

July-August, 2011

Issue 8



CaringMonth™ by HelpingYouCare™

Helping You Care for Aging Parents & Senior Loved Ones

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A Comprehensive Family Caregiver's Resource, Support Community & Your Voice for Health Care Reform

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Latest News & Events of Interest to Caregivers



Study Finds Medical History Key to Correct Diagnosis

A new study published in the Archives of Internal Medicine, a journal of the American Medical Association, found that patients' medical history "emerged as the key element in formulating correct diagnosis" of medical conditions. This obviously has important implications . . . → Read More:

[Study Finds Medical History Key to Correct Diagnosis](#)



Medicare Adds New Online Tools to Help Health Care Consumers

The U.S. Centers for Medicare & Medicaid Services (CMS), announced on Friday that they have launched new online tools for patients and caregivers to "empower consumers to make informed choices about their health care," as well as other initiatives . . . → Read More: [Medicare Adds](#)

[New Online Tools to Help Health Care Consumers](#)



11th Circuit Appeals Panel Strikes Insurance Mandate, Upholds Rest of Health Care Law

here attached. The description of the above provisions of the Affordable Care Act is found on pages 11-53 and pages 292-304 (Appendix A) of the attached document. The Health Care Litigation — Background The 11th Circuit's ruling comes on . . . → Read More: [11th Circuit Appeals Panel](#)

[Strikes Insurance Mandate, Upholds Rest of Health Care Law](#)

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 - [Links to Other Medical Resources](#)



S&P Downgrade of US Credit Rating Cites Political Brinksmanship, Looming Deficit from Rising Health Care Costs

actual S&P Research Update of August 5, 2011, downgrading the U.S. credit rating, was published by S&P on their website. It is entitled, "United States of America Long-Term Rating Lowered To 'AA+' On Political Risks And Rising Debt Burden; . . . → Read More: [S&P Downgrade of US Credit Rating Cites Political Brinksmanship, Looming Deficit from Rising Health Care Costs](#)



Maximum Dose of Extra Strength Tylenol Lowered from 8 to 6 Pills Per 24 Hours

Johnson & Johnson's McNeil Consumer Healthcare subsidiary, the maker of TYLENOL® and Extra Strength TYLENOL® (acetaminophen), announced on July 28, 2011, that it is lowering the maximum daily dose instructions for Extra Strength TYLENOL® from eight pills per 24 . . . → Read More: [Maximum Dose of Extra Strength Tylenol Lowered from 8 to 6 Pills Per 24 Hours](#)



Health Care Costs to Increase by 5.8% Per Year, CMS Projects; Baby Boomers Worry About Long-Term Care

A new report, from the Office of the Actuary at the Centers of Medicare and Medicaid Services (CMS) in Baltimore, and published in the journal HealthAffairs on July 28, 2011, projects that overall U.S. health care costs will grow . . . → Read More: [Health Care Costs to Increase by 5.8% Per Year, CMS Projects; Baby Boomers Worry About Long-Term Care](#)



Regular Exercise Slows Mental Decline With Aging, Studies Find; May Make You Cognitively Younger by 5 to 7 Years

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States Slash Home Health Care & Adult Day Care Services for the Neediest; Likely to Increase Costs

Several reports recently have noted that across the nation, U.S. states are slashing Medicaid dollars for home health care services and adult day care services that help keep the elderly and disabled out of nursing homes. State lawmakers cite . . . → Read More: [States Slash Home Health Care & Adult Day Care Services for the Neediest; Likely to Increase Costs](#)

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HHS Announced 8 Winners of the 2011 Healthy Living Innovation Awards

The U.S. Department of Health and Human Services (HHS) issued a press release on July 15, 2011, announcing the winners of the 2011 Healthy Living Innovation Awards, an awards program that highlights innovative health promotion projects, focusing on wellness, . . . → Read More: [HHS Announced 8 Winners of the 2011 Healthy Living Innovation Awards](#)

Practical Tips, Skills & Tools for Caregivers



Americans Increasingly Find Health Information via Internet, CDC Reports

Sixty-one percent of all U.S. adults have used the Internet to look for health or medical information, and adult women, non-hispanic whites, and employed adults with higher incomes are among the most frequent users, according to a Data . . . → Read More: [Americans Increasingly Find Health](#)

[Information via Internet, CDC Reports](#)

