

August-September, 2011

Issue 9



# CaringMonth™ by HelpingYouCare™

Helping You Care for Aging Parents & Senior Loved Ones

HelpingYouCare™ (.com and .org)

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

**CaringMonth™** -- Gives You a Free E-mail Update on the Latest News, Information & Resources from *HelpingYouCare™*

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## Latest News & Events of Interest to Caregivers



### 5 Healthy Lifestyle Factors Incrementally Reduce Risk of Diabetes, Study Finds

A new study has found that each of five healthy lifestyle factors incrementally lowered one's risk of getting diabetes by an additional 31% to 39% in a large 11-year study of approximately 207,000 men and women aged 50 to . . . → Read More: [5 Healthy Lifestyle Factors Incrementally Reduce Risk of Diabetes, Study Finds](#)



### U.S. 4th Circuit Court of Appeals Dismisses Two Lawsuits Challenging Affordable Care Act

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### Parkinson's Moving Day – Walk and Move for Parkinsons

The National Parkinson's Foundation has announced that Katie Couric has been appointed Honorary National Chair of Parkinson's Moving Day, a

## HelpingYouCare™

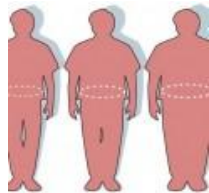
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series of events when people engage in fundraising walks and other activities for Parkinsons to bring awareness to the . . . → Read More: [Parkinson's Moving Day – Walk and Move for Parkinsons](#)



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[Recommends Coverage of Seniors for Intense Obesity Counseling](#)



## Find Walking Paths in Your Area Via StartWalkingNow, Campaign of American Heart Association

To help Americans build healthy lifestyles and incorporate walking exercise into their daily schedules, the American Heart Association has launched a StartWalkingNow campaign, via its website: interactive tool on the StartWalkingNow.org website or via an application that can be . . . → Read More: [Find Walking Paths in Your Area Via StartWalkingNow, Campaign of American Heart Association](#)



## New Trend: Hospital Care At Home? Study Finds Home X-Rays Beneficial for Elderly

At a time of widely reported rising risks from widespread hospital errors and hospital-acquired infections, doctors in Italy have conducted a pilot study that showed that at least some hospital care (routine X-rays) can better be delivered to elderly . . . → Read More: [New Trend: Hospital Care](#)

[At Home? Study Finds Home X-Rays Beneficial for Elderly](#)

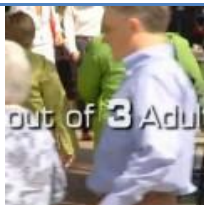


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[Alarming Health Costs, Discuss Cures](#)

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## The Obesity Epidemic: What it Means for America & What Can Be Done About It

The U.S. Centers for Disease Control & Prevention (CDC), as part of its StreamingHealth video series, has recently produced a video examining the obesity epidemic in America, what has caused it, what it means for the U.S., and what . . . → Read More: [The Obesity Epidemic: What it Means](#)

[for America & What Can Be Done About It](#)



## New Study Finds a Commercial Weight Loss Program More Effective Than Standard Care Programs

A new study published by The Lancet medical journal shows adults under a Weight Watchers program lost around twice as much weight as people receiving standard care. The study, led by Dr Susan Jebb, UK Medical Research Council (MRC) . . . → Read More: [New Study Finds a Commercial Weight Loss Program More Effective Than Standard Care Programs](#)

## Practical Tips, Skills & Tools for Caregivers

### How Not To Forget

They say the average person forgets about one third of what he's heard after 20 minutes and half of what he's heard within a half hour. Here are some helpful tips on improving one's memory: Watch Gary Small, Professor of . . . → Read More: [How Not To Forget](#)

### Emergency Preparedness For Seniors and Caregivers

Some helpful resources in times of earthquakes, hurricanes and other disasters: See information on emergency preparedness for older Americans from Ready.gov/America The National Weather Service's National Hurricane Center also offers helpful tips for Hurricane Preparedness, along with current weather . . . → Read More: [Emergency Preparedness For Seniors and Caregivers](#)

### Help to Quit Smoking

The National Network of Tobacco Cessation Quitlines is a state/federal partnership, sponsored in part by the National Institutes of Health (NIH), which provides tobacco users in every state with access to the tools and resources they need to quit . . . → Read More: [Help to Quit Smoking](#)

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▪ [Ask An Expert](#)

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- [Ask An Expert/ Find an Advisor](#)

### BooksForCaregivers™

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  - [Find Respite Care & Other Care Facilities](#)
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- [Comfortable & Adaptive Senior Clothing](#)

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### CaregiversLikeUs™

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- [Caregiver Stories](#)
- [CareWiki™ – Add Your Tips to](#)

## Wellness: Diet, Exercise & Healthy Living



### 5 Healthy Lifestyle Factors Incrementally Reduce Risk of Diabetes, Study Finds

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[Reduce Risk of Diabetes, Study Finds](#)



