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Lifelinks

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Special
calendar section
inside!

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Summer 2006

Coming of Age... and loving it!

Active adult
living communities
are booming

Also in this issue:

Get Back into **Circulation**

Leg pain can indicate a clogged artery

Don't **FAL!** For It

Fall-proof advice from the experts





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A TRADITION OF CARE AND INNOVATION

Holy Redeemer Home Care – the region's leading home health and hospice provider – delivers innovative clinical services to improve the quality of life in the home. Backed by the full resources of Holy Redeemer Health System, we provide advanced care with a warm and personal touch.

**We deliver state-of-the-art health care
to your door.**

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- Hospice and Palliative Care
- Home Health Aides
- Falls Risk Assessment
- LifeAssessSM (for the frail elderly)

Nationally recognized, Holy Redeemer Home Care is the largest home health and hospice organization in southeastern Pennsylvania and New Jersey.

HOLY REDEEMER HOME CARE
Advanced clinical care in the home

Holy Redeemer For Every Season

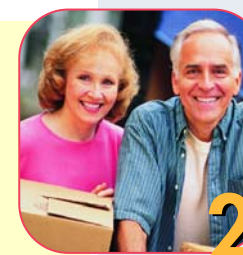
For each of us, there may come a time when the upkeep of a house is too much, the stairs become a challenge, or failing eyesight makes it difficult to live alone. Holy Redeemer Health System has a long tradition of meeting the needs of older adults in the community, and offers a range of choices for people in different stages of life.

The Villages at Pine Valley, Holy Redeemer's new active adult living community, is perfect if you are seeking a maintenance-free lifestyle and want to be around others in the 55+ age group for walks in Pennypack Park, a trip to the city or playing cards at the Clubhouse.

The Lafayette-Redeemer in Northeast Philadelphia offers independent living, assisted living and skilled nursing care, with exciting activities to keep everyone engaged. Depending on the level of care needed, you could simply rent an apartment with a meal plan, or find excellent round-the-clock nursing care.

St. Joseph's Manor, next to Holy Redeemer Hospital, provides assisted living and skilled nursing care in a homelike setting. Two of its nurses were just honored as best in the state. The Manor also provides special units for dementia, hospice care and short-term nursing care following hospitalization.

IN THIS ISSUE:



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Coming of Age... and Loving It

Meet The Villages at Pine Valley, Holy Redeemer's new active adult living community in Northeast Philadelphia. It's got all the amenities: a beautiful setting, quality construction... and someone else to mow the lawn!



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Get Back into Circulation

Do your calves hurt when you walk? Pain in your leg or foot can be caused by a clogged blood vessel, an increasingly common condition with age called peripheral artery disease. Treatment can help, though, say experts at Holy Redeemer's Cardiovascular Center.



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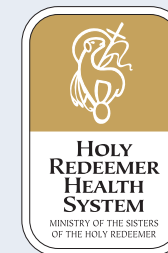
Don't Fall For It

If you're over 65, there is a one in three chance that you'll take a spill within a year. And the chance of that fall leading to a disabling injury is much higher if you're a senior. Learn what causes falls and how to keep your feet on the ground.

www.holyredeemer.com

1602 Huntingdon Pike
Meadowbrook, PA
19046

1-800-818-4747



Access Holy Redeemer:

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For more information
about residential options
with Holy Redeemer, call
1-800-818-4747, or visit
holyredeemer.com.

Welcome to The Villages at Pine Valley, an active adult living community developed by Holy Redeemer Health System!

Coming of Age and Loving it!

Once, people packed their bags and moved to Florida or Arizona when the house became too much to care for. Today, the hot destination for many retirees is right in their own backyard!

This growing group of vibrant, healthy adults ages 55 and up is seeking maintenance-free “lock it and leave it” living. No lawns to mow, gutters to clean, or worries about hiring contractors. And, today’s retirees are looking to stay close to the area where

they have spent most of their lives.

Meet The Villages at Pine Valley, Holy Redeemer’s new active adult living community. “Most of our members are from within a five-mile radius,” says Kim Krauter, membership manager of the community, located at 8601 Pine Road, adjacent to Pennypack Park in Northeast Philadelphia. “They want to remain near family, friends, doctors, hairdressers and churches or synagogues. They are not completely uprooting themselves to live here.”

