT’S BEEN LIFE-SAVING FOR US.” BOB (AGE 78)

THESE OLDER ADULTS ARE LIVING PROOF THAT EXERCISE AND PHYSICAL ACTIVITY ARE GOOD FOR YOU, NO MATTER HOW OLD YOU ARE. IN FACT, STAYING ACTIVE CAN HELP YOU:

- KEEP AND IMPROVE YOUR STRENGTH SO YOU CAN STAY INDEPENDENT.
- HAVE MORE ENERGY TO DO THE THINGS YOU WANT TO DO.
- IMPROVE YOUR BALANCE.
- PREVENT OR DELAY SOME DISEASES LIKE HEART DISEASE, DIABETES, BREAST AND COLON CANCER, AND OSTEOPOROSIS.
- PERK UP YOUR MOOD AND REDUCE DEPRESSION.

YOU DON’T NEED TO BUY SPECIAL CLOTHES OR BELONG TO A GYM TO BECOME MORE ACTIVE. PHYSICAL ACTIVITY CAN AND SHOULD BE PART OF YOUR EVERYDAY LIFE. FIND THINGS YOU LIKE TO DO. GO FOR BRISK WALKS. RIDE A BIKE. DANCE. WORK AROUND THE HOUSE. GARDEN. CLIMB STAIRS. SWIM. RAKE LEAVES. TRY DIFFERENT KINDS OF ACTIVITIES THAT KEEP YOU MOVING. LOOK FOR NEW WAYS TO BUILD PHYSICAL ACTIVITY INTO YOUR DAILY ROUTINE.

**FOUR WAYS TO BE ACTIVE**

TO GET ALL OF THE BENEFITS OF PHYSICAL ACTIVITY, TRY ALL FOUR TYPES OF EXERCISE – 1) ENDURANCE, 2) STRENGTH, 3) BALANCE, AND 4) FLEXIBILITY.

1. TRY TO BUILD UP TO AT LEAST 30 MINUTES OF ACTIVITY THAT MAKES YOU BREATHE HARD ON MOST OR ALL DAYS OF THE WEEK. EVERY DAY IS BEST. THAT’S CALLED AN ENDURANCE ACTIVITY BECAUSE IT BUILDS YOUR ENERGY OR “STAYING POWER.” YOU DON’T HAVE TO BE ACTIVE FOR 30 MINUTES ALL AT ONCE. TEN MINUTES AT A TIME IS FINE.

HOW HARD DO YOU NEED TO PUSH YOURSELF? IF YOU CAN TALK WITHOUT ANY TROUBLE AT ALL, YOU ARE NOT WORKING HARD ENOUGH. IF YOU CAN’T TALK AT ALL, IT’S TOO HARD.

2. KEEP USING YOUR MUSCLES. STRENGTH EXERCISES BUILD MUSCLES. WHEN YOU HAVE STRONG MUSCLES, YOU CAN GET UP FROM A CHAIR BY YOURSELF, YOU CAN LIFT YOUR GRANDCHILDREN, AND YOU CAN WALK THROUGH THE PARK.

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KEEPING YOUR MUSCLES IN SHAPE HELPS PREVENT FALLS THAT CAUSE PROBLEMS LIKE BROKEN HIPs. YOU ARE LESS LIKELY TO FALL WHEN YOUR LEG AND HIP MUSCLES ARE STRONG.

3. DO THINGS TO HELP YOUR BALANCE. TRY STANDING ON ONE FOOT, THEN THE OTHER. IF YOU CAN, DON'T HOLD ON TO ANYTHING FOR SUPPORT. GET UP FROM A CHAIR WITHOUT USING YOUR HANDS OR ARMS. EVERY NOW AND THEN WALK HEEL-TO-TOE. AS YOU WALK, PUT THE HEEL OF ONE FOOT JUST IN FRONT OF THE TOES OF YOUR OTHER FOOT. YOUR HEEL AND TOES SHOULD TOUCH OR ALMOST TOUCH.

