



nandhavanam

The Castle for Dignified Seniors

Welcome to another exciting edition
of October Newsletter..!!!!.

CEO Message

I am glad to meet you all again through this newsletter. In the last one month project Nandhavanam has shown remarkable development. Succeeding the completion of compound wall other infrastructural works like Park, Yoga Court, Open-air Theatre are in progress.

Nandhavanam participated in Retirement Expo held in Hyderabad on 22nd and 23rd of Oct,2011. All the three Retirement Expos we participated had good response. Nearly 5000 people visited our stall. At this speed, we are confident that Nandhavanam will start functioning before September 2012.

Let's meet in upcoming News Letter with more updates and developments.

Sincerely,

Bright Gnana Singh.



IN THIS EDITION

CEO MESSAGE

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EXPO,2011
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Medicare for Elders



One deserves to feel good and healthy with age. Age over 60 doesn't mean that one can't be independent, vital, and healthy. With the growing elderly population and decreasing caring population it is important to know what to do to stay healthy. It's a known fact that one should undergo annual checkup, but how many actually do it? And how many understand the tests and examinations that are done to stay healthy? Most of the people will answer "no" to at least one of those questions. There are certain recommendations on simple medical tests that can be performed while visiting the doctor to keep seniors healthy, happy, and safe. Additional tests are recommended based on one's personal health profile.

Routine Tests for All

Blood Pressure: According to current treatment guidelines, the blood pressure target is 130/80 or lower for patients with diabetes. Blood Pressure readings should be taken at every doctor's visit. Yearly checkup will set a baseline.



Height: Significant loss of height can indicate the acceleration of osteoporosis. Height is lost as a result of compression of the spinal cord.

Stepping on the scales: Substantial weight loss or gain without trying can signify serious health problems. Weight gain can mean fluid retention or perhaps heart, liver or kidney disease. Weight loss could indicate infection or cancer.

Vision: Everyone should have their eyes checked on a regular basis. This exam can check for vision, cataracts and even glaucoma. Patients with metabolic syndrome or diabetes should also have an annual ophthalmology exam by an ophthalmologist to check the retina as well.

Dental: A dental exam checks for decay and plaque buildup and to look for signs of inflammation and infection.



Total Skin Exam: Melanoma, the most serious form of skin cancer, is reaching epidemic levels due to excessive sun exposure and loss of the protective ozone layer. It is important that one gets a head-to-toe check of skin on an annual basis.

Blood Work: Yearly blood work should include a blood count to rule out any bleeding problems, glucose levels to detect diabetes, thyroid function tests to rule out any thyroid disorder, and blood electrolyte counts, which can detect kidney problems and early heart problems.

Complete Blood Count: (optional) The most common blood test. The complete blood count (CBC) measures the number, size and shape of the different types of cells in the blood.

ECG(Electrocardiogram): It is a test that checks for problems with the electrical activity of the heart. If you are at increased risk for heart disease, one should go for special CT scan, stress test using a heart ultrasound or special dye to get more accurate pictures of the heart.

Blood Urea Nitrogen and Creatinine is tests of your kidney function.

Fecal Occult Blood Test: This test should also be done yearly. Blood in the stool can be an early indication of colorectal cancer.



Tests For Men

Prostate Exam: It is suggested for men to undergo digital exam of prostate after 50.

Prostate Specific Antigen (PSA): Prostate Specific Antigen is a blood test that can indicate prostate cancer. Men over the age of 50 should discuss the pros and cons of PSA screening with their doctors.

Tests For Women

Mammogram: A mammogram is an x-ray that can detect breast cancer in early stage; often before a lump can be felt. Women over 50 should have this test yearly. Women at high risk for breast cancer should ask about a digital mammogram and an MRI. Monthly self breast exams should also be done.

Waist circumference (WC): Women with increased WC over 35 inches are at increased risk of metabolic syndrome, diabetes, heart disease and cancer of breast and uterus. One should ask for a **C-reactive protein test** – and important test of blood inflammation and marker of future heart disease risk. This should be done every three years, or yearly if at higher risk for cervical or vaginal cancer. A pelvic exam can check the condition of your uterus and cervix, ovaries, and rectum. A regular Pap test to examine the cells of your cervix to diagnose cervical cancer and changes that could signal cervical cancer is important too.

You are healthy at 50–60, if you have...

- Sleep 7-8 hours at night
- Blood pressure <120/80
- Fasting blood glucose <100
- Waist circumference under 35 inches
- Blood lipids: LDL cholesterol <100, HDL > 50, TG (triglycerides) <150
- EKG: baseline and CRP blood test if WC over 35 inches
- Don't smoke
- Eat fruits, veggies, grains and healthy fats
- <1 glass wine daily
- Exercise/walk 30 minutes or more daily
- Strong friendships
- Relaxation/reduce stress in your life

Medical screening tests are gifts that keep on giving – one will enjoy better health and may add years to one's life. These visits only take an hour or two of one's time, and the results are priceless. Make sure one asks for copies of all the test results and keep them in chronologic order in the health record. In addition, keeping an ongoing log of any tests or procedures one had and recording the information in the calendar will help remind one to schedule regular checkups such as mammograms and a cholesterol check.

get check-ups





Retirement India Expo, 2011

-Participation by Nandhavanam in Hyderabad



“...very very Noble Work...”
-Dr.T.K. Rao Kulkarni
Hyderabad



“Good venture”
-S N Manoharan





Developmental Activities - Nandhavanam



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