



AGEWELL
Physical Therapy & Wellness, P.C.

WE'VE BEEN VACCINATED!

Read more inside on the measures we're taking to keep you safe in our clinic!

*Ask About
Our FREE
Transportation!*

HOW PHYSICAL THERAPY CAN HELP COMMON HEALTH RISKS IN PEOPLE OVER 60

Read more inside on How Physical Therapy Can Help,
Healthy Recipe: Heart Healthy Hummus, and 7 Tips For Better Heart Health!

www.AgeWellIPT.com



HOW PHYSICAL THERAPY CAN HELP COMMON HEALTH RISKS IN PEOPLE OVER 60

Are you worried about how getting older is affecting your health? Have you put off taking care of yourself and now find your aches and pains seem to be limiting what you can do? At AgeWell Physical Therapy & Wellness, P.C., our physical therapists can address your overall health and guide you back to feeling good again!

As we age, our bodies become more susceptible to certain health risks, causing us to slow down and risk additional problems. We begin to notice the wear and tear that has developed throughout the years is limiting more and more of our everyday activities.

Age brings a higher risk of chronic diseases such as dementia, heart disease, type 2 diabetes, arthritis, and cancer. In adults 60 and older, these chronic conditions lead to serious illness, disability, and death.

Luckily, physical therapy can help improve some of the health conditions that your body may experience with age. If you are looking for solutions, AgeWell Physical Therapy & Wellness, P.C. can help!

What Are The Most Common Age Related Health Conditions

Aging can certainly seem daunting, as it brings with it a slew of possible health issues. According to the World Health Organization, between 2015 and 2050, the proportion of the world's population over 60 years will nearly double from 12% to 22%. It is important to know what challenges to look out for when you reach age 60 and above.

For most older adults, good health ensures independence, yet far too many struggle every day with health and safety challenges such as chronic disease, falls, and mental health issues. All of these conditions can severely impact your quality of life.

Some common health issues people face as they age include chronic diseases like cardiovascular disease, hypertension, cancer, osteoporosis, osteoarthritis, and diabetes have a significant impact on your health and function.

Normal aging causes changes to our sensory system (i.e., eyes, ears, touch, taste, and smell) and changes to muscle strength and fat makeup. There are many regular age-related changes in the immune system, including a chronic inflammatory state and changes to our bowel and bladder function.

One of the most important considerations is how aging affects our cognitive health. Significant changes to our psychological and cognitive function lead to conditions like dementia/ Alzheimer's and depression. These types of health risks impair one's memory, making it difficult to remember and recall as quickly as they used to, in addition to hindering the ability to learn new things.

Our physical function is affected due to the changes in our muscles and joints. This leads to an expected reduction in our walking speed and overall mobility decline. Unfortunately, these changes also make us more susceptible to falls. Falls are the leading cause of injury among older adults.

**Get Your Life Back with
AgeWell Physical Therapy**

*Give us a call at (516) 488-8808 today to
schedule your appointment!*

Call (516) 488-8808 or visit www.AgeWellPT.com to schedule your appointment today!

HOW PHYSICAL THERAPY CAN HELP

There are some preventative measures that you can take on your own to try and avoid some of these health conditions; however, sometimes, the aid of a professional becomes necessary. Physical therapy treatments are a safe, healthy, and easy way to correct some of these conditions and prevent your risk of developing them.

Together with our physical therapists, we can create a physical exercise plan to ensure you're getting as much physical activity as you can throughout the day. This will include treatment-specific exercises to increase strength and overall mobility to help prevent other health issues.

It is also essential to maintain a healthy diet, ensuring you have sufficient protein to help with bone strength and minimize muscle wasting. Our physical therapists can help set up a meal plan for you to ensure you're getting the nutrients you need and maintaining a healthy weight.

Your physical therapist may also suggest at-home exercises for you to do. They may also offer another form of treatment, such as aquatic therapy, to increase muscle strength and ease discomfort.

Call Today To Schedule An Appointment

If you are suffering from some of these health conditions or think you might be, give our team at AgeWell Physical Therapy & Wellness, P.C. a call today.

We'll be more than happy to schedule a consultation with you and discuss how we can help treat some of these conditions. Aging doesn't have to be as daunting as it seems – **our physical therapists can help you maintain your highest quality of life!**

Sources:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5732407/>
<https://www.ncoa.org/article/the-top-10-most-common-chronic-conditions-in-older-adults>
<https://www.who.int/news-room/fact-sheets/detail/ageing-and-health>



HEALTHY RECIPE HEART HEALTHY HUMMUS

- 2 cans (16 oz each) reduced-sodium chickpeas, rinsed & drained except for 1/4 cup liquid
- 1 tbsp extra-virgin olive oil
- 1/4 cup lemon juice
- 2 garlic cloves, minced
- 1/4 tsp cracked black pepper
- 1/4 tsp paprika
- 3 tbsp tahini (sesame paste)
- 2 tbsp chopped Italian flat-leaf parsley

Using a blender or food processor, puree the chickpeas. Add the olive oil, lemon juice, garlic, pepper, paprika, tahini and parsley. Blend well. Add the reserved liquid, 1 tablespoon at a time, until the mixture has the consistency of a thick spread. Serve immediately or cover and refrigerate until ready to serve.

Source: <https://www.mayoclinic.org/healthy-lifestyle/recipes/hummus/recipe/20049675>

Let's get you back to feeling your best.

Give us a call at (516) 488-8808 today!

7 TIPS FOR BETTER HEART HEALTH!

1. Aim For Lucky Number Seven.

Young and middle-age adults who sleep 7 hours a night have less calcium in their arteries (an early sign of heart disease) than those who sleep 5 hours or less or those who sleep 9 hours or more.

2. Keep The Pressure Off.

Get your blood pressure checked every 3-5 years if you're 18-39. If you're 40 or older, or if you have high blood pressure, check it every year.

3. Move More.

To keep it simple, you can aim for 30 minutes a day, 5 days a week of moderate exercise. Even if you exercise for 30 minutes a day, being sedentary for the other 23 1/2 hours is really bad for your heart.

4. Slash Saturated Fats.

To help your heart's arteries, cut down on

saturated fats, which are mainly found in meat and full-fat dairy products. Choose leaner cuts and reduced-fat options.

5. Find Out If You Have Diabetes.

Millions of people don't know that they have this condition. That's risky because over time, high blood sugar damages arteries and makes heart disease more likely.

6. Think Beyond The Scale.

Ask your doctor if your weight is OK. If you have some pounds to lose, you'll probably want to change your eating habits and be more active.

7. Clean Up.

Your heart works best when it runs on clean fuel. That means lots of whole, plant-based foods (like fruits, vegetables, nuts, and seeds) and fewer refined or processed foods (like white bread, pasta, crackers, and cookies).



LEAVE US GOOGLE REVIEW!

Scan the QR Code to visit our Google Reviews page and tell the world about your experience with AgeWell Physical Therapy!



"I've been to other PT offices and this is by far the best. Friendly, professional, effective!" - 5-Star Review

WE'VE BEEN VACCINATED!



OUR EMPLOYEES ARE WEARING PROPER MASKS



OUR EMPLOYEES ARE PRACTICING SAFE DISTANCE



OUR EMPLOYEES ARE USING GLOVES WHEN NECESSARY



OUR EMPLOYEES ARE WASHING HANDS REGULARLY



OUR EMPLOYEES ARE AVOIDING HUGS & SHAKING HANDS