

October-November, 2012 - Issue 22



CaringMonth™

From HelpingYouCare®

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*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*

CaringMonth™ -- Gives You a Free E-mail Update on the
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News & Events of Interest to Caregivers



When Are Dental X-Rays Necessary?

Are dental x-rays dangerous? Is once a year too often? Should you make a risk-benefit analysis next time you're in the dentist's office? A new study conducted by researchers at Yale University has found an association between dental x-rays . . . → Read More: [When Are Dental X-Rays Necessary?](#)



At What Ages Do Baby Boomers Show Increased Interest in Health?

A new study conducted by researchers at Ohio State University has found that Baby Boomers show increasing interest in their health in their early 50's and around age 65. The peak interest in health issues for Baby Boomers comes . . . → Read More: [At What Ages Do Baby Boomers](#)

[Show Increased Interest in Health?](#)



National Family Caregivers Month Highlights the Crucial Role of Family Caregivers

President Barack Obama has proclaimed November as National Family Caregivers Month, a time to recognize and appreciate family caregivers

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- [Practical Tips, Skills & Tools for Caregiving - Overview](#)
 - [Practical Tips & Skills for Family Caregivers](#)
 - [How to Deal with Difficult Elderly Behavior](#)
 - [Checklists for Caregivers \(Free\)](#)
 - [Other Practical Tools for Caregiving](#)
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and shine a light on the crucial role they play in caring for our nation's seniors and those with chronic . . . → Read More: [National Family Caregivers Month Highlights the Crucial Role of Family Caregivers](#)



US Govt Does More than Honor Veterans for Veterans Day

In observance of Veterans Day, Secretary of Health & Human Services, Kathleen Sebelius, issued a Statement on Friday, in which she said, "This Veterans Day, we honor all those who have served in our nation's armed forces and are . . . → Read More: [US Govt Does More than Honor](#)

[Veterans for Veterans Day](#)



Be Aware of Health Frauds Online

The U.S. Food and Drug Administration warns consumers to be careful when buying medicine and other health products online. They advise that some websites sell medicine that may not be safe and could put your health at risk. They . . . → Read More: [Be Aware of Health Frauds Online](#)

Practical Tips, Skills & Tools for Caregivers



Caregiving for a Dear Friend with Guillain Barre Syndrome (GBS): Part II of a Hope-Inspiring Story

Contributed By Shirley A. Woods EDITOR'S NOTE: In a previous post, our dear friend Jackie Barber told the inspiring story of how she is overcoming the dreaded Guillain Barre Syndrome (GBS) that eighteen months ago left her completely paralyzed . . . → Read More: [Caregiving for a Dear Friend](#)

[with Guillain Barre Syndrome \(GBS\): Part II of a Hope-Inspiring Story](#)



Planning Ahead for Long-Term Care

November has been designated as Long-Term Care Awareness Month. As part of this observance, the U.S. Department of Health & Human Services issued a release yesterday, containing useful information on long-term care for seniors and their family caregivers. The . . . → Read More: [Planning Ahead for Long-Term Care](#)

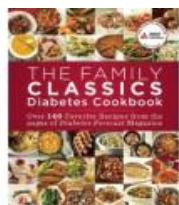
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Learn How to Spot and Avoid Health Fraud

The U.S. Food and Drug Administration (FDA) urges consumers to be on guard against fraudulent products claiming to treat, prevent, or cure a wide variety of medical conditions. FDA provides information and resources on its website on Health Fraud, . . . → Read More: [Learn How to Spot and Avoid Health Fraud](#)

Wellness: Diet, Exercise, Hygiene & Healthy Living



Everyone May Benefit from Diabetes-Friendly Recipes at Thanksgiving

As part of its national observation of Diabetes Awareness Month this November, the American Diabetes Association has published a new Family Classics Diabetes Cookbook with diabetes-friendly recipes, which it says can benefit everyone this Thanksgiving — whether you have . . . → Read More: [Everyone May Benefit from Diabetes-Friendly Recipes at](#)

