

THRIFT SHOP

Open Monday – Saturdays
from 11 AM - 6 PM

We sell furniture, clothes, books, household goods, china, art, glassware, jewelry, children's items, antiques and more!

All proceeds benefit the charity,
NAMI Montgomery County.
Learn more about our great organization at
www.namimc.org

50% off for seniors every Tuesday
4th Friday Bag Sale. Buy a bag for \$10.00 and
fill it to the brim with clothing!

 **NAMI** Montgomery County

11720 Parklawn Drive, Rockville, MD 20852
Behind Mega Market @ Parklawn Dr & Boiling Brook Pkwy
301-949-5731
United Way #8687 / CFC #27615

1799006

Montgomery Country Club is a great place to unwind and get your exercise at the same time!

The Club offers affordable memberships that provide access to a walkable 18-hole championship golf course, swimming pool and social functions.

Full, Weekday and Social Memberships available.
Weekday Memberships starting at \$250 per month!

Call now or visit www.MontgomeryCC.com!

\$100 OFF
initiation fee.

Limited time offer. Montgomery Country Club.



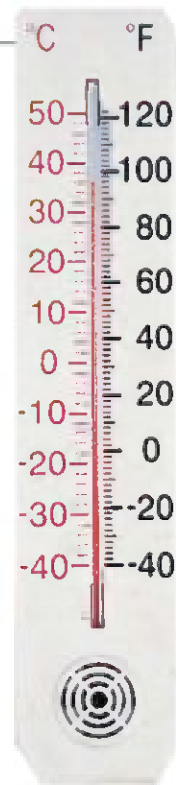
20908 Golf View Drive, Laytonsville, MD
240-912-9515
www.MontgomeryCC.com

HEALTH

RISING MERCURY

CHALLENGES OLDER ADULTS

◆ Learn the signs of heat-related illness



BY KAREN FINUCAN CLARKSON

Sweltering summer heat, a discomfort for most, poses serious health risks for older adults. Physical and cognitive changes due to aging, as well as increased use of medication, make seniors more susceptible to heat-related illness.

While heat exhaustion and heat stroke are more commonly associated with overexertion on hot days, they can afflict even sedentary seniors. “The elderly often have trouble accurately sensing the surrounding temperature,” said Wayne Meyer, M.D., an internal medicine physician at Shady Grove Adventist Hospital in Rockville. “So, they many not respond to changes in their own body or surrounding environment as quickly as they should.”

“As you age, your body’s cooling mechanism is not as efficient as it was when you were younger,” said John Molesworth, D.O., chief of staff at Frederick Memorial Healthcare System in Frederick. “Atrophying sweat glands make evaporation less effective and a decline in lean body mass decreases the ability to cool body surfaces.”

Chronic medical conditions, such as high blood pressure, diabetes, congestive heart failure and chronic obstructive pulmonary disease, also impair the body’s ability to regulate its temperature, according to Molesworth. “It’s important to pay attention to comorbidities, as heat stress can push individuals with these diseases over the edge,” he said.

Strokes also can increase a person’s susceptibility to heat-related illness. “Neurological impairment can reduce the body’s ability to heat and cool itself,” said Meyer.

Certain medications can make it more difficult for people to tolerate the heat, according to Molesworth. Beta-blockers, used to treat high blood pressure, decrease blood flow to the skin so the body has trouble cooling down. Diuretics reduce the amount of fluid in the body, inhibiting one’s ability to sweat. Some antiparkinsonian drugs also keep the body from perspiring.

Antidepressants present issues on several fronts. Their sedative effects can make individuals less aware of heat problems. Some antidepressants increase heat production, warming the body, while others—specifically tricyclic antidepressants—interfere with the body’s ability to regulate heat.

Heat-related illness claims 700 lives each year in the U.S., according to the Centers for Disease Control and Prevention (CDC). An increasing senior population coupled with a rise in the number of seasonal heat waves could push heat-

**DURING HEAT
STROKE, UNABLE
TO COOL ITSELF,
THE BODY'S
TEMPERATURE
BEGINS TO RISE,
SOMETIMES
EXCEEDING
106 DEGREES
IN 10 TO 15
MINUTES.**

“As you age, your body’s cooling mechanism is not as efficient as it was when you were younger.”

John Molesworth, D.O., chief of staff at Frederick Memorial Healthcare System



ISTOCKPHOTOS: THERMOMETER, CASS GREENE, THE ART OF SEEING; MAN, LISAFX PHOTOGRAPHIC DESIGNS

related fatalities as high as 5,000 annually by 2050, the CDC reports.

