

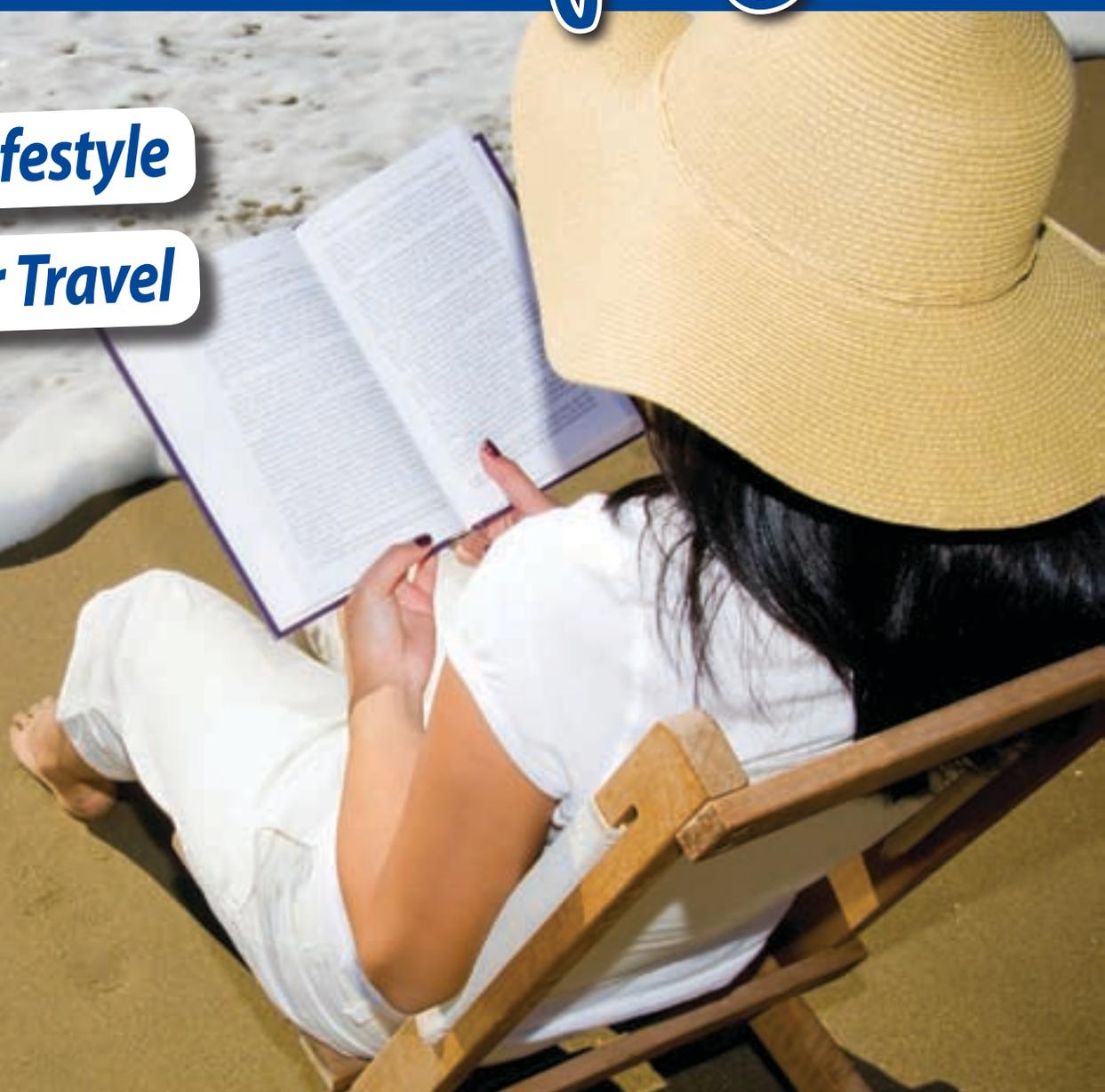
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Lifestyles!

