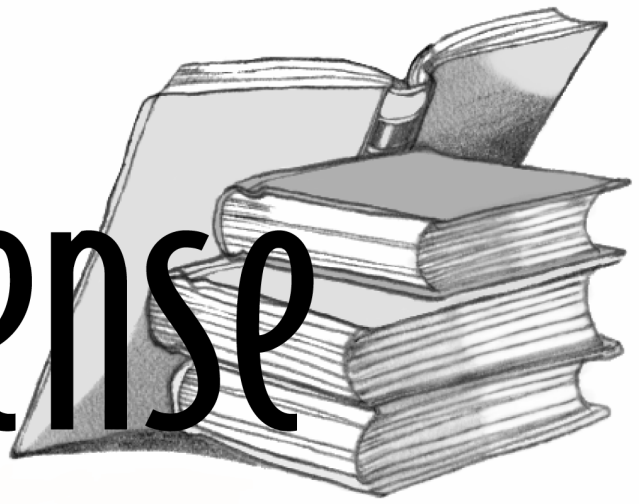


Senior Sense



Vol. XIV No. 4

Your Health

Peripheral Artery Disease

No one denies we have more aches and pains as we get older. But you may need to pay attention if you have leg pain when you walk. This could be peripheral artery disease (P.A.D.), a serious disorder caused by clogged arteries that limits blood flow in the legs. Just like clogged arteries to the heart, clogged arteries in your legs increase your risk for heart attack and stroke.

The National Heart, Lung and Blood Institute report that one in every 20 Americans over age 50 has this problem. If it is detected and treated early, you will feel better, move easier and reduce your risk for a heart attack, stroke, leg amputation and even death.

You are more at risk for P.A.D. if you:

- smoke or used to smoke;
- have diabetes, high blood pressure and/or high cholesterol;

- have suffered a heart attack, stroke or other circulation problem;
 - are African American.
- Typical symptoms include:
- heavy, tired legs that may cramp when you walk or climb stairs, but feel better when you stop;
 - pain in legs and feet that disturbs sleep;
 - sores or wounds on feet, toes or legs that heal poorly or not at all;
 - skin on feet that has changed color (often paleness or blueness);
 - one leg that is cooler than the other;
 - poor nail or hair growth on the toes and legs.

Discuss your symptoms with your health care providers if you think you are at risk. Your provider can then check the pulses in your ankles and compare them to the blood pressure in your arms. If this test indicates you may have a problem, your provider may then use a Doppler ultrasound test to measure the actual blood flow in the arteries of your arms and legs. These tests are painless and can be done

during your regular medical check-up.

If you have P.A.D., you will need to quit smoking if you smoke and control your blood pressure, cholesterol level

and, if you have diabetes, blood glucose levels. You will also need to adopt a healthy eating

plan that increases fruits, vegetables and whole grains while lowering your intake of saturated fat and trans fatty acids (animal fats and hydrogenated and partially hydrogenated vegetable oils). You will also benefit from regular physical activity for at least 30 minutes a day and losing weight if you are overweight. Your health care provider may also prescribe medicines to lower your blood pressure, reduce your chances of forming a blood clot that could cause a heart attack or stroke and relieve leg pain when you walk or climb stairs.

If you have a leg with a completely blocked artery, you may need surgery. Typically the artery is either opened with angioplasty or a blood vessel from another part of the body is put in to bypass the blockage.

Turkey Cranberry Delight

- 1 tablespoon reduced fat cream cheese
- 1 ½ tablespoons cranberry sauce
- 1 tablespoon finely chopped celery
- 1 leaf lettuce
- 2 slices whole wheat bread

2 ounces of cooked sliced turkey

1. Mix cream cheese with fork to soften. Add the cranberry sauce and the celery. Mix well.
2. Spread cream cheese mixture over one slice of bread. Layer on the lettuce and meat. Top with the other slice of bread. Makes one sandwich.

Discuss your symptoms with your health care providers if you think you are at risk. Your provider can then check the pulses in your ankles and compare them to the blood pressure in your arms.

Nutrition Information:

Calories:	292
Carbohydrate:	34 grams
Protein:	24 grams
Fat:	7 grams
Cholesterol:	48 milligrams
Sodium:	393 milligrams
Fiber:	4 grams

Diabetic Exchanges: 2 starches, 3 lean meats

Adapted from a recipe from the Butterball Turkey Web site: www.butterball.com

Your Resources

Six Credit Reports a Year, Free!