Heat-related illnesses run from the more-mild heat exhaustion to the potentially fatal heat stroke. Heat stroke occurs when the body can no longer maintain a normal temperature. Unable to cool itself, the body’s temperature begins to rise—in some cases exceeding 106 degrees Fahrenheit in as little as 10 to 15 minutes, according to the CDC. Heat stroke is a medical emergency.

Dizziness, headache and dry skin are red flags, said Molesworth. “Feeling nauseous or that you might pass out are signs that something is wrong,” he said, “and any confusion is cause for concern.”

“Older adults often fail to recognize the symptoms of heat stress,” said Meyer. “They may say they don’t feel well. But, if you’re 85 years old, there are lots of times you don’t feel well. As a result, you might not recognize the symptoms for what they are.” Even when seniors do recognize the warning signs, their ability to respond may be compromised. “Your mobility may not be as good,” said Meyer, “so you may have trouble transporting yourself from a place that’s warm to one that’s cool.”

Because room temperatures can rise precipitously, especially in rooms with a western exposure, air-conditioning is critical for the elderly. “If temperatures are going into the 90s and your parent or a senior you know doesn’t have air-conditioning, it’s time to move them to some place cool,” said Meyer.

Older adults who live alone should be visited at least twice a day during hot weather, according to the CDC.

SEE HEAT, PAGE 26

Free Hearing Tests set for Montgomery County Area Age 55+

Free electronic hearing tests will be given from Monday, July 18 through Friday, July 22 at select locations in Montgomery County.

Tests have been arranged for anyone who suspects they are losing their hearing. Such persons generally say they can hear but cannot understand words. Testing with the latest computerized will indicate if you can be helped.

Everyone, especially adults over 55, should have an electronic hearing test at least one a year. If there is a hearing problem, hearing tests may reveal that newly developed methods of correction will help, even for those who have been told in the past that a hearing aid would not help them.

If you suspect you have hearing loss, call for a free hearing test appointment. Our licensed specialists are trained in the latest auditory testing methods and will be the first ones to tell you if you don’t need a hearing aid. If you do have a hearing loss, we will explain your results and provide you with a list of options.

Free hearing tests available only at a location listed below.

One Week Only: Monday, July 18 - Friday, July 22.

Beltone Hearing Aid Centers

Monday - Friday, 8:30 a.m. - 4:30 p.m. Evenings and Saturday by appointment

Bethesda, MD

Wildwood Medical Center
10401 Old Georgetown Road
(301) 493-5599

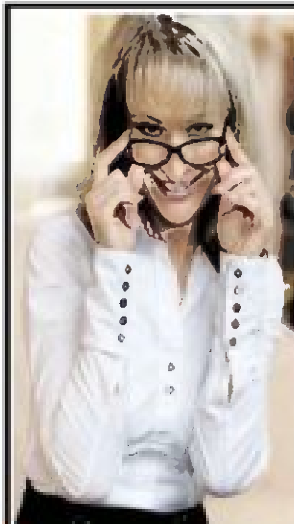
Silver Spring, MD

Connecticut Belair Medical Park
3915 Ferrara Drive
(301) 933-0557

Frederick, MD

Guilford Professional Center
5950 Frederick Crossing Lane
(301) 663-3141

STAFF



Want to Look Amazing at your next Reunion?

Get rid of Sun Damage, Wrinkles,
Fine Lines, and Age Spots.

Uncover beautiful, healthy, younger looking skin on face, neck, hands, and body. Don't forget the décolletage! Show up to your next event looking and feeling your best!

Please call to schedule your appointment.

THE DERMATOLOGY CENTER

ROCKLEDGE MED SPA
www.dermskin.com

6410 Rockledge Drive • Suite 205, Bethesda, MD
301-968-1200

Join us!

SUMMER OPEN HOUSE

Sunday, July 24 from Noon to 2:00 p.m.

Cool off at Springvale Terrace!

Enjoy refreshing lemonade and sweet treats at our Open House. See for yourself how our residential and personal care services are an affordable retirement alternative.

Unable to attend? Call today to schedule your personal tour.

Seabury  at Springvale Terrace
Senior Living

301-587-0190

www.SpringvaleTerrace.com

8505 Springvale Road • Silver Spring, Maryland 20910



and physical therapy and other specialties patients may need. That's one of the biggest advantages of having a geriatrician on your side, said Gilson.

