

January-February, 2012 - Issue 13



CaringMonth™

From HelpingYouCare™

HelpingYouCare™ (.com and .org)

*A Comprehensive Family Caregiver's Resource: Daily News, In-Depth Information & Supportive Resources
Helping You Care for Aging Parents & Senior Loved Ones and for Yourself*

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News & Events of Interest to Caregivers



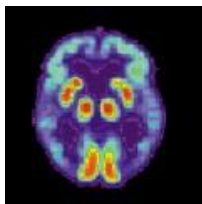
Health IT, Electronic Health Records & Health IT Jobs Expanding, New Data Show

The U.S. Department of Health & Human Services (HHS) and its Office of the National Coordinator for Health IT (ONC) announced new data on Friday, February 17, showing that the use of electronic health records has more than doubled . . . → Read More: [Health IT, Electronic Health Records & Health IT Jobs Expanding, New Data Show](#)



86 Million Americans Benefitted from Free Preventive Healthcare Coverage in 2011 Due to Affordable Care Act, HHS Reports

According to data in two new reports issued February 15 by the U.S. Department of Health & Human Services (HHS), an estimated combined total of 86 million Americans have benefited in 2011 from the free preventive healthcare coverage provided . . . → Read More: [86 Million Americans Benefitted from Free Preventive Healthcare Coverage in 2011 Due to Affordable Care Act, HHS Reports](#)



Skin-Cancer Drug Gives Preliminary Hope of Alzheimer's Treatment, Mouse Study Finds

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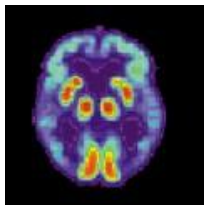
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[Home](#)

[AnswersForCare™](#)

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 - [Practical Tips & Skills for Family Caregivers](#)
 - [How to Deal with Difficult Elderly Behavior](#)
 - [Checklists for Caregivers \(Free\)](#)
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 - [Urinary Tract Infection \(UTI\)](#)
 - [Medical News – General](#)

A new study conducted on mice has found that a skin-cancer drug may give hope of providing a future effective treatment for Alzheimer's dementia. The study found that the drug, bexarotene, successfully cleared away the amyloid plaques in the . . . → Read More: [Skin-Cancer Drug Gives Preliminary Hope of Alzheimer's Treatment, Mouse Study Finds](#)



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[Support](#)



Hard-Cooked Eggs Recalled in 34 States for Possible Listeria Contamination

Michael Foods of Minnesota has recalled about 15,000 pails of hard-cooked eggs in brine that were produced at the company's plant in Wakefield, Nebraska and sold to distributors for institutional use, in 34 States. The company announced that independent . . . → Read More: [Hard-Cooked Eggs Recalled in 34 States for Possible Listeria](#)

[Contamination](#)

10 Foods Largely Responsible for 9 of 10 Americans Eating Too Much Salt, New CDC Report Finds

A new report issued February 7 by the U.S. Centers for Disease Control & Prevention (CDC) has found that 9 out of 10 Americans eat too much salt, and 10 food types are responsible for 44 percent of daily . . . → Read More: [10 Foods Largely Responsible for 9 of 10 Americans Eating Too Much Salt, New CDC Report Finds](#)



New Study: Can Twice Weekly Ballroom Dancing Prevent Falls in Elderly?

The University of Sidney, Australia has announced a new study to test whether twice weekly ballroom dancing can restore balance and strength and prevent falls in older adults. The one-year long study, entitled "The effectiveness of social dancing as . . . → Read More: [New Study: Can Twice Weekly Ballroom Dancing Prevent Falls in Elderly?](#)



Fruits, Vegetables & Fish May Keep Brain from Shrinking, New Study

- [Links to Other Medical Resources](#)
- [Medication Management and Information](#)
- [Wellness/ Healthy Living for Seniors & Caregivers](#)
 - [Diet & Nutrition: Physical Wellness](#)
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- [Legal & Financial Matters](#)
 - [Legal Matters - For Seniors & Family Caregivers](#)
 - [Financial Matters – Paying for Care](#)
- [Other Resources for Caregivers – Links](#)
- [Featured Columns & Articles on HelpingYouCare™](#)

Finds

People with diets high in several vitamins found in fruits and vegetables or in omega 3 fatty acids found in fish are less likely to have the brain shrinkage associated with Alzheimer's disease than people whose diets are not . . . → Read More: [Fruits, Vegetables & Fish May Keep Brain from Shrinking, New Study Finds](#)

