

HEALTHWORD
Putting Health Promotion Back in Motion

August 2006

=====

HEALTHWORD is a monthly e-mail newsletter produced by the American Society on Aging's Live Well, Live Long project, funded by the Centers for Disease Control and Prevention. Live Well, Live Long provides education and resources to professionals in the field of aging to help them improve health promotion and disease prevention efforts aimed at older adults. Current and past issues of this newsletter are available on the Live Well, Live Long website at <http://www.asaging.org/cdc/HealthWord.cfm>.

=====

IN THIS ISSUE

FEATURE

Complications from deep vein thrombosis kill more Americans than breast cancer or AIDS. What steps can you take to prevent it?

TOOLS YOU CAN USE

Programs that can help you infuse creativity into your health promotion programming for older adults

CALENDAR OF EVENTS

Health promotion education and training events around North America

FEATURE:

DEEP VEIN THROMBOSIS: WHY IS IT A BIG DEAL AND HOW DO WE PREVENT IT?

Do you know someone who recently experienced a joint replacement, is inactive, has a history of blood clots, or takes hormone replacements? If yes, you know someone with increased risk for deep vein thrombosis (DVT), a condition that could result in a potentially fatal blood clot. More and more, people in our society stay seated -- in front of a television or a computer or in a vehicle -- for many hours of the day, unaware of the risk of developing a fatal blood clot. Any activity or pastime that keeps a person in one position for more than a couple hours boosts his or her chances for a clot.

Why is DVT so dangerous? As the name suggests, clots develop in deep veins, the large blood vessels that are enclosed by muscle and located in the center of an arm or leg. Problems arise when a blood clot partially or completely blocks circulation in the vein or when the clot breaks off and travels through the bloodstream to a vital organ such as the lungs.

An estimated 60,000 people with DVT and clots that have moved to the lungs die each year in the United States -- more than the total number of people who die each year of AIDS, breast cancer, or automobile accidents. Because older adults are more susceptible for DVT, experts are concerned that the rate of venous thrombosis will increase with the aging of the U.S. population.

Typical symptoms include pain, swelling or redness in the affected limbs, and enlarged surface veins. However, only about half of all people with DVT experience symptoms, which is why thrombosis is sometimes called "the silent killer."

If the clot has broken off and traveled to the lungs -- the most dangerous form of venous thrombosis -- the affected person might experience difficulty in breathing or shortness of breath; chest pain when taking a deep breath; rapid pulse; fainting; coughing up blood; and low-grade fever.

Here are nine tips for preventing DVT:

- * Avoid standing or sitting in the same position for long periods of time
- * Elevate your legs periodically throughout the day
- * Avoid birth-control medications and hormone therapy
- * Exercise regularly and maintain a healthy weight
- * Avoid smoking
- * Avoid alcohol
- * Stay hydrated
- * Become familiar the symptoms of DVT, and promptly report them to your physician if they occur
- * If recommended by a doctor, wear compression stockings and take medications such as heparin or warfarin

For more information on this critical public health issue, consult ASA's new DVT health promotion module on the Live Well, Live Long website. ASA, with an educational grant from sanofi-aventis, has developed this new free resource for professionals who work with older adults. You can access the module by visiting <http://www.asaging.org/cdc> and scrolling to the bottom of the right-hand column.

TOOLS YOU CAN USE: CREATIVITY AND AGING

More and more, professionals in the field of aging are exploring the positive impact that creativity can have on older adults' health and well-being. The following resources may help you integrate creativity into your health promotion programs:

ELDERS SHARE THE ARTS
<http://www.elderssharethearts.org>

Working in diverse communities throughout New York City, Elders Share the Arts affirms the time-honored role of elders as bearers of history and culture by using the power of the arts to transmit their stories and life experiences.

GENERATIONS: AGING AND THE ARTS

<http://www.generationsjournal.org/generations/gen30-1/home.cfm>

The Spring 2006 issue of "Generations," ASA's quarterly journal, explores the relationship between creativity and quality of life for older adults as well as the effects of the arts in health and care.