"We see the big picture, and that's important when you're seeing a urologist, oncologist, orthopedic surgeon and others who are all focused in their own particular specialty," he said.

Older adults tend to be on multiple medications, and adverse drug effects can be a big problem, said Susan Spivock Smith, Ph.D., a geriatric nurse practitioner at Holy Cross Hospital in Silver Spring. "In younger adults, a physician will begin a medication at the standard dose and then titrate up based on standards until the desired affect is achieved," she said. "In older adults, that standard dose for a younger person could cause adverse effects. So, when starting new medications in the older adult population, the mantra is 'start low and go slow.' This way changes in blood pressure, heart rate or cognition can be picked up sooner."

Ruth Ke vess-Cohen, M.D., is board-certified in geriatrics and takes care of patients up to 106 years old through the Cameron Medical Group in Silver Spring. According to her, geriatric specialists are good for aging patients because they have made a choice to work with the aging population and receive additional training.

"As patients get up into their 80s and 90s, interaction and counseling becomes so important, (as does) being available by phone and email for adult children," she said.

Geriatricians focus on preventing the progression of chronic conditions, said Ke vess-Cohen, such as osteoporosis, memory problems, high blood pressure, diabetes, lung problems and heart conditions.

"Our goal is to keep conditions under control, so patients have maximum function for the longest possible time," she said.

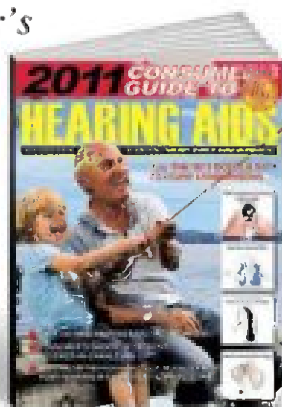
Geriatric specialists often help manage end-of-life issues, as well. "Everyone needs to think carefully before embarking on complicated medical procedures," Gibson said. "Is this really good for the individual, and when is enough enough?"

People's expectations are often unrealistic, too. "I call it the modern Ponce de Leon syndrome—a quest for immortality through technology," said Gilson. "But everyone needs to consider quality of life, cost issues, new health problems...decisions about what to do are often so emotionally charged."

All physicians are trained in treating older patients during residencies, said Ke vess-Cohen. After all, older patients have much higher rate of hospitalizations. So in considering a change, "don't assume a doctor isn't able. If you're happy with your current doctor, and you're doing well, there's no reason to search out a geriatric specialist," she said. "But when health care gets complicated, it can be hazardous to go to a series of specialists without one doctor coordinating care." That's when a geriatrician becomes so valuable.

Learn About Hearing Aids

- Request a copy of *The Consumer's Guide to Hearing Aids*
- How do different instruments compare?
- How is pricing structured?
- What should you expect from new hearing aids?
- For your complimentary copy, call: 301-434-4300



WIDEX

Auditory Services Inc.

Rated best audiology practice in the Washington Metro area.

1734 Elton Road, Suite 104
Silver Spring, MD 20903

"Everyone deserves good hearing aids."

HEAT, CONTINUED FROM PAGE 11

"It's really regular contact that will help stave off any problem," said Meyer. "It's often a family member or neighbor that recognizes that heat may be an issue."

When it comes to beating the heat, proper hydration is very important. "The crucial thing is to drink plenty of cool liquids," said Molesworth. "Consider electrolyte-replacing solutions and avoid alcohol and caffeine, which can dehydrate you."

Don't use thirst as an indicator of your body's need for fluids, the Frederick physician warned. Many older adults experience a diminished sense of thirst.

"If you don't get thirsty, drink anyway. Two quarts is probably enough for a full day if you're not exerting yourself too much. You'll need more if you're active," said Meyer. "If you plan to go out, hydrate in advance so that it's in your system before you leave."

Cool showers or baths and lightweight, light-colored clothing can help prevent the body from getting overheated. For those venturing outdoors, Molesworth recommends a slower pace and more frequent breaks. Sunscreen with a sun protection factor of 15 or greater and a hat are hot-weather necessities.

On extremely hot days, exercise should be confined to the indoors or to early-morning or late-evening hours. That is especially true when the relative humidity goes above 75 percent. "When the humidity is high, you lose your ability to sweat and keep your temperature down," said Meyer.

While older adults are more vulnerable to the effects of summer heat, they needn't suffer unduly. An awareness of the body's limitations, the effects of medication, preventative measures and knowing the signs of heat-related distress can keep seniors safe and comfortable when the mercury rises.