### How Do People Lose Weight & What Can Be Done About the Obesity Epidemic?

In this second in a two-part series, HelpingYouCare™ reports on two new scientific papers published in The Lancet medical journal, which focus on solving the global obesity epidemic. One of these new studies clarifies our understanding of how people . . . → Read More: [How Do People Lose](#)

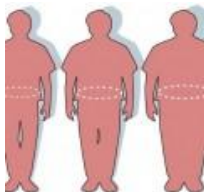
[Weight & What Can Be Done About the Obesity Epidemic?](#)



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[Recommends Coverage of Seniors for Intense Obesity Counseling](#)

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### VoicesForCare™

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- [Editorials with Your Comments](#)
- [Advocacy – Proposals for Reform & Your Comments](#)
- [Legislation – Pending & Recently Adopted](#)
- [International - Health Care Compare](#)

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[HelpingYouCare™ \(.com and .org\)](#) is a comprehensive online news, information and



## Smart Diet Tips & Tools

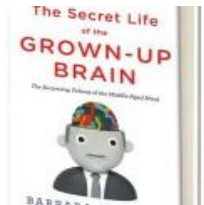
To help you establish and maintain a healthy diet, the American Heart Association now provides a number of resources and Tools for Healthier Eating. From the American Heart Association Among the "Tools for Healthier Eating" provided by the American . . . → Read More: [Smart Diet Tips & Tools](#)



## Sodas and Lattes: More Calories Than You Think, CDC Reports

A new report from the U.S. Centers for Disease Control & Prevention (CDC) highlights the importance of watching the calories in the drinks you consume, in order to combat overweight and obesity, lose weight, and maintain a healthy diet. . . . → Read More: [Sodas and Lattes: More](#)

[Calories Than You Think, CDC Reports](#)



## Hope for the Middle-Aged Brain; Author Presents Science-Based Tips for a Sharper Brain

In her book, The Secret Life of the Grown-up Brain: The Surprising Talents of the Middle-Aged Mind, recently published in paperback, author Barbara Strauch, deputy science editor of The New York Times in charge of health and medical science, . . . → Read More: [Hope for the Middle-Aged Brain;](#)

[Author Presents Science-Based Tips for a Sharper Brain](#)



## Special Vegan Diet Lowers Cholesterol Significantly, Study Finds

A new study conducted by Canadian scientists has found that a special vegetarian diet including soy, nuts, viscous & plant sterol, lowered bad cholesterol significantly, without the assistance of drugs, over a six month period. In fact, study participants . . . → Read More: [Special Vegan Diet](#)

[Lowers Cholesterol Significantly, Study Finds](#)

## Help to Quit Smoking

The National Network of Tobacco Cessation Quitlines is a state/federal partnership, sponsored

educational resource for family caregivers caring for seniors.

With over 2,000 pages of content, we provide [daily news](#), information, [feature articles](#), [videos](#), [books](#), [checklists](#), [resource locator tools](#), [classes](#), and [educational information & resources with](#)

[AnswersForCare™](#) on virtually all aspects of senior care and [caregiver self-care](#), including [practical tips & skills for caregivers](#), [health & wellness](#), [medical issues](#), [medication management & information](#), [home health care](#), [senior housing & care facilities](#), [legal & financial issues](#) for seniors and family caregivers, [senior care technology & equipment](#), and [health care legislation and reform](#), and well as [online support groups](#), [CaringMonth™](#)

(our monthly e-mail newsletter), and other solution-oriented resources to help family caregivers caring for aging parents and senior loved ones.

[HelpingYouCare™](#) is an approved and regularly included Google News provider of health news. Here is a [sample of some of our recent news articles](#).

Based on our substantive and in-depth coverage of new and significant scientific studies of interest to seniors and caregivers, [HelpingYouCare™](#)



in part by the National Institutes of Health (NIH), which provides tobacco users in every state with access to the tools and resources they need to quit . . . → Read More: [Help to Quit Smoking](#)

## Is Heart Disease Completely Preventable?

Watch Dr. Caldwell Esselstyn, Jr. from the Cleveland Clinic Wellness Institute on CNN discuss making yourself heart-attack proof by a going on a special diet that deals with the cause of the illness »

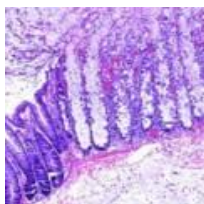
## Medical Conditions Commonly Faced by Seniors



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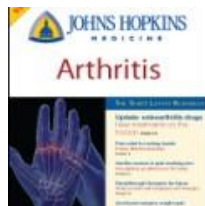
### Potential for New Treatment of C-Diff Based on Body's Own Defense Mechanism

In a new study released on Sunday, August 21, 2011, Scientists from the University of Texas, Case Western Reserve, and Tufts said they may have discovered a natural defense mechanism in cells that fights off the invasion of C. . . . → Read More: [Potential for New Treatment of C-Diff](#)

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### 2011 Johns Hopkins Arthritis Whitepaper Released

Johns Hopkins has released its 2011 Arthritis Whitepaper, with in-depth consumer information on the prevention, diagnosis and treatment of

has been approved and granted full advance press access to all content, for purposes of our reporting, by medical journals including *The New England Journal of Medicine*, *JAMA* and the several *Archives* journals of the American Medical Association, *The Lancet*, *Neurology* of the American Association of Neurology, the *Annals of Internal Medicine* of the American College of Physicians, and others.