Health Information Website by NIH Provides Updated Consumer Health Information

The Health Information website of the U.S. National Institutes of Health (NIH) provides constantly updated consumer health information. It is located at: Seniors' Health Men's Health The MedlinePlus Guide to Healthy Web Surfing How to Evaluate Health Information on . . . → Read More: [Health Information Website by NIH Provides Updated Consumer Health Information](#)



Updated Information on Prescription Drugs Provided by US Govt Websites

The U.S. Government's official web portal, USA.gov, indicates that as of July 20, 2011, updated information has been added to several government websites providing information and resources on prescription medications, drug interactions, and coverage of prescription drug costs. Many . . . →

Read More: [Updated Information on Prescription Drugs Provided by US Govt Websites](#)

Tips on Finding Senior Discounts

While many discounts to seniors begin at 55 years of age, some start as early as 50. Listed below are some sites that may help you save for yourself, your elderly loved one, or both of you. Some things . . . → Read More: [Tips on Finding Senior Discounts](#)



Wellness: Diet, Exercise & Healthy Living

Is Yo-Yo Dieting Bad for You?

CaregiversCollege™

- [Classes, Lectures, Courses & Webinars For Caregivers](#)
- [CaringTube™ Channel – Online Videos for Caregivers](#)
- [Ask An Expert/ Find an Advisor](#)

BooksForCaregivers™

- [Bookstore](#)
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- [Your Book Picks of the Month](#)

CareHelpFinder™

- [Find Home Health Care](#)
- [Find Senior Housing and Care Facilities](#)
 - [Find Assisted Living Facilities](#)
 - [Find Nursing Homes](#)
 - [Find Continuing Care Retirement Communities \(CCRC's\) & Independent Living](#)
 - [Find Respite Care & Other Care Facilities](#)
- [Find Care Managers & Other Professional Advisors](#)
- [Find Other Care Resources](#)

ThingsForElderNeeds™

- [Helpful Technology, Products & Supplies for Elder Needs](#)
- [Helpful Medical Equipment](#)
- [Comfortable & Adaptive Senior Clothing](#)

OurTimeForCare™

- [Caregiver Self-Care, Stress Management & Survival Tips](#)
- [Inspiration & Humor](#)

CaregiversLikeUs™

- [Support Community/ Forums – Ask & Answer](#)
- [Caregiver Stories](#)
- [CareWiki™ – Add Your Tips to Help Other Caregivers](#)

A recent study conducted by Dr. Edward List, a scientist at Ohio University, and colleagues found that yo-yo dieting (repeatedly gaining and losing weight) “was indeed healthier than remaining obese.” The U.S. Department of Health & Human Services (HHS) . . . → Read More: [Is Yo-Yo Dieting Bad for You?](#)



How To Exercise Your Way to Good Health

The National Institute on Aging (NIA), part of the National Institutes of Health (NIH), has launched Go4Life — an exercise and physical activity campaign designed to help older adults fit exercise and physical activity into their daily lives, to . . . → Read More: [How To Exercise Your Way to Good Health](#)

Healthy Aging Tips

See some healthy aging tips from Registered Dietitian Marianne Smith Edge MS, RD,LD, FADA, Senior Vice President, Nutrition & Food Safety, International Food Information Council (IFIC) and IFIC Foundation » Also visit the associated website FoodInsight.org a nutrition and . . . → Read More: [Healthy Aging Tips](#)



Study Finds Inaccurate Calorie Counts on Restaurant Menus

A new study that measured the accuracy of calorie counts stated on restaurant menus from about 40 fast-food and sit-down restaurants in 3 states has found overall accuracy but substantial inaccuracy for some foods. In particular, the researchers found . . . → Read More: [Study Finds Inaccurate Calorie Counts on Restaurant Menus](#)



Regular Exercise Slows Mental Decline With Aging, Studies Find; May Make You Cognitively Younger by 5 to 7 Years

Two studies published today in the Archives of Internal Medicine, a journal of the American Medical Association, have found that engaging in regular physical activity is associated with less decline in cognitive function in older adults. In fact, one . . . → Read More: [Regular Exercise Slows Mental Decline With Aging, Studies Find; May Make You Cognitively Younger by 5 to 7 Years](#)



Eat Less Salt & More Potassium to Live Longer, New Study Suggests

A new study conducted by researchers at the US Centers for Disease Control and Prevention (CDC), Emory University School of Public Health, and Harvard School of Public Health, has found that a diet high in salt and low in . . . → Read More: [Eat Less Salt & More Potassium to Live Longer,](#)