Practical Tips, Skills & Tools for Caregivers



Electronic Health Records Can Relieve Caregiver Stress; A Caregiver Tells Her Story

Cynthia Whisker, a social service coordinator who counsels families and seniors about how to handle the stress of caregiving for their loved ones, has herself become a caregiver for her husband. Her husband underwent both a liver transplant and . . . → Read More: [Electronic Health Records Can Relieve Caregiver Stress; A Caregiver Tells Her Story](#)



Water Safety

How to keep your water safe, according to Dr Mehmet Oz. Watch . . . → Read More: [Water Safety](#)



Wellness: Diet, Exercise, Hygiene & Healthy Living

Eating Too Much May Double Risk of Memory Impairment, Mayo Clinic Finds

A new study by researchers at the Mayo Clinic has found that older adults who ate a high-calorie diet (2,142.5 to 6,000 calories per day) had more than double the risk of mild cognitive impairment (MCI) of those who . . . → Read More: [Eating Too Much May Double Risk of Memory Impairment, Mayo Clinic Finds](#)



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- [Inspiration & Humor](#)

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- [Support Community/ Forums –](#)

and 10 food types are responsible for 44 percent of daily . . . → Read More: [10 Foods Largely Responsible for 9 of 10 Americans Eating Too Much Salt, New CDC Report Finds](#)

Nationwide Events to Promote Heart-Healthy Living Being Held in February

The American Heart Association and other organizations are holding a series of nationwide events in February as part of “American Heart Month.” The purpose of this annual initiative, sponsored by the American Heart Association, is to call attention to . . . → Read More: [Nationwide Events to Promote Heart-Healthy Living Being Held in February](#)

What Diet is Best for You: Critique of Atkins Diet

In a presentation made at a meeting of the Vegetarian Society of Hawaii, George Eisman, Registered Dietitian, offered a critique of the high-protein Atkins Diet, and discussed what foods are best for human health. According to Mr. Eisman, green . . . → Read More: [What Diet is Best for You: Critique of Atkins Diet](#)



Ten Nutritional Myths vs. The Perfect Formula Vegan Diet

In a lecture given at a meeting of the Vegetarian Society of Hawaii, by Janice Stanger, Ph.D., presented what she terms “Ten Dangerous Nutritional Myths.” Dr. Stanger is a nutrition expert, author, educator, and speaker, who has a PhD . . . → Read More: [Ten Nutritional Myths vs. The Perfect Formula Vegan Diet](#)

MyPlate Dietary Guidelines

The U.S. Department of Agriculture’s nutrition guidelines, now called MyPlate, replaces the food pyramid. Watch Howcast’s video on how to follow the USDA’s recommendations . . . → Read More: [MyPlate Dietary Guidelines](#)

The Importance of Exercise on Brain Health

Physical activity, besides being good for the cardiovascular system, is also thought to have a direct benefit for brain health and greater memory capacity, according to John H. (Jack) Byrne, Ph.D.), Chairman, Department Of Neurobiology and Anatomy at the . . . → Read More: [The Importance of Exercise on Brain Health](#)

How Kathleen Sebelius Stays Fit

Kathleen Sebelius, Health and Human Services Secretary, runs early mornings to stay fit and relieve her from the stress of a hectic Washington schedule. She hopes to continue running into her nineties. Watch Runner’s World TV . . . → Read More: [How Kathleen Sebelius Stays Fit](#)

Ask & Answer

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

VoicesForCare™

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Review of Preventive Health Coverage under Affordable Care Act

First Lady Michelle Obama, Dr. Jill Biden, and HHS Secretary Kathleen Sebelius discussed the new preventive health care coverage made available under the Affordable Care Act at an event at George Washington University Hospital in Washington, DC. July 14, . . . → Read More: [Review of Preventive Health Coverage under Affordable Care Act](#)

One Example of an Exercise Program for Seniors

Here is one example of an exercise program for seniors that requires no gym equipment »

Preventing Disease Through Waist Management

According to Dr. Michael Roizen, Chief Wellness Officer at the Cleveland Clinic, watching one's waist size is more important than watching one's weight. Watch . . . → Read More: [Preventing Disease Through Waist Management](#)