Gladys Aschenbach, for example, was seeking a lifestyle change, not a new location, when she moved to *The Woods* – the townhome community of The Villages at Pine Valley – from the Northeast’s Somerton section. “The traffic was terrible,” she says of her former neighborhood. “Now here, I

love my porch and the view from my townhome. It’s a pretty place and I sit outside or take walks when the weather is nice.”

Aschenbach adds that she’s thrilled to be free of the upkeep of her old house. “I couldn’t keep up with the gardening. And getting repairs done was tiring,” she sighs, recalling heat pump and sewer line disasters. “Here, they take care of snow shoveling, grass and landscaping.”

All in the Same Boat

Holy Redeemer partnered with the Bock Development Group, one of the top construction firms in the Delaware Valley, to create The Villages at Pine Valley. The carriage homes and townhomes are sold out. The second phase – 89 apartments, scheduled to open

“Most of our members are from within a five-mile radius,” says Kim Krauter, membership manager of The Villages at Pine Valley.



Make the Right Move

See for yourself why our apartments are being snapped up as construction nears completion. Call 1-866-870-8601 for an appointment to tour a model apartment. If you reserve an apartment before the fall opening, you can save up to \$10,000!

Information sessions are held every Wednesday at 11 a.m. in the Information Center at 8550 Verree Road. See why The Villages at Pine Valley has been honored by the National Association of Home Builders as one of the nation’s best-designed retirement communities.



FOR MORE  ABOUT THE VILLAGES AT PINE VALLEY, PLEASE CALL 1-866-870-8601.

this fall – are being reserved quickly. *The Cedar Views* feature spacious floor plans, designer kitchens, luxurious master suites, elegant bay windows, balconies and full-sized washers and dryers. A Clubhouse, in the planning stages, will include an indoor pool, fitness center, café, library, craft room, and billiards and card room.

Ruth Fleishman, who reserved a 2-bedroom apartment at The Villages, was won over by the sunny bay windows, the security factor and the location. “I looked at other places that didn’t feel as safe or were nowhere near a train station.” Another factor influencing her selection was that there is no compulsory meal plan that locks members into additional costs.

Instead, members have the flexibility of cooking themselves, eating in the Clubhouse Bistro or going out with friends.

Fleishman, a retired teacher who has lived in Northeast Philadelphia for 36 years, is also delighted to remain near her daughter, friends, physicians and activity groups. She looks forward to making more friends

when she moves into her apartment this fall. “I’m lonely when I come home to my house now. At The Villages, there will always

be people around to knock on the door or have a cup of tea with. I already met my lovely neighbor at a meeting for members and we hugged each other! Someone else invited me into her carriage house; she was also a widow and it was an instant friendship.”

To help people meet one another, Randee Cahan, the lifestyle coordinator at The Villages at Pine Valley, has compiled a directory of members’ phone numbers, addresses and email information to distribute. “We’ll have something going on all the time whether it’s a card game, opportunities for volunteering or social events,” she says. Weekdays, there is a walking club for members

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JOIN US FOR BREAKFAST AT TIFFANY’S AND LEARN ABOUT HOLY REDEEMER’S FIRST 55+ ACTIVE ADULT COMMUNITY. FOR DETAILS, CALL 1-866-870-8601.

Coming of Age... and Loving it! continued

that meets at Pennypack Park, and recently, she organized a bus trip to New York City. "My goal is to help residents remain active and healthy. The week will be full and no one will be sitting at home waiting for their kids to call."

Dare to Compare

Membership coordinator Betty Ann Iavecchia describes The Villages at Pine Valley as the best of all worlds. You have the urban conveniences of a nearby supermarket and the Fox Chase train station for access to Center City. And you come home to a peaceful, wooded 62-acre setting without street noise or children running in your path.

"People are amazed at the amenities of The Villages, and that it's just one check per month for everything including utilities," Iavecchia points out. "There are no real estate taxes; heat, water or electric bills, or extra maintenance fees."

The development's affiliation with Holy Redeemer is another plus, says Iavecchia. "Holy Redeemer is a familiar name that people are comfortable with. Many have dealt with our

physicians and trust the organization's reputation in the community." And, if there comes a time when someone is

no longer well enough to live independently, Village members receive priority status for entry into The Lafayette-Redeemer or St. Joseph's Manor, Holy Redeemer's long-term care facilities for assisted living or skilled nursing care. "The continuum

of care we can provide is an extra safety net," says Krauter.

"Most people say 'I can't believe it' when they hear about the benefits of living here," Krauter adds. "I tell them you CAN have it all." ❧

▶▶ CAN'T TAKE IT WITH YOU?