4. STRETCH. STRETCHING CAN HELP YOU BE MORE FLEXIBLE. MOVING MORE FREELY WILL MAKE IT EASIER FOR YOU TO REACH DOWN TO TIE YOUR SHOES OR LOOK OVER YOUR SHOULDER WHEN YOU BACK THE CAR OUT OF YOUR DRIVEWAY. STRETCH WHEN YOUR MUSCLES ARE WARMED UP. DON'T STRETCH SO FAR THAT IT HURTS.

**WHO SHOULD EXERCISE?**

ALMOST ANYONE, AT ANY AGE, CAN DO SOME TYPE OF PHYSICAL ACTIVITY. YOU CAN STILL EXERCISE EVEN IF YOU HAVE A HEALTH CONDITION LIKE HEART DISEASE OR DIABETES. IN FACT, PHYSICAL ACTIVITY MAY HELP. FOR MOST OLDER ADULTS, BRISK WALKING, RIDING A BIKE, SWIMMING, WEIGHT LIFTING, AND GARDENING ARE SAFE, ESPECIALLY IF YOU BUILD UP SLOWLY. BUT, CHECK WITH YOUR DOCTOR IF YOU ARE OVER 50 AND YOU AREN'T USED TO ENERGETIC ACTIVITY.

**OTHER REASONS TO CHECK WITH YOUR DOCTOR BEFORE YOU EXERCISE INCLUDE:**

- ANY NEW SYMPTOM YOU HAVEN'T DISCUSSED WITH YOUR DOCTOR
- DIZZINESS OR SHORTNESS OF BREATH
- CHEST PAIN OR PRESSURE, OR THE FEELING THAT YOUR HEART IS SKIPPING, RACING, OR FLUTTERING
- BLOOD CLOTS
- AN INFECTION OR FEVER WITH MUSCLE ACHES
- UNPLANNED WEIGHT LOSS
- FOOT OR ANKLE SORES THAT WON'T HEAL
- JOINT SWELLING
- A BLEEDING OR DETACHED RETINA, EYE SURGERY, OR LASER TREATMENT
- A HERNIA
- RECENT HIP OR BACK SURGERY



**SAFETY TIPS**



HERE ARE SOME THINGS YOU CAN DO TO MAKE SURE YOU ARE EXERCISING SAFELY:

- START SLOWLY, ESPECIALLY IF YOU HAVEN'T BEEN ACTIVE FOR A LONG TIME. LITTLE BY LITTLE BUILD UP YOUR ACTIVITIES AND HOW HARD YOU WORK AT THEM.
- DON'T HOLD YOUR BREATH DURING STRENGTH EXERCISES. THAT COULD CAUSE CHANGES IN YOUR BLOOD PRESSURE. IT MAY SEEM STRANGE AT FIRST, BUT YOU SHOULD BREATHE OUT AS YOU LIFT SOMETHING, AND BREATHE IN AS YOU RELAX.
- USE SAFETY EQUIPMENT. FOR EXAMPLE, WEAR A HELMET FOR BIKE RIDING OR THE RIGHT SHOES FOR WALKING OR JOGGING.
- UNLESS YOUR DOCTOR HAS ASKED YOU TO LIMIT FLUIDS, BE SURE TO DRINK PLENTY WHEN YOU ARE DOING ACTIVITIES. MANY OLDER ADULTS DON'T FEEL THIRSTY EVEN IF THEIR BODY NEEDS FLUIDS.
- ALWAYS BEND FORWARD FROM THE HIPS, NOT THE WAIST. IF YOU KEEP YOUR BACK STRAIGHT, YOU'RE PROBABLY BENDING THE RIGHT WAY. IF YOUR BACK "HUMPS," THAT'S PROBABLY WRONG.
- WARM UP YOUR MUSCLES BEFORE YOU STRETCH. TRY WALKING AND LIGHT ARM PUMPING FIRST.

EXERCISE SHOULD NOT HURT OR MAKE YOU FEEL REALLY TIRED. YOU MIGHT FEEL SOME SORENESS, A LITTLE DISCOMFORT, OR A BIT WEARY, BUT YOU SHOULD NOT FEEL PAIN. IN FACT, IN MANY WAYS, BEING ACTIVE WILL PROBABLY MAKE YOU FEEL BETTER