



wellnessupdate

FROM THE GREENBERG ACADEMY FOR SUCCESSFUL AGING

Get in the Habit! Your Guide to Home Food Safety

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Food borne illness in your home can come from mishandling of food, improper cooking, improper reheating, and food storage. The good news is that by following simple precautions, much of it can be prevented and you can stay healthy.

Food Handling

- Wash hands before, during, and after meal preparation. Use warm water and scrub hands for 30 seconds.
- Wash all counter tops, cutting boards, and surfaces after each use with mild dishwashing soap and warm water.
- Keep two separate cutting boards: one for raw meat, poultry, and seafood; the other for fruits, vegetables, breads, and ready-to-eat foods.
- Defrost raw meats on a dish in the refrigerator, under running cold water, or in the microwave. Do not defrost on the countertop. After use, wash the dish in warm soapy water. Serve the cooked meat on a clean plate.
- Marinate food in the refrigerator. Discard marinade or cook to a boil before use.
- Wash all fresh fruits and vegetables, even those you are going to peel.
- Rinse the tops of all cans, jars, and bottles.

Cooking and Reheating

- Buy and use a meat thermometer. This is the only way to ensure that food is safely cooked.
- Follow these guidelines for internal temperature:
 1. Beef, veal, pork, lamb (whole or ground) at 160° F
 2. Poultry at 180° F
 3. Fish – opaque flesh, flakes with fork
 4. Casseroles, egg dishes at 160° F
- Avoid raw eggs, raw or rare meat, raw shellfish, and unpasteurized milk or cheeses if you have a weakened immune system.



- Always reheat leftovers to at least 165° F. If using the microwave, make sure to rotate food and stir it at least once during cooking to eliminate cold spots. Let stand one minute after cooking time is done for heat to distribute. Then check the internal temperature to make sure it is 165°F.

Food Storage

- Buy and use a refrigerator and freezer thermometer.
- Make sure your refrigerator is set below 40°F, and your freezer below 0° F.
- Refrigerate perishable foods immediately when returning from grocery store.
- Refrigerate all leftover foods within two hours of meal.
- If you are outdoors in 90° heat or greater, food should be refrigerated after one hour.
- If perishable food is sitting at room temperature for more than two hours, discard it.
- Consume leftovers that have been refrigerated within 3-5 days.
- Consume foods before the expiration or “use-by” date.
- Luncheon meats and spreads should be consumed within 3-5 days of opening.

Being smart about food safety will help prevent food borne illness. The fewer days you are sick, the more days you have to enjoy all the wonderful foods of the season! For more information please visit www.homefoodsafety.org.



SAVE THE DATE FOR UPCOMING LECTURES!

Exercise and Healthy Aging: Oct. 7, 2008 10:30-11:30am. Free.

Hearing and Balance: Oct. 27, 2008 10:30am-11:30am. Free.

Location: Hospital for Special Surgery, 535 East 70th Street. To register, please call 212.774.2793.

Exercise Safe: Don't be Beat by the Heat

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It's summer, a time when most people like to get outside, feel the fresh air and bask in the sun! It can be exhilarating to be outdoors! But, what do you do when the heat is beating you? Here are some tips to keep you safe and cool:

Do's of Exercising in the Heat:

- **Do wear plenty of waterproof sunscreen when you walk outside.** It is important to cover your skin, wear a hat to cover your face, and wear loose clothing to avoid overheating. Lighter color clothing will reflect the sun better than darker colors.
- **Do drink plenty of water before, during, and after exercise.** Dehydration can set in quickly. Some signs and symptoms of dehydration are excessive thirst, flush face, difficulty passing urine, feeling weak, fatigue, cramping in arms or legs, headaches, and dry mouth.
- **Do exercise early in the morning or late afternoon/evening.** The hottest times of the day are between 10 am and 3 pm.
- **Do avoid the sun when you are exercising outdoors.** Attempt to exercise or walk in shaded areas or on the shady side of the street.

Don'ts of Exercising in the Heat:

- **Don't exercise excessively when the heat is above 90° For 75% humidity.** It is difficult for your body to acclimate itself to high temperatures and humidity.
- **Don't exercise strenuously in heated pools in the summertime.** Although you may be in water your body can still become overheated or dehydrated. Be sure to take notice of the signs and symptoms listed above.
- **Don't continue to exercise if you feel dizzy or nauseous.** Take a break, sit down, and drink some water in a shaded area. If the dizziness or nausea does not subside seek medical guidance.
- **Don't begin a new exercise program in extreme heat.** Your body requires time to adjust itself to exercise and gradual onset of an exercise program in milder weather is best.

It is important to remember to listen to your body! If you feel uncomfortable in any exercise situation stop what you are doing and consult a health care practitioner for assistance. Always exercise safely and enjoy your workout!

Joint Protection: What You Should Know

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A joint is the point of juncture between two bones. Joints, because of their locations and constant use, are prone to stress, injuries, and inflammation. Among the most common diseases affecting the joints are osteoarthritis and rheumatoid arthritis. If you are coping with arthritis or other conditions involving the joints, there are several healthy principles you can follow to maintain optimal functioning and protect your joints from excessive stress, overuse, and injury.

#1 Respect Pain

Perform activities only up to the point of slight fatigue or slight discomfort. Pain lasting more than one hour after an activity is a warning signal. For pain relief, utilize heat and/or ice. For morning pain and stiffness, use a warm, electric heating pad or take a warm bath or shower being careful not to burn the skin. Contact your physician if pain persists.