The prospect of moving can be overwhelming, especially if you've lived somewhere for decades and now have to pare down your belongings for a smaller space. The Villages at Pine Valley recently held a seminar to assist members with that challenge. Consultant Margit Novack of *Moving Solutions* offered these tips:

- **Before listing your house for sale**, de-clutter rooms to enhance marketability. Start by clearing closets, counters, shelves and other surfaces that potential buyers see first.
- **For jam-packed areas** like attics or kitchens, break the job into small tasks and don't try to finish in a day.
- **Make a floor plan** of your new place on paper. List everything you really want to take and see if it will fit, starting with large furniture.
- **Keep or Discard?** Many people keep something because it's "valuable," but it's only worth keeping if it has value to you or you expect to use it regularly.
- **Time vs. Money** Before you take items to a consignment shop or antique dealer, consider whether the money offered will be worth your effort. A tax-deductible donation is an alternative.

You can donate clothing, housewares and furniture in good condition to:

Holy Redeemer's Thrift Store

473 E. County Line Road, Warminster

For furniture pickups, call 215-675-5833.

Registration is required for all programs.
Call **1-800-818-4747** or visit us online
at www.holyredeemer.com.

Program Events for Seniors



▶▶ Lunch & Learn: About Heart Health

Education and lifestyle changes are key to preventing heart disease. Learn how to keep your heart healthy by attending Holy Redeemer's Lunch & Learns. **All sessions will be held from Noon to 1 p.m. on Tuesdays or Wednesdays on the first floor of the Hospital in Conference Room One. Fee: \$5 (includes boxed lunch).**

Does Your Heart Skip a Beat? Tuesday, July 18, 12-1 p.m.

Do you have a heart arrhythmia such as atrial fibrillation, or have a pace-maker or internal defibrillator? Elaine Donahue, RN, BSN, cardiac rehabilitation nurse, will talk about arrhythmia. **Fee: \$5.**

Nutrition Facts and Fallacies Wednesday, July 26, 12-1 p.m.

Each day seems to bring a conflicting report about diet or health. This practical program led by Holy Redeemer dietitian, Lynne Kingsley, RD, will cut through the confusion, providing sound information on current nutritional recommendations. **Fee: \$5.**

Cholesterol & Heart Disease Tuesday, August 1, 12-1 p.m.

Join Elaine Donahue, RN, BSN, cardiac rehabilitation nurse, as she discusses cholesterol – the good, the bad and the ugly. **Fee: \$5.**

Call 1-800-818-4747 for your free brochure about the new Cardiovascular Center at Holy Redeemer.

Exercise for a Healthier Heart Wednesday, August 9, 12-1 p.m.

Join Holy Redeemer Health & Fitness manager, Bob Catalini, for a program about the importance of exercise to heart health. Learn how physical activity can help prevent heart disease or restore health in cardiac patients. **Fee: \$5.**

Eating for a Change of Heart Wednesday, August 16, 12-1 p.m.

Learn how to incorporate healthy eating habits into your life from Holy Redeemer dietitian Jennifer McKenna, RD. **Fee: \$5.**

Spotlight Program

Wednesday, September 13

Noon - 1 p.m.

Location: Holy Redeemer Hospital
Conference Room One

Free!



Get Back into Circulation

See article on page 9 for information about PAD, or call 1-800-818-4747.

Learn about Peripheral Artery Disease (PAD) from interventional radiologist Richard Daniels, MD, of the Cardiovascular Center at Holy Redeemer. He'll discuss risk factors, diagnosis, the disease process, and current treatment options for this common condition in older adults.

Special
"Pullout & Save"
Section



Health & Fitness Center

The following programs are held at the Holy Redeemer Health & Fitness Center, 1648 Huntingdon Pike, Meadowbrook (on the hospital campus). Call 1-800-818-4747 or www.holyredeemer.com for more information or to register.

Low-Impact Aerobics

Tuesdays & Fridays, 3-4 p.m.

This low-impact workout, using therabands and optional hand weights, will help you improve your balance and coordination. **Fee:** \$30 for 6-week series.

Tai Chi

Call for dates and times.

Discover how to maintain your health and well-being through this ancient Chinese martial art. **Fee:** \$40 for 8-week series.

Pilates

Mondays, Wednesdays, Fridays, beginners at 11:45 a.m.-12:30 p.m.; advanced at 12:30-1:15 p.m.