*A Guide for Active
New Hampshire Seniors*

Active Lifestyle

Summer Travel



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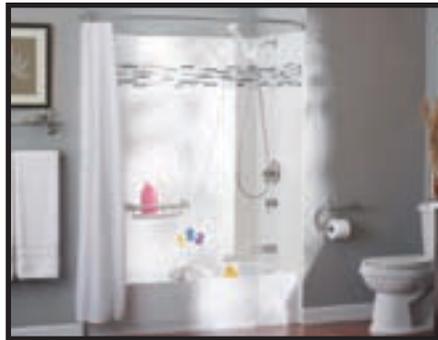
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Tips to maintain an active, safe and healthy lifestyle

Today's baby boomers are growing older gracefully. And although more than 10,000 boomers each day will turn 65, most are not letting their age stop them from maintaining active and healthy lifestyles. Here are a few ways to ensure that you (or the ones you love) stay healthy, active and safe:

- Maintain regular health screenings



and immunizations. While it is important to have regular check-ups with your family doctor, it's equally important to monitor vitals more frequently. Luckily, most local pharmacies offer free blood pressure and cholesterol checks, as well as seasonal flu shots.

- Fight against falls. Falls are the most common cause of hospital visits for those older than 65, according to the Home Safety Council. To help prevent falls in the bathroom add new grab bars. These unique products combine functional accessories, such as a shelf, towel bar and toilet paper holder, with the

safety of a grab bar.

- Ensure help is a call away. Cell phones are not just for social uses, they are a valuable emergency response tool.

- Instill healthy habits. Being healthy doesn't have to involve major lifestyle changes. For example, swap high-fat or high-calorie versions of your favorite foods with lower-fat, lower-calorie versions.

- Boost your activity levels. This doesn't mean running a marathon - but it does mean getting your body moving. Walking, playing golf or any other enjoyable activity that boosts your heart rate is a step in the right direction.

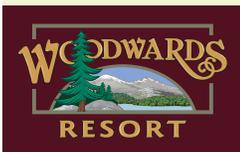
- Keep your mind moving. Cognitive performance levels drop earlier in countries that have younger retirement age, according to a study published by the RAND Center for the Study of Aging and the University of Michigan. But if you're no longer in the workforce - don't fear. Just be sure to keep your brain busy by engaging in activities that combine social, physical and intellectual stimulation. (ARA)

SENIOR *Lifestyles!*

Senior Lifestyles is your guide for active New Hampshire Seniors!

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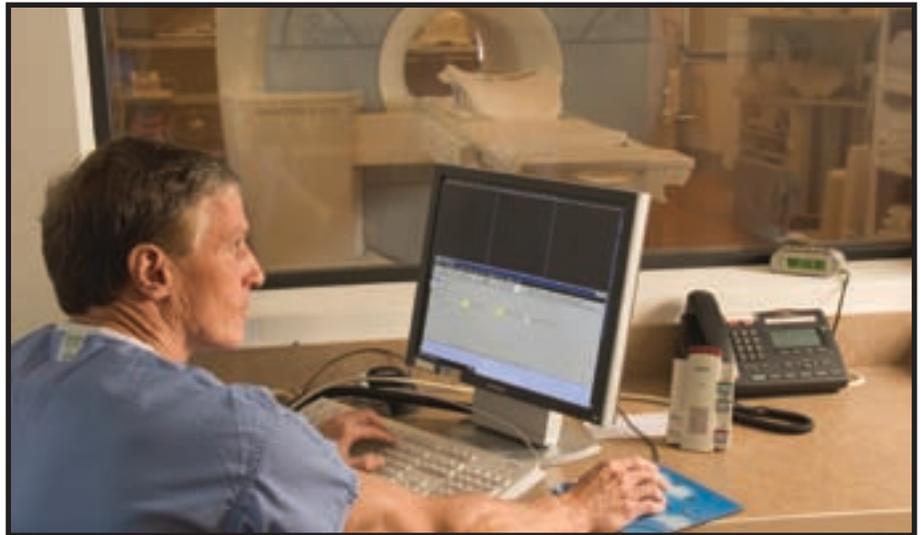
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Cheshire Medical Center/Dartmouth-Hitchcock Keene earns accreditation

Cheshire Medical Center/Dartmouth-Hitchcock Keene recently earned a three-year term of accreditation in breast magnetic resonance imaging (MRI), the first of only a few New Hampshire healthcare institutions to earn this status in 2011.

Accreditation resulted from a stringent review by the American College of Radiology (ACR). The ACR gold seal of accreditation represents the highest level of image quality and patient safety. Only facilities meeting ACR Practice Guidelines and Technical Standards after a peer-review evaluation receive this accreditation. American Cancer Society guidelines recommend periodic breast MRI examination in addition to mammography for certain high-risk women. The judicious use of MRI in select populations increases the likelihood of detection of early breast cancers not easily visualized on routine mammography or ultrasound.