Healthy Aging/ Stories of Inspiring Seniors

105-Year-Old Volunteer

A 105-year-old Hollywood, Florida woman has been sorting and delivering mail as a volunteer at Memorial Regional Hospital for the past 38 years. Watch a report by Kerry Sanders, NBC's Nightly News (starts with a commercial) » Visit msnbc.com for . . . → Read More: [105-Year-Old Volunteer](#)

The Oldest Active Federal Judge

Judge Wesley E. Brown was the oldest active federal judge in the nation's history. He passed on recently at age 104. He reduced his caseload when his health declined in recent months. Watch a 2008 WSU Alumni Presentation Award . . . → Read More: [The Oldest Active Federal Judge](#)

100-Year-Old Man Studying for a Doctorate Degree

Bholaram Das is the oldest student in the world enrolled in a doctorate program. He enrolled for the doctorate program at age 98. In the past he has been a teacher, a lawyer and a judge. Watch . . . → Read More: [100-Year-Old Man Studying for a Doctorate Degree](#)

Medical Conditions Commonly Faced by Seniors

[HelpingYouCare™](#) (.com and

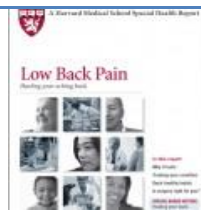
[.org](#)) is a comprehensive news, information and educational resource and online support community for family caregivers caring for seniors.

With over 2,100 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](#), [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™* 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.

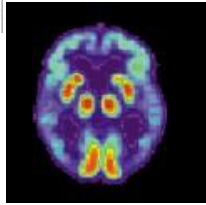
We also provide in-depth features and



[on Low Back Pain:](#)

Harvard Issues Updated Report on Low Back Pain: Healing Your Aching Back

Harvard Health Publications has issued a revised and updated version of its Special Health Report on "Low Back Pain: Healing Your Aching Back," written by experts at Harvard Medical School. According to Harvard Health Publications, "Back pain is one . . . → Read More: [Harvard Issues Updated Report Healing Your Aching Back](#)



Skin-Cancer Alzheimer's Treatment, Mouse Study Finds Drug Gives Preliminary Hope of

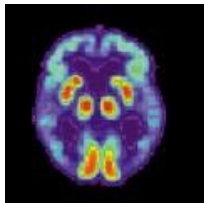
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[Mayo Clinic Finds](#)

Eating Too Much May Double Risk of Memory Impairment, Mayo Clinic Finds

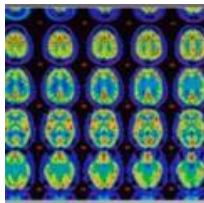
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New Study Questions Definition of Mild Cognitive Impairment in New Alzheimer's Diagnosis Guidelines

A new study published February 6 in the Archives of Neurology, a journal

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 large law firms.

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, Harvard, and other reputable medical 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.

of the American Medical Association, has questioned the wisdom of a new expanded definition of Mild Cognitive Impairment (MCI), a precursor stage to Alzheimer's disease. The . . . → Read More: [New Study Questions Definition of Mild Cognitive Impairment in New Alzheimer's Diagnosis Guidelines](#)



Alzheimer's Spreads in the Brain like a Virus, New Study Finds

A new study published on February 1 in the journal *PLoS One* has found that Alzheimer's Disease spreads throughout the brain through a distorted protein known as Tau jumping from one cell to another, like a virus. Previously, scientists . . . → Read More: [Alzheimer's Spreads in the Brain](#)

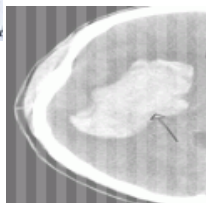
[like a Virus, New Study Finds](#)



and changes in decline. . . . → [Found Highly Alzheimer's](#)

Four Questions on Simple Questionnaire Found Highly Predictive of Mild Cognitive Impairment & Risk of Alzheimer's

sources indicate that up to 15 percent of people with MCI develop Alzheimer's within one year. However, studies have shown that preventive interventions such as exercise lifestyle factors can be effective in staving off mental Read More: [Four Questions on Simple Questionnaire Predictive of Mild Cognitive Impairment & Risk of](#)



New Study Memory Loss

Associates Silent Strokes with

A new study by scientists at Columbia University Medical Center in New York has found that "silent strokes" are associated with memory loss in the elderly, suggesting that stroke-prevention may help stave off memory loss in the elderly, according . . . → Read More: [New Study Associates Silent Strokes with Memory Loss](#)



Johns Hopkins Releases 2012 Memory White Paper

Johns Hopkins has released the updated 2012 Edition of the Johns Hopkins Memory White Paper. According to a recent Johns Hopkins Health Alert, the Johns Hopkins Memory White Paper compiles in simple language for consumers some of the best . . . → Read More: [Johns Hopkins Releases 2012 Memory White Paper](#)

Is Distilled Water Better Than Filtered Water?