Pilates is a series of controlled movements that engage the mind and body to help build strong core muscles, while reinforcing correct body alignment and proper

breathing. **Fee:** \$75 for 8-week series. (Discount available for Holy Redeemer employees).

Better Balance Class

Tuesdays and Thursdays, 11 a.m.-Noon

This program is specifically designed to strengthen and enhance your balance to help prevent slips and falls. **Fee:** \$50 for 8-week series.

Aerobics Classes

Mondays, Wednesdays & Fridays, 9-10 a.m. Tuesdays and Thursdays, 9:30-10:30 a.m. or 6:15-7:30 p.m.; AND Saturday, 9-10 a.m. Included in membership to Holy Redeemer Health & Fitness Center.

Trim-a-Weigh

Call 1-800-818-4747 for program dates and times. This clinical weight

loss program utilizes behavior modification, exercise at the Health & Fitness Center, and meal plans. Join this 10-week program for a lifetime of results. **Fee:** \$299

Freedom from Smoking

Call for next available dates and times.

In this American Lung Association course, learn how to use the "buddy system," exercise, stress and weight management strategies, and assertive communication to kick the habit. **Fee:** \$50 (Refunded if all sessions attended.)

Kripalu Yoga

Call for next available dates.

Relieve stress through a gradual progression of postures which tone and relax the body. **Fee:** \$40 for 8-week series.



Join Holy Redeemer Home Care experts for informative presentations on staying well and maintaining safety in your home.

All programs will be held at Holy Redeemer Hospital in Conference Room One.

Fee: \$5 includes healthy boxed lunch.

Lunch & Learn: Don't Fall for It

Managing Parkinson's Disease

Wednesday, July 19, 12-1 p.m.

People with Parkinson's have a higher risk of falls. Join physical therapist, *Holly Walters* from Holy Redeemer Home Care for a discussion on managing Parkinson's disease, symptoms through exercise. **Fee:** \$5.

How to Prevent Trips and Slips

Wednesday, August 2, 12-1 p.m.

Holy Redeemer Home Care rehabilitation supervisor Mike Madden will tell you how increasing your self-awareness and employing simple measures can help prevent slipping and tripping. **Fee:** \$5.

Low Vision Rehabilitation

Wednesday, September 20, 12-1 p.m.

Low vision can make your daily routine difficult, and affect meal preparation, safety and home and financial management. Holy Redeemer occupational therapist *Kathy Staples*, will tell you how people with macular degeneration, glaucoma and diabetic retinopathy can maintain independence in their homes. **Fee:** \$5.

Kudos

Manor Nurses Best in State!

Two nurses at St. Joseph's Manor are being honored with *Distinguished Service Awards* from the Association of Pennsylvania Non-profit Senior Services (also known as PANPHA). *Lucille Carroll, RN*, nurse manager for the Dementia Unit was named Facilitator of the Year. *Theresa Greiner, LPN*, won the Professional Advancement award. They are among only 12 in the state to receive the distinction.

Hospital Receives Award for Outstanding Cardiac Care

Holy Redeemer Hospital and Medical Center has been named a winner of the 2006 *Leadership Award* for clinical excellence in cardiac care from VHA Inc., a national health care alliance. The hospital was recognized for adhering to a series of nationally accepted best practice standards for diagnosing and treating Acute Myocardial Infarction and Congestive Heart Failure. Holy Redeemer is one of 86 VHA member hospitals nationwide to receive the honor.

Estate Planning

Seminars

Who needs to plan for the future? Everyone, regardless of net worth, marital status, age, or gender. Understanding what will be needed for the future is more important today as seniors find themselves living longer with exciting options for their retirement years. Learn how to develop a sound plan for lifetime asset distributions that could minimize tax consequences to you and your heirs.

Location: Provincialate of the Sisters of the Holy Redeemer, 521 Moredon Road, Huntingdon Valley, PA.

To register, please call 1-800-818-4747 or visit us online at www.holyredeemer.com

Advance Healthcare Directives: Power of Attorney & Living Wills

Tuesday July 11, 1:30-3:30 p.m.

Tuesday, September 26, 1:30-3 p.m.

Retirement Planning & IRA Distributions

Tuesday, July 25, 1:30-3 p.m.

Long-Term Care Insurance

Tuesday, September 19, 1:30-3 p.m.

Stock Market Update

Tuesday, October 10, 1:30-3 p.m.

End-of-Year Tax Planning

Tuesday, October 24, 1:30-3 p.m.