Cheshire Medical Center/Dartmouth-Hitchcock Keene offers the specialized equipment and expertise to perform these studies in addition to services in mammography and ultrasound, as



Michael Sarson, MD, chairman of the Department of Radiology at Cheshire Medical Center/Dartmouth-Hitchcock Keene, prepares for a patient's breast MRI.

well as stereotactic, ultrasound and MRI guided biopsies.

Accreditation reviewers include board-certified physicians and medical physicists who are experts in the field. These experts assess image quality, personnel qualifications, adequacy of

facility equipment, quality control procedures, and quality assurance programs. The ACR Committee on Accreditation subsequently provides the practice with the accreditation and a comprehensive report they can use for continuous practice improvement.

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Is your income affected by your ability to hear?

Baby boomers continuing to work longer in life before retiring might notice a decrease in income.

Untreated hearing loss can decrease a person's income by as much as \$30,000 a year, according to a survey conducted by the Better Hearing Institute.

"People are losing their hearing earlier and staying in the workforce longer," says Sergei Kochkin, executive director of the Better Hearing Institute. "In today's tough job market, hearing your best is essential for career success."

Hearing aids are shown to reduce the risk of income loss by 90 to 100 percent for those with milder hearing loss, and from 65 to 77 percent for those with severe to moderate hearing loss.

Hearing aids remain the optimum treatment for the vast majority of people with hearing loss. Yet only 40 percent of Americans with moderate to severe hearing loss, and only 9 percent of those with mild hearing loss, wear them.

Half of all people with untreated hearing loss have never had their hear-



ing professionally checked. To help, the Better Hearing Institute has a five-minute hearing test at www.hearingcheck.org.

You can learn more about hearing loss and how to help it at www.betterhearing.org. (ARA)



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Guidance for gardeners: tips to avoiding injury

Gardening is good for you on many levels - from the mental health boost you get from doing something relaxing to the physical benefits of exercise, time outdoors and adding fresh vegetables in your diet. This summer, take steps to ensure your gardening experience is as comfortable and beneficial as possible.

Weeding, hoeing, raking, , shoveling - the repetitive motions of gardening can lead to hand and wrist pain, and worsen existing conditions such as arthritis.

Taking steps to minimize irritation and discomfort while you work can help ensure your gardening tasks don't create aches or worsen pain. Consider wearing an Arthritis Glove, like the Imak-made glove commended by the Arthritis Foundation, to provide mild compression and warmth while you work.

Because the gloves are made of cotton Lycra with an open fingertip design, they won't make your hands hot



or hinder movement. Designed by an orthopedic surgeon, the Arthritis Gloves are also fully washable, so you don't have to worry about getting a little dirt on them as you go about your garden-

ing tasks. An added bonus - wearing any kind of glove can help you avoid another common gardening injury: blisters. Learn more at www.imakproducts.com. (ARA)



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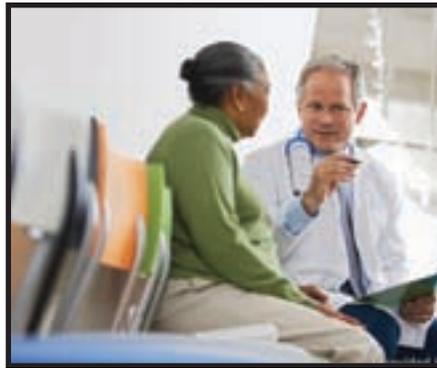


Be your own advocate: Get information you need

Getting a diagnosis of any kind of cancer can be frightening. One of the first things many patients do is learn everything they can about their illness, including what options for disease management and treatment are available. This can be challenging if a person's cancer is considered rare, which defined by the National Institutes of Health as a cancer that affects fewer than 200,000 people.

Patients with rare cancers are more likely than those with more common cancers to say they lack access to credible and reliable information, causing them to feel alone in dealing with their disease, according to a national survey. For many like newlywed Carolina Williams, getting the right diagnosis and information about her GIST, a rare and life-threatening cancer, was important to both her and her family.

One day, about a year into her marriage, Carolina Williams became extremely bloated and experienced



terrible stomach pains which came on suddenly. Her husband knew something was seriously wrong when he found her unconscious on the floor from pain. He immediately brought her to the emergency room. There a physician conducted a CAT scan which revealed a large mass in her stomach that was diagnosed as a benign cyst. After four days of medical procedures to drain the cyst, a 7-pound solid tumor was removed and tested for cancer.