[Thanksgiving](#)



Have a Healthy Thanksgiving Without Eating Like a Pilgrim

By Deane Alban The first Thanksgiving was celebrated by the early settlers with help from the Native Americans as a way to offer thanks for their surviving another brutal year. They constantly lived with the uncertainty that there would . . . → Read More: [Have a Healthy](#)

[Thanksgiving Without Eating Like a Pilgrim](#)



Five of the Best Exercises You Can Do Without Going to the Gym

A new HealthBeat report published November 15 by Harvard Health Publications, part of Harvard Medical School, lists five of the best “workouts” you can do without going to the gym. According to the authors, these exercises will “help keep . . . → Read More: [Five of the Best](#)

[Exercises You Can Do Without Going to the Gym](#)

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Smoke-Free Workplace Laws Linked to Lower Incidence of Heart Attacks

A new study published in the Archives of Internal Medicine, a journal of the American Medical Association, has found an association between smoke-free workplace laws implemented in Olmstead County, Minnesota and a decline in the incidence of heart attacks . . . → Read More: [Smoke-Free](#)

[Workplace Laws Linked to Lower Incidence of Heart Attacks](#)



Exercise Better than Mental or Social Activity to Protect Brain from Shrinkage, Study Finds

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Healthy Aging/ Stories of Inspiring Seniors



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Still Driving – Safely – at 100 Years Old

100 Year Old Suzie Dixon of the UK is still driving her own car at age 100. She started driving a 1920's "Bull Nose Morris" car in the early 1930's, and she has been driving ever since — over . . . → Read More: [Still Driving – Safely – at 100 Years Old](#)



90-Year-Old Triathlete

90-Year-Old Charlie Futrell was believed to be the oldest person to finish a USA Triathlon-sanctioned race. He finished more than 120 triathlons and

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six IronMan competitions in Hawaii since he started competing in his 60s. Watch » See ... →
Read More: [90-Year-Old Triathlete](#)



Mann Kaur, 96-Year-Old Woman, a Half Marathon Runner

At 96 years old, Mann Kaur runs another half Marathon! She has won medals at various similar events around the world. Mann Kaur has been called, "someone who truly defies age." Her secret: "A daily brisk walk, fitness training ... → Read More: [Mann Kaur, 96-Year-Old Woman, a Half](#)

[Marathon Runner](#)

Medical Conditions Commonly Faced by Seniors



Parkinson Foundation Offers Free Webcast on Young Onset Parkinson's – Nov. 17

The National Parkinson Foundation has announced that its Midwest Young Onset Parkinson's Conference will take place November 16-17, 2012 in Cincinnati, Ohio, and will include a free Webcast open to the public on November 17 – starting at 8:00 ... → Read More: [Parkinson Foundation](#)

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

With over 2,400 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.

decline in the incidence of heart attacks . . . → Read More: [Smoke-Free Workplace Laws Linked to Lower Incidence of Heart Attacks](#)

Other Medical News & Resources



Avoid Unnecessary Medical Tests That Involve Exposure to Radiation

Originally published January 6, 2011; Updated November 28, 2012 A study funded by the National Institute of Aging and published in the New England Journal of Medicine, shows that 66% of Americans underwent medical testing involving exposure to radiation . . . → Read More: [Avoid](#)

[Unnecessary Medical Tests That Involve Exposure to Radiation](#)



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Legal & Financial Issues for Seniors & Caregivers



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[Veterans for Veterans Day](#)

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. These topics are covered by *HelpingYouCare®*'s Managing Member & Editor, 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 based upon 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.



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Caregiver Self-Care, Stress Management & Inspiration



Happy Thanksgiving to You from HelpingYouCare®

As we gather with family to give thanks for our Blessings this Thanksgiving, let us all remember in gratitude our senior loved ones and their family caregivers, and the love they give and sacrifice and many contributions they make . . . → Read More: [Happy Thanksgiving to You from HelpingYouCare®](#)



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