The Charles A. & Betty Bott Cancer Center

Look Good Feel Better

Call for dates and times

A program of the American Cancer Society and National Cosmetology Association offering grooming tips and tricks to help people look good and feel better about themselves during cancer treatment. **Location:** The Charles A. and Betty Bott Cancer Center* at Holy Redeemer, 1st floor, 1648 Huntingdon Pike, Meadowbrook, PA. **FREE.**

*The Cancer Center at Holy Redeemer was recently renamed **The Charles A. and Betty Bott Cancer Center.**



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Good Toward 10% Off Anything in the Store!
Furniture.... Jewelry... Clothing... Home Decor... More
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Support Groups

Holy Redeemer Health System offers a variety of support programs to help you and your family cope during difficult times. All support programs are **FREE** of charge. Please call **1-800-818-4747** for more information.

Cancer Support

**Monthly, second Tuesday
4-6 p.m.**

This group offers an opportunity for those with cancer or who have completed treatment to discuss the impact that cancer makes in their lives. Exchange information and resources, receive emotional support, and trouble-shoot problems so that living with cancer is manageable. Each person is encouraged to share personal experiences. Family and friends are welcome. *Location: The Charles A. & Betty Bott Cancer Center at Holy Redeemer, 1648 Huntingdon Pike, 1st Floor, Meadowbrook.*

Family & Friends Cancer Support

**Monthly, second Tuesday
4-6 p.m.**

Finding out that someone you love has cancer is frightening. This group offers family members and friends of cancer patients a safe, informative and supportive environment to ask questions, share fears and experiences, and search for resources. Diagnosis, treatment and long-term effects are also discussed. *Location: The Charles A. & Betty Bott Cancer Center at Holy Redeemer, 1648 Huntingdon Pike, 1st Floor, Meadowbrook.*

Breast Cancer

**Monthly, third Tuesday
7-9 p.m.**

This group deals with the emotional, spiritual and physical issues of breast cancer. Any woman who is newly diagnosed, facing surgery, undergoing treatment or in remission is welcome.

There is great strength and empowerment in sharing stories of struggle and success. Educational and support resources are also provided. *Location: The Provincialate of the Sisters of the Holy Redeemer, 521 Moredon Road, Huntingdon Valley.*

Alzheimer's Caregivers

**Support Monthly, first Friday
1-2:30 p.m.** at The Lafayette-Redeemer, Lafayette Room, 8580 Verree Road, Philadelphia. OR...
Monthly, fourth Wednesday, 6-7:30 p.m. at St. Joseph's Manor, 1616 Huntingdon Pike, Meadowbrook.

Bereavement Support

**Monthly, third Tuesday
6:30-8:30 p.m.**

The Provincialate of the Sisters of the Holy Redeemer, 521 Moredon Road, Huntingdon Valley.

Apprise Counseling

Tuesdays, 1-3 p.m., by appointment. This program offers health insurance information, assistance and counseling for people age 60+, and is coordinated through RSVP (Retired and Senior Volunteer Program) of Montgomery County. To schedule your FREE appointment, call 1-800-818-4747. **Location:** Redeemer Village, 1551 Huntingdon Pike, Huntingdon Valley.

For information about any Holy Redeemer program or service, please call 1-800-818-4747 or get information at www.holyredeemer.com.

Diabetes Programs

Diabetes Self-Management

**Wednesdays, October 3, 10, 17, 24, Nov 7, 10 a.m.-Noon
Tuesdays, November 7, 14, 21, 28, Dec 5, 7-9 p.m.**

This course provides an introduction to the self-management of diabetes. Learn about monitoring blood glucose, the difference between meters, when and why to test your blood, tips on medication administration, exercise, nutrition and meal planning. Physician referral required.

Location: The Provincialate of the Sisters of the Holy Redeemer, 521 Moredon Road, Huntingdon Valley.

Call 1-800-818-4747 for appointment.

Meal Planning for Diabetes

This two-hour course, facilitated by a registered dietitian and certified diabetes educator, covers information on carbohydrate counting, food label reading, portion sizes, eating out, exercise, alcohol and fiber.

Meter Instruction

This one-hour, hands-on course teaches blood glucose monitor use, differences between meters, and when and why to test your glucose.



Robert Wohrle knew he was in trouble when he could barely walk from Holy Redeemer's valet parking area to his physician's office in the adjacent Medical Center building.