"Once my doctor removed the tumor,

I wanted to make sure that the hospital did the proper tests to check if the mass was cancerous," says Carolina Williams. "I wasn't going to leave it up to chance so I requested that an oncologist perform the tests. I am glad that I pushed for this, because I was soon diagnosed with a gastrointestinal stromal tumor, or GIST, which is considered a rare form of cancer. I was then able to get the information I needed to help understand my disease."

When it comes to helping manage their own disease and acting as their own advocate, patients should seek out resources both through their physicians and reliable online websites. For some rare cancers, like GIST, there are a number of online resources, including www.GISTTheFactsInfo.com, an educational site for GIST patients and their families that was developed by Novartis Oncology.

For more information about GIST go to www.GISTTheFactsInfo.com. (ARA)

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Ideas to keep your home cool and utility bill low

For most homes, heating and cooling consumes more energy dollars than any other system. Unfortunately, regardless of costs, air conditioning systems often serve as the best refuge from the high summer heat and humidity.

All homeowners can take steps to ensure a longer life for their heating and cooling equipment, says Gary Stiles, who teaches HVAC training at the Everest Institute - Houston Bissonnet campus.

"Basic air conditioning maintenance will provide better comfort, and a well-maintained unit runs more efficiently, lasts longer, and suffers from fewer breakdowns," says Stiles. "While there are no guarantees, consumers can greatly increase their chances of enjoying a cooler summer by following a few simple steps:

- First, be sure to clean or replace filters on furnaces once a month or as needed. If you're not sure where to start, filters are often located in the re-



turn air duct of the air conditioner itself, directly in the furnace or in filter grilles located in ceilings and/or walls. Check the specifications of your model and buy a replacement, which can be found at most retail stores.

- When it's hot outside, keep your window coverings closed during the day to keep solar heat from entering your home and making your air conditioner work harder.

- Give your air vents room to breathe by keeping them clean and removing furniture, carpeting or drapes

that could block air flow.

- In addition to keeping things clean inside; your outdoor unit should also be cleaned twice a year with a water hose. Turn the unit off at the breaker and start washing at the top and work your way down.

- Set your thermostat as high as is comfortable in the summer.

- Turn off kitchen, bath and other exhaust fans within 20 minutes after you are finished cooking or bathing.

- If you know where your unit's drain line is, confirm it is open by running water. Even better, pour bleach directly into the line to kill any algae in it. If you have an air compressor, you can also blow air into the hose from the outlet end to determine if the drain line is open."

These tips are just a small part of what Stiles and other HVAC program instructors teach Everest students. For more information on Everest's HVAC program, visit www.everest.edu. (ARA)

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Simple summer steps to sell your home

If you plan to put your home up for sale this summer, or if it has been on the market for some time, you might consider investing in a few key updates to improve your odds of attracting a buyer. Focusing on a few influential fixes can drastically improve the home's overall appearance – and your chances of selling.

■ Freshen up

Potential buyers often look for obvious signs of neglect, such as leaky roofs, water damage or crumbling foundations. But even without these problems, making your home look like new again can be as simple as applying a fresh coat of paint on the walls. Cooking, smoking and everyday living can discolor and fade your ceilings and walls, making your home seem old and unattractive. It's amazing what a fresh coat of color can do to improve a home's appearance.

■ Stay grounded

As much time as they spend looking up, potential buyers also spend time looking down. Flooring has a drastic



effect on a home's selling power, and an outdated or poorly maintained floor can ruin a room's appeal. Old, dingy carpets give the home an unkempt feel. If your home has hardwood floors, remove old carpeting and refinish the wood beneath it. This is a great selling feature you should invest in highlighting. If you do not have hardwood floors, update your old carpeting with a neutral shade.

■ Shower power

You may have heard that bathroom updates have some of the biggest returns when it comes time to sell a home, and it's true. So invest in a faucet, shower-head, cabinetry and a new light fixture to add to your "new" bathroom's appeal. Have a half-bath? Consider adding a shower to make it a full; this will make your home much more marketable.

