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August 21
**National Senior
Citizens Day**

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NATIONAL SENIOR CITIZENS DAY

August 21, 2022

National Senior Citizens Day recognizes older adults who spent their lives contributing to society and who impacted everyone's lives for the better. In 1988, President Ronald Reagan proclaimed this holiday to raise awareness about the issues that affect older adults and their quality of life.

Improved healthcare changed demographics and increased productivity of older adults, allowing them to be more active than ever before. Many seniors now begin a second career and are an example for younger generations. According to the U.S. Census Bureau, approximately 78 million people aged 65 and older will reside in America by 2035, which will surpass the population under the age of 18 for the first time in the nation's history.

National Senior Citizens Day is a day to let the seniors in your life know how much you care and to recognize their accomplishments. Reach out with a visit or phone call or donate essential goods or gifts to a nursing/retirement home.

Source: <https://nationaltoday.com/national-senior-citizens-day/>



Stevens-Johnson Syndrome (SJS) Awareness Month
Spinal Muscular Atrophy (SMA) Awareness Month
National Immunization Awareness Month
National Eye Exam Month

Aging and Health

Medications—Drug Interactions

As you age, it is important to know about your medicines to avoid possible problems. As you get older you may be faced with more health conditions that you need to treat on a regular basis. It is important to be aware that more use of medicines and normal body changes caused by aging can increase the chance of unwanted or maybe even harmful drug interactions.

The more you know about your medicines and the more you talk with your health care professionals, the easier it is to avoid problems with medicines.

Changes In the Body

Age related body changes can affect the way medicines are absorbed and used. For example, changes in the digestive system can affect how fast medicines enter the bloodstream. Changes in body weight can influence the amount of medicine you need to take and how long it stays in your body. The circulation system may slow down, which can affect how fast drugs get to the liver and kidneys. The liver and kidneys also may work more slowly affecting the way a drug breaks down and is removed from the body.

Because of these body changes, there is also a bigger risk of drug interactions for older adults. Drug-drug interactions happen when two or more medicines react with each other to cause unwanted effects. This kind of interaction can also cause one medicine to not work as well or even make one medicine stronger than it should be. For example, you should not take aspirin if you are taking a prescription blood thinner, such as Warfarin, unless your health care professional tells you to.



Common Types of Drug Interactions



Drug-Condition

Drug-condition interactions happen when a medical condition you already have makes certain drugs potentially harmful. For example, if you have high blood pressure or asthma, you could have an unwanted reaction if you take a nasal decongestant.

Drug-Food

Drug-food interactions result from drugs reacting with foods or drinks. In some cases, food in the digestive track can affect how a drug is absorbed. Some medicines also may affect the way nutrients are absorbed or used in the body.

Drug-Alcohol

Drug-alcohol interactions can happen when the medicine you take reacts with an alcoholic drink. For instance, mixing alcohol with some medicines may cause you to feel tired and slow your reactions.

It is important to know that many medicines do not mix well with alcohol. As you grow older, your body may react differently to alcohol, as well as to the mix of alcohol and medicines. Keep in mind that some problems you might think are medicine-related, such as loss of coordination, memory loss, or irritability, could be the result of a mix between your medicine and alcohol.

Source: <https://www.fda.gov/drugs/resources-you-drugs/medicines-and-you-guide-older-adults#senior>

COMING IN SEPTEMBER



2nd Annual Age Well Conference

Presented by:

Laramie County Senior Activity Center

September 29, 2022

Registration: 8:30a.m.

Conference: 9:00a.m.—3:15p.m.

**Blue Federal Credit Union Headquarters
2401 East Pershing Blvd.
Cheyenne, WY 82001**

Older adults who attend a special event in Cheyenne this fall will walk away full of information they can use to help them keep informed and live a full life.

The Blue Community Events Center at World Headquarters will welcome attendees for the 2nd annual Age Well Conference, and admission to the public is **free**. It will run throughout the day, and the agenda has lots on offer.

Those who attend the function will be able to learn some of the latest tips for aging well, and they will be able to browse through the tables and displays of information that may be useful to them. A variety of speakers will address the group throughout the day, and while food will be available for purchase, everyone is welcome to bring their own lunch or may prefer to go offsite and purchase their meal.

Source: <https://minuteman.com/us/locations/wy/cheyenne/news/cheyenne-celebration-to-be-focused-on-older-adults-206674>

Overdue for an eye exam?