Get Back into Circulation

Leg pain can indicate a clogged artery

Wohrle, 62, had been having recurring circulation problems. Now, the pain in his ankles and feet was excruciating. The retired butcher from Glenside was diagnosed with peripheral artery disease (PAD).

As a diabetic, Wohrle falls into the highest risk group for PAD, which strikes about 20 percent of adults age 65 and older. The condition is most often caused by arteriosclerosis, a hardening and narrowing of the arteries – in this case, to the legs or pelvis. The restricted blood flow causes cramps or tightness in the muscles when walking.

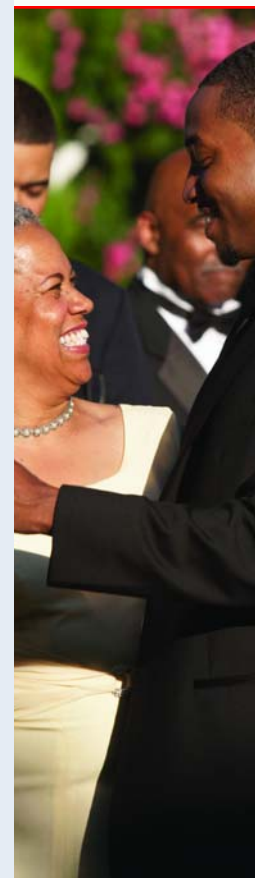
Wohrle's arteries were almost completely blocked and he was in danger of losing his leg. **Patrick Pellecchia, MD**, department chair of surgery at Holy Redeemer Hospital and Medical Center, had performed two successful vascular bypass surgeries on Wohrle's

leg, but a third surgery was not an option because the disease had progressed. Instead, the surgeon referred his patient to the Cardiovascular Center at Holy Redeemer and interventional radiologist **Richard Daniels, MD**.

Last December, Wohrle underwent angioplasty, a minimally invasive procedure to open blood vessels via a tiny balloon that is inflated inside the artery in the leg – a procedure also used to clear heart blockages. In addition, Dr. Daniels inserted a stent (a wire mesh cylinder) to help keep the artery open.

The outpatient angioplasty was a success. "Dr. Daniels saved my leg," says Wohrle "The pain from walking disappeared right away. The procedure was much easier than the bypass, too."

continued on next page



**Wednesday,
September 13,
Noon - 1p.m.**

FREE

Learn about Peripheral Artery Disease (PAD) from interventional radiologist Richard Daniels, MD, of the Cardiovascular Center at Holy Redeemer.

See page 5 for details.

Get Back Into Circulation

continued from page 9

Don't Ignore Leg Pain

As many as 8 to 12 million Americans have peripheral artery disease, also known as peripheral vascular disease (PVD). The most prevalent symptom is "claudication" – cramping, pain or tiredness in the calf while walking or climbing stairs. When there is a blockage, the muscles don't get enough oxygen during exercise. "Claudication is to the legs what angina (pain in the chest) is to the heart," Dr. Daniels explains about the similarity to coronary artery disease.


The location of the pain depends on where the artery is clogged, so discomfort could hit the thighs, hips, balls of the feet or toes. Unlike arthritis, the pain is in the muscles, not the joint. Signs that the disease is advanced include:

- Foot pain at night that ceases when foot is hung over the bed
- Ulcers on the foot, ankle or toes that don't heal
- Bluish or black discoloration on the toes

If allowed to progress, PAD can result in total loss of circulation to the legs and feet, which could cause gangrene and require leg amputation.

For most, pain from PAD typically goes away after sitting down. But


The Cardiovascular Center at Holy Redeemer



Experts in Vascular Disease

Holy Redeemer offers a comprehensive range of diagnostic and treatment services for patients with vascular disease at the Hospital's new state-of-the-art Cardiovascular Center. Our team of physicians treats all types of vascular disease, including peripheral artery disease, carotid artery stenosis, deep vein thrombosis, abdominal aortic aneurysms and varicose veins.

The medical staff includes interventional radiologists, cardiologists and vascular surgeons, as well as highly skilled nurses and technologists. In addition, the Cardiovascular Center offers the most advanced digital imaging equipment available today for diagnosing and treating vascular disease with the latest minimally invasive procedures. A certified cardiac rehabilitation program onsite also focuses on teaching patients prevention strategies and starting them on a therapeutic exercise program.



limiting activities won't stop the course of the disease. "Tell your doctor about any pain or cramps when you're walking, even if it goes away," says **Stephen Leschak, MD**,

an interventional radiologist at the Cardiovascular Center at Holy Redeemer, who says that treatment can relieve symptoms in most people.

continued on next page

**Limiting activities won't stop the course of the disease.
"Tell your doctor about any pain or cramps when you're walking, even if it goes away."**

Often Undiagnosed or Misdiagnosed

"Peripheral artery disease is often not picked up or screened for since there aren't always symptoms," says Dr. Leschak. "The walking difficulty may be attributed to old age or dismissed as arthritis or sciatica."