■ Curb appeal

First impressions can have a huge impact on buyers' decisions, so make sure your home is as attractive from the street as possible. If your cement sidewalk or patio areas have cracks, patch them. Resurface an asphalt driveway and make certain your garage doors and exterior are freshly painted. Remember, your front door is the first thing a buyer will see. Consider repainting it a bold color that invites them in, and don't overlook replacing your doorknob if it is in poor shape. Add bright flowers to your front entry. (ARA)

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Renovating your home? Renovate your insurance

Whether you are upgrading a kitchen, adding on a master suite, or gutting a newly purchased structure, you need to reassess your insurance needs both before and after your renovation.

It's common to plan every major step of the renovation. But one thing that's tough to plan for is the unexpected. What if an oily rag left unattended starts a fire and your home goes up in smoke? The remodeling work done to date may have an impact on your homeowners insurance - unless you let your insurance agent in on the plans ahead of time.

For example, Fireman's Fund Insurance Company policyholders are required to let their agent know about any renovation projected to increase the replacement cost of your home by more than \$25,000 in order for the crucial full-cost replacement coverage to remain in force. In addition, risk managers at the insurance company can provide advice to minimize the possibility of fires, theft, and mishaps. Good risk management

practices also minimize potential project delays. This may be a good time to add security and safety features such as water flow monitoring devices or upgraded burglary and fire alarm systems.

One of the most common issues is maintaining a secure environment during the work phase. For example, contractors often disable a home's existing fire alarm system because dust and particulates generated by construction tend to trigger false alarms. It is important for temporary measures such as fencing and alternate alarms to be in place to keep the property secure.

Often, the family moves to temporary housing during a remodel. It may be a good idea to put art collections and other valuables that could be damaged in an offsite secure storage facility for optimal protection.

Even before your work is complete, your agent can go over your current homeowners insurance and make sure you have the replacement value of your home

updated. This will reflect increases in construction materials and labor, changes in building codes, installation of new safety devices, changes in square footage, and custom features and appliances.

Top tips for homeowners considering a renovation:

1. Contact your agent before construction starts for coverage of your remodeling work and the value of your completed home.
2. Make sure your contractor and subcontractors have adequate liability insurance. Many contractors carry the generally recommended limits of at least twice the replacement value of the home.
3. Ask the contractor to maintain adequate safety and security devices such as fire and burglar alarms.
4. Save all records related to your project (receipts and appraisals). Store copies of these records in a secure off-site location. Videotaping your house and possessions is also recommended. (ARA)



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Smart savings for summer travel

Whether you're looking to travel upstate, cross-country or across town for a summer vacation, smart planning and spending is a must-do. For a fun-filled summer vacation that won't break the bank, remember these tips that are as easy as they are effective:

■ **Make your credit cards work for you**

Look to the credit cards in your wallet for added value in your summer travel plans and take advantage of current offers. Many credit card companies provide rebates, rewards and discounts on services you'll need for your travel plans – at no cost to you. No matter your method of travel, using a credit card to pay for your vacation will give you added rewards for many purchases you'll make, from booking rooms to paying for dinner to picking up a book in the airport.

While some credit card offers are exclusive to specific retail outlets, such as gas stations or hotel chains, others offer perks for travel purchases during peak seasons. For instance, Discover is giving its cardmembers more value this summer by offering 5 percent Cashback Bonus from July through September to those



who enroll on specific travel-related purchases, including hotels and gas. So before you go, it's wise to check up on what you can save and what you can earn from your credit cards.

■ **Take advantage of exclusive discounts**

Planning a vacation through a credit card's shopping portal can also yield big savings and benefits. For instance, ShopDiscover.com allows Discover cardmembers to save from 5 to 20 percent on hotel reservations made through the site.

Other exclusive programs include free TripTiks for AAA members, which are customizable itineraries that provide AAA-approved recommended partners. TripTiks outline diamond-rated hotels as well as the most up-to-date gas prices,

maps and driving directions for your destination. In another example, AARP members can receive discounts of up to 20 percent with select hotel chain.

■ **More ways to save**

In addition to earning added rewards and taking advantage of discounts from a credit card, use websites like GasPrice-Watch.com and GasBuddy.com to find the best gas prices either at your current location or your destination. Tracking your car's fuel efficiency through MyMileMarker.com is also an option to identify possible savings; tips to save gas include keeping tires properly inflated and using air conditioning sparingly.

Searching multiple websites is also smart for booking hotels, so resist the temptation to book the first good deal you find and instead compare prices through hotels.com, Expedia, Travelocity, Orbitz and hotel websites.