[New Study Suggests](#)

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Some Healthy Tips For Dining Out

See some tips for dining out from the Cleveland Clinic in week #6 of their 15-week walking plan»

Healthy Aging/ Stories of Inspiring Seniors

Today 61-Year-Old Diana Nyad Begins Her 103-Mile Swim

It will take Diana Nyad an estimated 60 hours to complete the swim between Cuba and Florida. More medical experts believe even people in their eighties can build significant muscle strength in weeks. "We used to think there was . . . → Read More: [Today 61-Year-Old Diana Nyad Begins Her 103-Mile Swim](#)

Table Tennis Therapy

The Sport and Art Educational Foundation founded the Alzheimer's and Dementia Table Tennis Program in 2007. Considered to be one of the world's best brain sports, table tennis is now recommended as a method of warding off Alzheimer's and . . . → Read More: [Table Tennis Therapy](#)

Arthur Winston, Employee Of The Century, Lived To Be 100

According to the United States Department of Labor, Arthur Winston was the most reliable worker ever chronicled. He was awarded the "Employee Of The Century" citation by the President of the U.S. in 1996. He was absent only one . . . → Read More: [Arthur Winston, Employee Of The Century, Lived To Be 100](#)

Medical Conditions Commonly Faced by Seniors



Can a New Blood Test Detect Alzheimer's?

Scientists in New Jersey now say they have developed a new, simple blood test that can identify the presence of Alzheimer's with 96% accuracy, and rule out the presence of Alzheimer's with 92.5% accuracy, in a sample of persons . . . → Read More: [Can a New Blood Test Detect Alzheimer's?](#)

Is Heart Disease Genetic?

Can risk factors of heart disease be modified? The common myths regarding heart disease are dispelled by Dr. Curtis Rimmerman, cardiologist and author of "The Cleveland Clinic Guide to Speaking With Your Cardiologist." . . . → Read More: [Is Heart Disease Genetic?](#)



Women Bear Heaviest Burden of Alzheimer's Worldwide, New Survey Shows

A new survey presented at the Alzheimer's Association International Conference 2011 (AAIC) in Paris and administered by the Harvard School of Public Health, showed the disproportionate impact that Alzheimer's Disease has on women in five countries — France, Germany, . . . → Read

More: [Women Bear Heaviest Burden of Alzheimer's Worldwide, New Survey Shows](#)



Optimism Lowers Risk of Stroke, Study Finds

A new study by researchers at the University of Michigan has found that higher optimism was associated with lower risk of stroke among a study sample of 6,044 adults age 50 and over, who were followed for 2 years. . .

. → Read More: [Optimism Lowers Risk of Stroke, Study Finds](#)

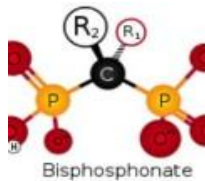


Half of Alzheimer's Cases Attributable to 7 Risk Factors Preventable by Lifestyle Changes, Study Finds

A new study by researchers at the University of California, San Francisco, has concluded that up to half of Alzheimer's cases worldwide and in the

US may be attributable to seven risk factors that are potentially preventable through simple . . .

→ Read More: [Half of Alzheimer's Cases Attributable to 7 Risk Factors Preventable by Lifestyle Changes, Study Finds](#)



FDA Warns: Osteoporosis Drugs Under Review For Potential Increased Risk of Cancer of Esophagus

The U.S. Food and Drug Administration (FDA) issued a Drug Safety Communication today, notifying healthcare professionals and patients that the FDA is conducting "an ongoing review of data from published studies" to evaluate whether taking oral osteoporosis drugs (generically . . . →

Read More: [FDA Warns: Osteoporosis Drugs Under Review For Potential Increased Risk of Cancer of Esophagus](#)

Regular Aging, Cognitively



Two studies published today in the Archives of Internal Medicine, a journal of the American Medical Association, have found that engaging in regular physical activity is associated with less decline in cognitive function in older adults. In fact, one . . . → Read More: [Regular Exercise Slows Mental Decline With Aging, Studies Find; May Make You Cognitively Younger by 5 to 7 Years](#)

Exercise Slows Mental Decline With Studies Find; May Make You Younger by 5 to 7 Years



Overall Health May Predict Dementia Risk Better Than Previously Identified Risk Factors

A new study of data on 7,239 Canadian adults aged 65 and older has found that overall health, measured by a combination of health factors not traditionally associated with dementia, such as denture fit, vision, hearing, and 16 others, . . . → Read More: [Overall Health May Predict Dementia Risk Better Than Previously Identified Risk Factors](#)