Yet, screening for PAD is simple and painless, and most individuals can be helped through changes in lifestyle, medication or nonsurgical intervention. The two biggest risk factors for PAD are smoking and diabetes. Also at risk are those over age 50 who are obese, inactive, have high blood cholesterol or lipids, or have a family history of vascular disease, aneurysm, heart attack or stroke.

Screening for PAD starts with an easy ankle-brachial index (ABI) test to compare the blood pressure in your feet to that in your arms. A Doppler flowmeter (similar to a stethoscope) is another basic test to measure the blood pressure in your legs and feet.

If your pressure is low, indicating a problem with circulation, imaging studies can determine whether it's PAD. These tests might include an ultrasound scan, a Computed Tomographic Angiography (CT) or Magnetic Resonance Angiography (MRA). If the disease has progressed, an arteriogram will be recommended. This is a catheterization study where contrast

dye is injected into the arteries to reveal the exact location and severity of the blockages on an X-ray.

Having practiced at a number of hospitals in the area, Dr. Daniels notes that the Cardiovascular Center at Holy Redeemer has the best state-of-the-art angiography lab and digital equipment available today to treat and diagnose PAD – comparable to any university hospital.

Good to Go

"Minimizing risk factors will go a long way toward stopping the progression of the disease," says Dr. Daniels. If caught early, the disease can be halted sometimes by:

- Exercising
- Quitting smoking
- Managing hypertension
- Controlling diabetes
- Reducing cholesterol

These same measures aid in reducing the risk of heart attack and stroke as well. The patient may also be given aspirin or another medication to thin the blood, or to manage blood pressure or cholesterol.

If medication and lifestyle interventions aren't effective, an angioplasty is the next line of treatment. "Angioplasties usually bring significant or even complete relief," says Dr. Leschak. "The procedure involves less recovery time, no general anesthesia and only a tiny incision compared to surgery."

PAD

Do You Have Peripheral Artery Disease?

Get tested for PAD if you are over age 50 and:

- Diabetic
- A cigarette smoker
- Obese
- Inactive

Or, if you have:

- High blood cholesterol
- A family history of heart or vascular disease
- Foot or leg pain

Occasionally, a surgical bypass might be required, in which the blood is rerouted in the leg using a vein taken from another part of the body.

In an angioplasty, the physician threads a catheter through a small incision in the groin to reach the leg artery. A tiny balloon is then inflated inside the narrowed or blocked blood vessel to open it. A stent may then be implanted to keep the artery open. The procedure has a 92 percent success rate for treating PAD.

After an angioplasty, says Dr. Daniels, the patient is usually good to go after one day of restricted activities. "If the patient continues to manage risk factors, the disease usually won't come back." ❧



To receive a free cardiac information kit and body mass index calculator, call 1-800-818-4747.

Don't FALL for It

While no one needs reminding that cancer and heart disease are serious health threats, it might be surprising to learn that falls are responsible for 11,000 deaths a year in the U.S. among people 65 and older.

Slips, trips and stumbles are anything but slapstick when it happens to an older adult. Their thinning bones are less able to withstand the stress and more likely to break or fracture. A teenager may pop up from a spill with minor bruises, but 20 to 30 percent of those over 65 who fall will suffer moderate to severe injuries that reduce their mobility and independence, and increase their risk of premature death, according to the Centers for Disease Control. Hip fractures, for instance, account for 300,000 hospitalizations annually and can be fatal.



**Learn How
to Stay on
Your Feet!**

Not only do falls tend to injure the elderly more severely, but those over 65 fall more often due to age-associated symptoms such as declining vision and balance.

"About half of seniors who fall once will do so again, so it's important to figure out why it happened," stresses **Tapan Kikani, PhD**, director, Rehabilitation Services, at Holy Redeemer Hospital and Medical Center. "A physical therapist can perform a detailed evaluation and start you on a strength and flexibility program in addition to exercises to improve balance." Assistive devices such as a cane, handrails or an elevated seat may be recommended, too.