Summer vacations are meant to be fun, relaxing and memorable – especially because they go by so fast. Taking advantage of exclusive offers, earning extra rewards from a credit card and saving money will make your time even more enjoyable. (ARA)

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Tips for avoiding flea and tick infestations

Though they may be hard to spot, don't let fleas and ticks elude you this season. It's time to begin preventatively treating your pet so it doesn't get an infestation. Not only are fleas and ticks an annoyance for dogs, cats and pet owners alike, but they can also cause health issues. And according to Dr. Nancy Hinkle, Ph.D., professor of entomology at the University of Georgia, this flea and tick season is shaping up to be an intense one. Research shows that mild spring weather has allowed fleas and ticks to get an early start, meaning there will be higher pest populations this summer.

"Flea and tick bites are always a cause for concern. Flea bites can lead to anemia, allergy dermatitis, an allergic reaction to proteins in flea saliva; and permanent hair loss or skin problems from scratching," says Dr. Melinda Fernyhough, DVM, Ph.D., veterinarian and manager of scientific affairs at the Hartz Mountain Corporation. "And that's not all. Ticks can transmit Lyme disease and



Rocky Mountain spotted fever - both of which can be transmitted to your family."

Keeping your pets safe and protected is just as easy as maintaining your own health. Three easy-to-implement tips from "Dr. Melinda" will help you get a head start on the season:

■ 1. Choose the appropriate flea and tick treatment. There are a variety of options to keep your pet healthy, including shampoos, sprays, topical treatments and collars. Topicals are the most popular treatment and are applied monthly to your pet.

■ 2. Carefully read the label. It is

incredibly important to read and follow the directions on the label. Make sure to purchase the appropriate weight class of product so you don't put too much (or too little) on your pet. Never use a dog product on a cat or vice versa. And keep animals separated until the treatment dries, typically between 24 and 48 hours, to ensure your pet doesn't ingest the treatment from another pet.

■ 3. Check your pet regularly. Throughout flea and tick season, make sure to rub your hands through your pet's coat on a regular basis to check for fleas and ticks. And keep an eye out for excessive scratching. Using a monthly treatment can help keep your pet protected month to month.

It is estimated that last year alone over 70 million dogs and cats suffered from flea or tick infestations, according to Dr. Hinkle. So as the weather heats up, it's important to educate yourself about caring for your pet during flea and tick season. (ARA)

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Transforming a diagnosis into inspiration

Most people who hear the dreaded words, "You have cancer," immediately feel they have been given a death sentence. Jason Green knows this feeling all too well.

In October 2007, Green was told by his doctor that he had chronic myeloid leukemia, or CML, a type of cancer where the body produces cancerous white blood cells. Upon hearing those frightening words, Jason was instinctively worried how this would impact his family. Would he be too sick to maintain the active lifestyle to which he was accustomed? Would he be alive to share family vacations, birthdays and graduations?

Green's oncologist, Dr. Ian Flinn, director of the Hematologic Malignancies Research Program of the Sarah Cannon Research Institute in Nashville, Tenn., explained that while CML is a blood cancer, or leukemia, significant advances in treatments have been made over the last 15 years and a diagnosis was no longer considered a death sentence. Research looking at the role of the gene responsible for CML, known as Bcr-Abl, has led to the

development of drugs that specifically block the ability of this gene to send signals to produce the cancerous white blood cells. As a result, this form of leukemia is now a disease that can be managed for a long time by working with a doctor to develop the best possible treatment plan.

"Jason and I worked closely together on developing a treatment strategy so that he could properly manage his disease, while still experiencing the important things in his life - including watching his children grow up," says Flinn. "We focused on finding a medication designed to target the gene responsible for his CML, and also talked about timing for routine tests and regular check-ins with me and my team."

From day one of his diagnosis, Green didn't take having cancer lightly. He's been an active participant in his own treatment decisions and is a supporter of cancer research. In fact, as part of his treatment plan, Green chose to participate in a clinical trial comparing two Bcr-Abl inhibitors to help further scientific advancement in this

disease. Furthermore, Green and his wife participated in the Leukemia and Lymphoma Society's Team in Training (TNT) "America's Most Beautiful Bike Ride" in June, which has raised more than \$62 million for the Leukemia and Lymphoma Society over the past 13 years. They cycled 100 miles around Lake Tahoe with a team of employees from Novartis, who chose Green as their inspiration for this year's event.