#2 Balance Your Activities

Set priorities and plan your day or week in advance to include healthy activities, rest, and relaxation. Begin a program of regular exercise as instructed by your physician, physical or occupational therapist. Exercise will help maintain strength, mobility, fitness, and your ability to meet the physical demands of daily life. Gentle range of motion exercises can be performed even when you are experiencing pain. For a healthy, balanced lifestyle:

- Spread out light and heavy tasks throughout the day.
- Take short rest periods between activities.
- Vary activities to include reading, hobbies, or social events that provide enjoyment and relaxation.

#3 Use Large Joints

To accomplish tasks, use large, strong joints like the wrist and palm instead of the fingers; the elbow instead of the wrist; the shoulder rather than the elbow. Stress is better tolerated by the larger, stronger joints, so let them do the work.

Follow these helpful tips:

- Use the palm when lifting or carrying small objects and use shoulder straps on bags or briefcases. Do not grip bag handles with your fingers or carry a handbag over your forearm.
- Use two hands or the side of your body to open heavy doors.
- Push up on your palms or forearms when getting up from a chair.

#4 Distribute Weight

Lift, carry, and hold items with both hands or with your arms. Avoid placing excessive weight or strain on one or two joints. Prolonged kneeling and squatting may cause harmful joint stress.

Try these actions to help distribute your weight:

- Protect the knees with knee pads or floor cushions.
- Use two hands to carry pots and pans.
- Put one hand on the handle—use the other palm to support the bottom.
- Use both arms to carry grocery bags.
- Keep bags close to the body.
- Use two hands to hold a cup or mug.
- Use long handled equipment to clean floors and bathtubs.

#5 Change Position & Maintain Stability

Enhance flexibility and mobility by changing position frequently and not holding joints in fixed positions for long periods of time. Do stretching exercises every 10-15 minutes when writing, typing, or using a computer keyboard, and use a high stool or chair during activities to avoid long periods of standing. Reduce stress by using each joint in its most stable and functional position. Avoid twisting and turning motions which decrease muscle power and joint stability and may result in injury.

#6 Use Aids/Techniques

Many items and protective techniques may be used to decrease joint stress, overuse, and injury. Try the following techniques:

- Use cushioned soles or inserts to reduce spinal and leg stress.
- Avoid shoes that are too narrow or high-heeled.
- Use built-up handles made of foam or plastic for ease in holding pencils, toothbrushes, etc.
- Use a piece of rubber to remove jar lids, and open jars with the right hand and close with the left.

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- Lie flat with the knees straight for one hour a day, and do not use a pillow under the knees unless you have back pain.
- Rest your head on the palm of your fully extended hand, avoid weight on your knuckles and do not make a fist or rest your knuckles under the chin or under the side of the jaw.

#7 Use Correct Posture

Correct posture and alignment reduces stress and prevents injury. Use proper body mechanics to ensure safe activity performance:

- Keep back straight.
- Bend at the knees and hips, not at the waist.
- Separate feet to widen base of support.
- Avoid twisting or jerking while lifting.
- Keep load close to body.
- Stand on a low, stable foot stool when reaching for high objects.
- Avoid straining the neck and back.
- Use a reacher tool to grasp high or low objects.
- Select a firm chair with arms and good back support.
- Use a tall chair, high enough to sit down in and stand up from without difficulty.
- Scoot forward before standing up.

For back pain:

- Put a pillow between your knees when lying on your side.
- Put a pillow under your knees when lying on your back.
- Avoid lying on your stomach.

THE GREENBERG ACADEMY FOR SUCCESSFUL AGING

The Greenberg Academy for Successful Aging is a collaborative program of Hospital for Special Surgery's Education Division and New York-Presbyterian Hospital's Irving Sherwood Wright Center on Aging. Our mission is to educate and empower adults 65+ through health education workshops, lectures and wellness classes. For more information, please contact:

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Visit our web site www.hss.edu/pped for information on upcoming programs.

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Healthy Bones: What You Can Do

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Osteoporosis and broken bones do not have to be a normal part of aging. In New York State alone, at least three million women and men (age 50 and over) either have osteoporosis or are at significant risk of developing osteoporosis. Osteoporosis is a disease that causes bones to become thin and weak, often resulting in fractures (broken bones). Fractures can cause debilitating pain, reduced mobility, and can interfere with daily activities. The good news is a simple bone mineral density test (BMD test) can diagnose osteoporosis. DXA or dual x-ray absorptiometry is the gold standard test for osteoporosis. If you are over the age of 65, you are considered at possible risk for osteoporosis. Speak to your healthcare provider about getting a prescription for this important test.

Other steps everyone should follow for optimal bone health

- Eat a healthy diet including enough calcium and vitamin D
 - adults age 50 and over need 1,200 mg of calcium daily
 - adults 50 and over get 800-1,000 IU of vitamin D daily
- Exercise regularly, at least 3 times a week
- Avoid smoking and tobacco products
- Avoid the excessive alcohol consumption
- Maintain normal hormonal balance in premenopausal women
- Avoid excessive dieting and excessive thinness
- Talk to your health care provider about your fears of falling

NYSOPEP (New York State Osteoporosis Prevention and Education Programs) provides education about the causes of osteoporosis, the value of prevention and early detection, and options for treatment. NYSOPEP information is accurate, current, and research-based. For more information on educational programs and health information, contact Robyn Wiesel, CHES, NYSOPEP Coordinator, 212.774.7326 or visit www.nysopep.org.