Holy Redeemer Home Care patients can be evaluated for fall risk in the home. "A home health nurse or thera-

pist can assess the person's ability to maneuver around the house; evaluate the safety of the environment; and look at lifestyle issues," says **Mike Madden, MPT**, a certified geriatric clinical specialist and physical therapist with Holy Redeemer Home Care.

The Age of Accidents

One in three individuals over age 65 takes a tumble each year, and approximately 1.8 million emergency room visits annually are related to falls in this age group, according to the National Safety Council.

Falls are often not due to a single cause in the elderly and "detective work" is necessary to explore possible underlying reasons, says **Gemma Rozmus, MD**, attending physician at Holy Redeemer Hospital's Emergency

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Age-related factors that can trigger falls include weakness or declines in eyesight, hearing and balance, chronic diseases or medication side effects. Even incontinence can cause a fall if a person must rush to a bathroom.

- **Medications**, particularly for pain and heart problems, top the list of fall risks for home care patients, Madden says. "Medications can cause dizziness, affect mental status or mood and decrease inhibitions. By switching a medication or dosage, or taking it at a different time of day, the patient may be able to decrease the risk."
- **Vision problems** – such as macular degeneration or cataracts – are another leading cause of falls at home. Here, an occupational therapist can work with the patient to

make modifications such as contrasting floor surfaces with reflecting tape, improving lighting, or applying brightly colored stick-on dots to objects like the phone.

• **Chronic diseases** that are more prevalent in older people such as arthritis, hypertension, diabetes and Parkinson's or Alzheimer's disease, have symptoms that can lead to falls.

After the Fall

Falls are a contributing factor in 40 percent of admissions to nursing homes. Taking proactive steps to manage any medical condition that could predispose you to a fall is key. Eliminating safety hazards in the home will also aid in keeping your feet on the ground. (See sidebar).

If you do fall, don't try to get up if you are dizzy, unsteady or in extreme pain, advises Dr. Rozmus. "Call 911 for an ambulance or have someone else drive you to the Emergency Department." If you're alone and

unable to get up, your best bet is to try moving to a sitting position and then crawl to a piece of furniture you can hold on to while trying to get up.

When going to an emergency department, Dr. Rozmus says that it's helpful to bring a list of medications you are taking, allergies, the names of your physicians, and the date of your last tetanus shot. "Hang this information on your refrigerator for emergencies," she recommends.

Lastly, Dr. Rozmus notes that she often advises those who have fallen to talk to a physical therapist about getting a cane or walker to prevent further falls – only to be told they had one but were not using it. ❧



SEE PAGE 7 FOR
INFORMATION ABOUT
HOLY REDEEMER'S
SPECIAL LUNCH AND
LEARN SERIES
"Don't Fall For It"



Fall-Proof Your Home

Over 50 percent of falls occur in the home. Short of posting huge signs throughout the house warning of hazards, here are a few safety tips to avoid getting tripped up:

- Arrange furniture to offer open pathways.
- Professionally install handrails on both sides of the stairs, and grab bars by toilets, showers and tubs
- See that rugs have nonskid backing
- Replace bulbs with higher wattage where needed
- Fix carpeting that moves or slides
- Contrast colors between walls and floors, and between steps
- Put a night light in the bathroom
- Keep electric/phone cords out of walkways
- Clean up spills and floor clutter promptly



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Holy Redeemer Health System has renamed the Hospital's Cancer Center in honor of Betty Bott (above), a Holy Redeemer volunteer, who made a generous donation in memory of her husband. Pictured to her left at the dedication ceremony is Holy Redeemer Health System President and CEO, Michael B. Laign.

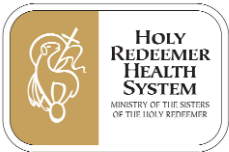
Introducing
THE CHARLES A. AND BETTY BOTT CANCER CENTER
at Holy Redeemer Hospital and Medical Center

The gift will be used to establish the Charles A. and Betty Bott Endowment Fund to underwrite costs of ongoing education for medical staff and awareness programs for patients and their families, including support groups and community screenings. The fund will also be used to create a new position – a cancer navigator – who will serve as a liaison to guide patients on the road to recovery with treatment information and support.

For more about state-of-the-art cancer care at Holy Redeemer Hospital, call 1-800-818-4747.

The Charles A. and Betty Bott Cancer Center is a member of the University of Pennsylvania Cancer Network.

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