We also provide in-depth features and reporting on many other topics of interest to seniors and family caregivers, including legal, legislative, and financial matters, which are covered by *HelpingYouCare™*'s Managing Member, who is an attorney with more than 30 years of legal practice experience, including many years as a partner at a large law firm.

All of our original content is sourced from serious, trusted and reputable sources, such as recognized scientific journals and professional authorities in their fields, U.S. government reports and websites like HHS, the NIH sites, the CDC, FDA, CMS/ Medicare, and other government sources, as well as information provided by The Mayo Clinic, The Cleveland Clinic, Johns Hopkins, and other reputable medical

various different conditions that fall under the heading of “arthritis.” The paper features several diet, exercise and other wellness strategies, . . . → Read More: [2011 Johns Hopkins Arthritis Whitepaper Released](#)

## *Other Medical News & Resources*



### **The Obesity Epidemic: What it Means for America & What Can Be Done About It**

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[for America & What Can Be Done About It](#)

## **Therapy Dogs Helping to Heal**

Watch Caring Canines Therapy Dogs, Inc., a Non-Profit Therapy Dog organization whose purpose is to share love, joy, and make people feel better»

## **The Importance of a Second or Even Third Opinion**

Reluctant to ask for a second opinion from another Doctor? Watch Dr. Bruce Lytle, Chairman, Miller Family Heart & Vascular Institute, Cleveland Clinic, discuss the importance of a second or even third . . . → Read More: [The Importance of a Second or Even Third Opinion](#)

## *Legal & Financial Issues for Seniors & Caregivers*



### **Seniors on Medicare Have Saved \$ Millions Due to Affordable Care Act, CMS Reports**

In a briefing released on September 8, 2011, the Centers for Medicare and Medicaid Services (CMS) reported statistics showing that the Affordable Care Act has so far saved Millions of Dollars in prescription drug costs and preventive care for . . . → Read More: [Seniors on Medicare Have Saved \\$](#)

[Millions Due to Affordable Care Act, CMS Reports](#)

establishments and recognized media and non-profit sources.

Care-Help LLC, the publisher of *HelpingYouCare™*, is a Fourth Sector/ Social Enterprise company that provides this website as a community service to help family caregivers and their senior loved ones.

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## Labor Day News for Caregivers: Know Your Workplace Rights

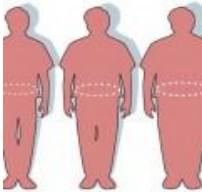
Recent reports have found that low-wage employees, in particular, are suffering discrimination on the job because of their family caregiving duties. These national employee survey ranked the need for flexibility or leave time to provide eldercare as at the . . . → Read More: [Labor Day](#)

[News for Caregivers: Know Your Workplace Rights](#)



## Too Many Confusing Choices in Medicare Advantage Plans Lead to Poor Plan Decisions by Seniors, Study Finds

A new study by researchers at Harvard Medical School has found that “Medicare Advantage” plans marketed by private insurance companies that offer too many options confuse seniors and lead to poor choices, especially among those who are cognitively impaired. . . . → Read More: [Too Many Confusing Choices in Medicare Advantage Plans Lead to Poor Plan Decisions by Seniors, Study Finds](#)



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## 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](#)





## Menopause Care for Caregivers – Female & Male

As a caregiver, are you feeling stressed, down, possibly depressed, experiencing head aches, feeling irritable, alternately hot and cold, or even having chest pains or back pains? Maybe you are experiencing common symptoms of Menopause, without taking time to . . . → Read More: [Menopause Care for Caregivers – Female & Male](#)

## 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



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### \$137 Million for Prevention & Health Programs is Granted to States under Affordable Care Act

The U.S. Department of Health & Human Services (HHS) has today announced the award of \$137 Million of grants, primarily under the Affordable Care Act, to States and non-profit organizations to fund prevention and health improvement services and initiatives. . . . → Read

More: [\\$137 Million for Prevention & Health Programs is Granted to States under Affordable Care Act](#)



## New Rules to Simplify Purchase of Health Insurance Proposed under Affordable Care Act

The U.S. Departments of Health & Human Services (HHS), Labor, and Treasury issued proposed new rules under the Affordable Care Act on August 17, 2011 which would simplify the purchase of health insurance for consumers. Under the proposed new . . . → Read More: [New Rules to](#)

[Simplify Purchase of Health Insurance Proposed under Affordable Care Act](#)

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