[Risk Better Than Previously Identified Risk Factors](#)

Other Medical News & Resources:

Music And Medicine

A Cleveland Clinic study shows music may help you relax in the operating room, which could lead to a better surgical outcome. Watch Cleveland Clinic's Damir Janigro, . . . → Read More: [Music And Medicine](#)



Maximum Dose of Extra Strength Tylenol Lowered from 8 to 6 Pills Per 24 Hours

Johnson & Johnson's McNeil Consumer Healthcare subsidiary, the maker of TYLENOL® and Extra Strength TYLENOL® (acetaminophen), announced on July 28, 2011, that it is lowering the maximum daily dose instructions for Extra Strength TYLENOL® from eight pills per 24 . . . →

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Read More: [Health Information Website by NIH Provides Updated Consumer Health Information](#)

Home Health Care, Technology & Aging in Place

New Site Featuring Low- and High-Tech Solutions For Home Health Care

Modern Health Talk is a new online community promoting home health care technologies as a way of replacing institutional care (nursing homes & assisted living) with aging in place at home. The community includes: Website (mHealthTalk.com) with general information . . . → Read More: [New Site Featuring Low- and High-Tech Solutions For Home Health Care](#)

Legal & Financial Issues for Seniors & Caregivers



Medicare Adds New Online Tools to Help Health Care Consumers

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[New Online Tools to Help Health Care Consumers](#)

OurTimeForCare™ – Caregiver Self-Care & Stress Management

Some Foods That Reduce Stress

Vitamin C can help reduce stress and return blood pressure to normal levels, according to a German Study. See what other foods have the same benefits. Watch Carolyn Snyder, registered dietitian at the Cleveland . . . → Read More: [Some Foods That Reduce Stress](#)

News on Health Care Reform



11th Circuit Appeals Panel Strikes Insurance Mandate, Upholds Rest of Health Care Law

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[Strikes Insurance Mandate, Upholds Rest of Health Care Law](#)



August 7-13 is National Community Health Center Week

The U.S. Department of Health & Human Services (HHS) announced today that this week, August 7th-13th, is National Community Health Center Week. This is “an opportunity to recognize the vital work of community health centers, which provide high . . . → Read More: [August 7-13 is National Community Health Center Week](#)

S&P Downgrade of US Credit Rating Cites Political Brinksmanship, Looming Deficit from Rising Health Care Costs

actual S&P Research Update of August 5, 2011, downgrading the U.S. credit rating, was published by S&P on their website. It is entitled, "United States of America Long-Term Rating Lowered To 'AA+' On Political Risks And Rising Debt Burden; . . . → Read More: [S&P Downgrade of US Credit Rating Cites Political Brinkmanship, Looming Deficit from Rising Health Care Costs](#)



How to Fix Medicare & Medicaid? 6 Hospital CEO's Weigh In

Here is food for thought: six CEO's of Hospitals around the country have given their responses to the question: "How Would You Fix Medicare and Medicaid? These responses highlight issues that are not commonly covered in the public debate . . . → Read More: [How to Fix Medicare &](#)

[Medicaid? 6 Hospital CEO's Weigh In](#)



Health Care Costs to Increase by 5.8% Per Year, CMS Projects; Baby Boomers Worry About Long-Term Care

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Follow-Up Programs Help Prevent Hospital Readmission, But Hospitals Have Financial Incentive Not to Implement Them

Two new studies published today in the Archives of Internal Medicine give hope that readmission to hospitals within 30 days after discharge can be reduced significantly by programs that include coaching of the patient at the time of discharge, . . . → Read More: [Follow-Up Programs Help Prevent Hospital Readmission, But Hospitals Have Financial Incentive Not to Implement Them](#)

HHS Proposes Rules to Allow New Consumer Run Nonprofit CO-OP Health Insurance Plans; \$3.8 Billion of Loan Financing Available

The U.S. Department of Health & Human Services issued the following Press Release today: DEPARTMENT OF HEALTH & HUMAN SERVICES Centers for Medicare & Medicaid Services FOR IMMEDIATE RELEASE July 18, 2011 New Private Nonprofit Health Plans Will Increase . . . → Read More: [HHS Proposes Rules to Allow New Consumer Run Nonprofit CO-OP Health Insurance Plans; \\$3.8 Billion of Loan Financing Available](#)



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