"That day four years ago when I got the news that I had CML, I never thought I'd be able to do the things I am doing today. I feel so blessed that my cancer can be managed by daily medications, frequent blood tests and regular check-ins with my doctors," says Green. "I encourage people diagnosed with cancer to research and get involved in programs so that even better treatments will become available."

To learn more about CML and to connect with other CML patients and patient groups, visit www.cmlearth.com, an interactive global social network sponsored by Novartis Oncology and dedicated to connecting the CML community from around the world.



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Tasty tips for eating for heart health

When it comes to your heart, what you eat matters, but that doesn't mean having to fill your plate with bland foods. Getting your family to eat with their hearts in mind can be both fun and delicious. Make sensible eating a family affair with a fresh and flavorful recipe from Buddig lunchmeats and these heart-healthy tips from the American Heart Association:

■ **Set a good example.** Parents who make sensible food choices and lead active lifestyles can help their children develop healthy habits.

■ **Start with simple changes.** Eliminating one or two cookies a day and adding 30 extra minutes of exercise or play time makes a big difference.

■ **Choose protein sources with less saturated fat and cholesterol.** Lean meats, skinless poultry and fish and fat-free or low-fat dairy choices are best.

■ **Keep fruits and vegetables handy for snacking and include with every meal.** New USDA guidelines recommend filling half your plate with nutritious fruits and vegetables.

■ **Make dinnertime family time.**



When everyone sits down together to eat, there's less chance of children eating the wrong foods or snacking too much. Plus, everyone gets the added bonus of shared time together.

Making healthy food choices that

your family will love is a snap; just look for heart-healthy options like Carl Buddig Deli Cuts, which, on selected varieties, feature the American Heart Association heart-check mark certification. (ARA)

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Community involvement drives diabetes education

Diabetes is a well-known disease, affecting over 8 percent of the U.S. population. However, many adults are living with type 2 diabetes and are not aware they have the disease, according to the American Diabetes Association. Symptoms like frequent urination, blurred vision and excessive thirst often don't appear until after the disease develops. Because of this, frequently a diagnosis isn't made until a serious complication – such as heart disease, stroke, kidney disease, eye damage or nerve damage – has occurred.

Educating adults about type 2 diabetes and getting them to check their risk is vital, says Kathy Rosenkranz, an American Diabetes Association volunteer and the public relations director for Wisconsin Lions Multiple-District 27-A2. One way to do this is through community events. Kathy distributes Stop Diabetes Community Leader Kits to the Lions Clubs in her district to help them reach out in their communities, encourage people to get tested for diabetes and get more people to take the Diabetes Risk Test.

The American Diabetes Association



distributes the Stop Diabetes Community Leader Kits, which contain health brochures, information on how to live with diabetes, Diabetes Risk Tests and Stop Diabetes promotional materials, in an effort to get people with type 2 diabetes diagnosed and treatment started earlier. The Diabetes Risk Test asks simple questions about weight, age, family history and other risk factors for diabetes.

"The Lions Clubs found that the kit was an easy thing to hand out at their events," Rosenkranz says. "Even if we touch one person, we can make a difference."

Type 2 diabetes often affects people

who are overweight, underactive and older than 45, according to the American Diabetes Association. African Americans, Hispanics/Latinos, Native Americans, Asian Americans, Pacific Islanders and people who have a family history of the disease are also at an increased risk.

The year-round Stop Diabetes Community Outreach Toolkit was made possible as part of a three-year, \$1.5 million grant to the American Diabetes Association from the WellPoint Foundation, the philanthropic arm of WellPoint, Inc. and one of the country's leading funders of programs working to improve health and wellness.

"Diabetes is affecting far too many people and providing information is essential to helping reduce the occurrence of diabetes," says Lance Chrisman, executive director of the WellPoint Foundation.

Community groups interested in working with the Association to distribute the kits and educate local residents about the risks of diabetes can visit stopdiabetes.com or call (800) DIABETES (800-342-2383). (ARA)

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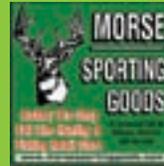
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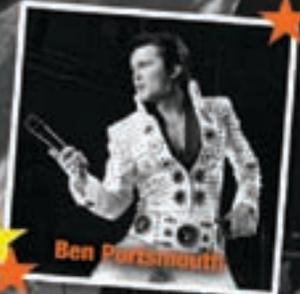
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