Watch Dr. Mehmet Oz weigh in on whether distilled water is better than bottled or filtered water.
»



Feb 3 is National Wear Red Day – for Heart Disease Awareness

The American Heart Association (“AHA”) has issued the following announcement of National Wear Red Day, February 3, 2012, to encourage awareness of Heart Disease, which the AHA calls our Nation’s “No. 1 killer.” National Wear Red Day Counting down . . . → Read More: [Feb 3 is National Wear Red Day – for Heart Disease Awareness](#)

Legal & Financial Issues for Seniors & Caregivers



High Deductible Health Insurance Plans Linked to Delayed or Foregone Care

A new study by a team of Harvard researchers published in the Journal of General Internal Medicine has found that families and individuals enrolled in high-deductible health insurance plans report delaying or foregoing health care for chronic conditions at . . . → Read More: [High Deductible](#)

[Health Insurance Plans Linked to Delayed or Foregone Care](#)

Palm Beach County to Expand Health Care for Uninsured

HelpingYouCare™ has received the following press release issued by the Palm Beach County, Florida Health Care District: Contact: Robin Kish January 26, 2012 Administrator of Public Affairs 561.659.1270 ext 5828 HEALTH CARE DISTRICT TO EXPAND MEDICAL SERVICES FOR UNINSURED . . . → Read More: [Palm Beach County to Expand Health Care for Uninsured](#)

Caregiver Self-Care, Stress Management & Inspiration



New Survey Links Caregiver Stress to Unhealthy Behaviors & Chronic Disease

The American Psychological Association (APA) has released the updated results of its latest Stress in America™ survey. “Data from the latest Stress

in America survey suggest that the concern about stress and health is especially critical among adults 50 . . . → Read More: [New Survey Links Caregiver Stress to Unhealthy Behaviors & Chronic Disease](#)



Electronic Health Records Can Relieve Caregiver Stress; A Caregiver Tells Her Story

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Some Vertigo Associated with Migranes

Some dizziness (vertigo) is associated with migraine headaches. If you are experiencing dizziness or headaches, you should see your doctor for a diagnosis and potential treatment. For an introduction, see this video on Migranes and Vertigo, from the Mayo . . . → Read More: [Some Vertigo Associated with Migranes](#)

News on Health Care Reform



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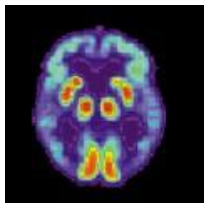
Government Reports Record \$4.1 Billion Health Care Fraud Recovery in 2011

The U.S. Justice Department and Department of Health and Human Services (HHS) issued a joint news release on February 14, 2012 in which they reported a record recovery of \$4.1 Billion in taxpayer dollars in fiscal year 2011, due . . . → Read More: [Government Reports Record \\$4.1 Billion Health Care Fraud Recovery in 2011](#)

Medicare to Hold Feb 21 Webinar on Accountable Care Organizations, Million Hearts, Other Topics

The Centers for Medicare & Medicaid Services (CMS) National Medicare Training Program announced that they will hold their next monthly webinar for professionals and volunteers who work with seniors and people with disabilities on February 21, 2012, starting at . . . → Read

More: [Medicare to Hold Feb 21 Webinar on Accountable Care Organizations, Million Hearts, Other Topics](#)



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HHS Announces Healthcare Professionals to Participate in New Innovation Advisors Program to Improve Healthcare

The U.S. Department of Health & Human Services (HHS) has issued the following press release: DEPARTMENT OF HEALTH & HUMAN SERVICES Centers for Medicare & Medicaid Services Room 352-G 200 Independence Avenue, SW Washington, DC 20201 Office of Media . . . → Read More: [HHS Announces Healthcare Professionals to Participate in New Innovation Advisors Program to Improve Healthcare](#)

International Health Care Comparisons

Graceful Aging in Mexico

See how Mexico's National Institute of Older Persons (INAPAM) promotes their aging population. Watch AARP VIVA »



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