NATIONAL CENTER FOR CREATIVE AGING

<http://www.creativeaging.org>

The National Center for Creative Aging fosters an understanding of the vital relationship between creative expression and quality of life for older people of all cultures and ethnic backgrounds, regardless of economic status, age, or level of physical, emotional, or cognitive functioning.

NORTH CAROLINA CENTER FOR CREATIVE RETIREMENT

<http://www.unca.edu/ncccr>

Based in Asheville, N.C., the NCCCR promotes lifelong learning, leadership, and community service opportunities for retirement-age individuals.

SOCIETY FOR THE ARTS IN HEALTHCARE

<http://www.thesah.org>

The Society for the Arts in Healthcare is dedicated to promoting the incorporation of the arts as an integral component of healthcare by advocating for the integration of the arts into healthcare facilities and providing resources and education to professionals.

CALENDAR OF EVENTS

Event: Current Concepts in Nutrition and Aging

Date: Sept. 28, 2006

Location: Madison, Wis.

For those who serve the nutrition needs of older adults in a clinical or community setting, this one-day conference is an opportunity to hear University of Wisconsin faculty and other experts discuss important issues in the field. For more information, visit <http://www.uwex.edu/ces/flp/conference/>.

* * *

Event: Fifth National Conference on Quality Health Care for Culturally Diverse Populations

Dates: Oct. 17-20, 2006

Location: Seattle

The objective of this conference is to highlight leading work in the areas of healthcare quality, cultural competence, and reduction of health disparities between white and non-white people. It will also provide a forum for cross-discipline exchange that promotes integration of these fields in healthcare practice and policy. For more information, visit <http://www.diversityrx.org/CCCONF/06/index.html>.

* * *

Event: National Prevention Summit: Prevention, Preparedness, and Promotion

Dates: Oct. 26–27, 2006

Location: Washington, D.C.

The 2006 National Prevention Summit will focus on disease prevention, health preparedness, and health promotion, featuring innovative programs that are making a difference in communities across the country. These programs are focused on healthy choices -- eating a nutritious diet, being physically active, and getting preventive screenings -- to help prevent major health threats and burdens such as obesity, diabetes, asthma, cancer, heart disease, and stroke. For more information, visit <http://www.healthierus.gov/STEPS/summit.html>.

* * *

Event: 134th Annual American Public Health Association Meeting

Dates: Nov. 4-8, 2006

Location: Boston

Every year, the APHA Annual Meeting brings together public health professionals from around the country. Subject areas of interest in this year's conference, whose theme is "Public Health and Human Rights," include older women's health, rural health, international aging issues, mental vitality and aging, and assistive technology. For more information, visit <http://www.apha.org/meetings/>.

* * *

For more educational offerings in the field of aging, visit the searchable "Events in Aging" calendar on the ASA website: <http://www.asaging.org/calendar>.

Have an event related to health promotion and aging that you would like to tell your colleagues about? Please submit your event, call for papers, or grant announcements to Betsy Dorsett at betsyd@asaging.org. Include the title, organization, date and time, location, contact information, and a short description of the event.

=====

HEALTHWORD

HEALTHWORD (ISSN 1554-5997) is published monthly by the American Society on Aging through a grant provided by the Centers for Disease Control and Prevention. Subscription is free of charge, and you are welcome to forward this newsletter to interested colleagues.

SUBSCRIBE or UNSUBSCRIBE. To subscribe or unsubscribe to this newsletter, send an e-mail containing your name and e-mail address to livewell@asaging.org.

UPDATE E-MAIL. If you wish to update the e-mail address for your subscription, send your name, old e-mail address and new e-mail address to livewell@asaging.org.

SUGGESTIONS AND QUESTIONS. For more information or comments about the newsletter, please contact Chaya Gordon, senior research manager at ASA, at chayag@asaging.org.

EDITOR
Chaya Gordon

ASSOCIATE EDITOR
Jonathan Kauffman

CONTRIBUTORS
Nancy Bui, Nancy Ceridwyn, Betsy Dorsett

LIVE WELL, LIVE LONG
American Society on Aging
833 Market Street, Suite 511
San Francisco, CA 94103
Tel: (415) 974-9618
Website: <http://www.asaging.org/CDC>

Copyright (c) 2006 American Society on Aging; all rights reserved.

=====