August is National Eye Exam Month



*Over 70% of the country's workforce
requires some form of vision correction.*

Getting a regular eye exam is the best way to ensure that you catch problems early, use the right prescription lenses, and generally keep your eyes in great shape. Even if you think all is well, an eye exam is something you really shouldn't be putting off. Here's why...

Early Detection

Many times, only a dilated eye exam by your eye doctor can uncover eye diseases in their earliest stages. It's in those early stages when many diseases are most treatable. Waiting until there's a noticeable problem can potentially make it harder to treat.

Signs Of Other Problems

Your eye doctor may be able to alert you to overall health problems. Many people think the eye doctor can only tell you if there's a problem with your eyes. But the truth is, a comprehensive eye exam can tell you about other problems such as diabetes, high blood pressure, and high cholesterol. Your doctor will examine the blood vessels, retina, and other parts of the eye to determine if there's a problem that isn't directly about your vision.

Prescriptions

As people age, it's very common for vision to to change which means you could be walking around with the wrong prescription and decreasing your corrective lenses' ability to help you see clearly. This can happen slowly, so you may not notice it right away. A regular eye exam will ensure that you're using the right prescription lenses.

How often are eye exams recommended?

For adults 18-60, a comprehensive eye exam is recommended every two years. For adults over 60, the recommendation jumps to once a year due to the increased risk with age for conditions like glaucoma, cataracts, and macular degeneration. Getting an annual eye exam can catch these issues early on and help to prevent vision loss.

Source: <https://www.ocli.net/blog/august-national-eye-exam-month/>

AWARENESS

Spinal Muscular Atrophy

August is Spinal Muscular Atrophy (SMA) awareness month. SMA is caused by a mutation in the survival motor neuron gene 1 (SMN1). In a healthy person, this gene produces a protein that is critical to the function of the nerves that control our muscles. Individuals with SMA don't produce survival motor neuron (SMN) protein at high enough levels. Without this protein, those nerve cells cannot properly function and eventually die, leading to debilitating and sometimes fatal muscle weakness.

SMA affects approximately 1 in 11,000 births in the U.S., and about 1 in every 50 Americans is a genetic carrier. SMA can affect any race or gender.

There are four primary types of SMA – 1, 2, 3, and 4 – based on the age that symptoms begin and highest physical milestone achieved. Individuals with SMA have difficulty performing the basic functions of life, like breathing and swallowing. However, SMA does not affect a person's ability to think, learn, and build relationships with others.

Source: <https://www.curesma.org/about-sma/>

Stevens-Johnson Syndrome (SJS) is a severe life threatening adverse reaction which can be triggered by almost any medication and in some instances viral infections. Symptoms can include: painful blistering of the skin and mucous membranes often preceded with flu like symptoms and a high fever. As it evolves, the skin literally sloughs off. Almost ANY drug can cause SJS, including over the counter drugs. Everyone should be aware of adverse drug reactions. Educate before you medicate!

You can help shine a light on SJS by joining the **Let It Glow Blue** campaign in August: wear a blue ribbon, wear blue clothing, wear a blue glow necklace or bracelet, get a blue lightbulb for your home or office, change your profile picture to blue or add a SJS badge to it, and post photos online with the tag #GlowingBlue4SJS. You can also participate in a virtual run/walk on August 31st. Visit the SJS Kids page, <http://www.sjskidsupport.org/awareness-events>, for more information on SJS Awareness Events in August.

Source: <http://sjsupport.org/>

Stevens-Johnson Syndrome

National Immunization Awareness Month

National Immunization Awareness Month (NIAM) is an observance held in August to highlight the importance of getting recommended vaccines throughout life. The COVID-19 pandemic has impacted all aspects of life, including the ability to attend important appointment and receive routine vaccinations. During NIAM, talk to your doctor, nurse, or healthcare provider to ensure you and your family are protected against serious diseases by getting caught up on routine vaccinations.

On-time vaccination throughout childhood is essential because it helps provide immunity before children are exposed to potentially life-threatening diseases. As children head back to school this fall, it's a good time to schedule missed well-child visits and get caught up on recommended vaccines.

Vaccine importance continues into adulthood. Adults may need vaccines based on health conditions, job, lifestyle, or travel habits. Adults can use the CDC's Adult Vaccine Assessment Tool to help determine what vaccines may be needed.

Source: <https://www.cdc.gov/vaccines/>



MISSION STATEMENT

To establish, expand, protect, and enforce the human and civil rights of persons with disabilities through administrative, legal, and other appropriate remedies.

CONTACT US

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