Most people believe “you get what you pay for” so anything that’s free won’t be as good as a similar product or service you can buy. Free offers arouse suspicions. If it sounds too good to be true, it usually is. There’s always a catch, often buried in the small print, flashed on the television screen

briefly, or stated lightning fast at the end of the advertisement.

If you are a Georgia resident, there is no catch. You can obtain a total of six free credit reports every year. Federal law entitles you to one free credit report from EACH of the three credit reporting agencies (Equifax, Experian, and TransUnion). Georgia law entitles you to one additional free credit report from EACH of the there major credit reporting agencies as well. That's a total of six free credit reports every year.

Depending on your needs, you have several options for how you obtain your free credit reports. It's a good idea to obtain one copy of your credit report from each of the three credit reporting agencies a month or two before you apply for a loan. Remember, the interest rate you pay for any loan is based largely upon the information contained in your credit report. Examining your credit report before you apply for a loan allows you to catch errors that may increase the cost of credit for you or negatively impact your ability to obtain credit.

In addition to lenders, there are other entities that may examine your credit report. Many employers, particularly in the financial services industry, will examine a credit report as part of the interview process. Landlords will typically request a copy of your credit report before deciding to rent to you. Automobile insurance companies

increasingly rely upon the information contained in credit reports to determine how much you will pay for coverage. If you're facing any of these situations, it's probably in your best interest to request a copy of your credit report from each of the credit reporting agencies to make sure the information is accurate and complete.

Perhaps you are more settled in life and have no intention to borrow money, rent an apartment, change your insurance coverage, or apply for a job in the financial services industry. You may be more concerned with information security and the risk of identity theft. If so, rather than obtaining a copy of your credit report from each of the credit reporting agencies at the same time, spread them out across the year. Request a free

copy from one credit reporting agency every other month to monitor your credit report throughout the year.

No matter what situation you're in, it's a good idea to check your

credit report at least once a year. Whether you wish to obtain a report from each agency all at once or spread out over the year, the procedure is the same. For your first three copies (one free from each credit reporting agency), call 1-877-322-8228 or visit <http://annualcreditreport.com>. You can request a copy of your credit report from all three agencies at once, or you can request one from each agency every

Examining your credit report before you apply for a loan allows you to catch errors that may increase the cost of credit for you or negatively impact your ability to obtain credit.

other month or so until you've received a free credit report from all three.

For your second free credit report from each credit reporting agency, you'll need to contact the credit reporting

agencies directly.

Online, visit the

<http://annualcreditreport.com> site and use the links or call toll free (Equifax: 1-800-997-2493, Experian: 1-888-397-3742, or TransUnion: 1-800-888-4213).

One other notable trend today is the Internet's role in strengthening communication among extended families.

by-step directions for easy Internet use, sites that can increase type size, or online communities that foster friendships among seniors. However, perhaps the most notable trend today is

the Internet's role in strengthening communication among extended

families.

Many factors contribute to this trend, especially those that involve money and convenience. If you buy a computer or already own one, the maintenance costs for a basic Internet connection are reasonably low.

Additionally, the Internet allows individuals to stay in contact any time of day almost for free, as opposed to mailing letters or paying for long distance phone calls. Instead, you can now stay in touch with your children, grandchildren, cousins, brothers and sisters and other friends and family by sending e-mail, photos, music, or even video clips throughout the day free of charge.

Furthermore, by taking an active part in the lives of those you love, bonds will be strengthened and new intergenerational ties could form. It is reported that 20% of emails that Americans send are to family members, and of that extended family is contacted at least once a week. From the mundane notes of sharing recipes and jokes or discussing the weather, to the serious talks of finances or living arrangements, communication at all levels yields helps families stay

Your Relationships

Building Family Ties Online

Google and Yahoo? Instant Messaging? Webcams? For some readers, these phrases may sound like a foreign language. To others, they are very familiar. These are just a few expressions that have come to be identified with the newest means of family communication – the Internet.

While the "Information Superhighway" has been in existence for some time now, Internet usage for seniors is at an all-time high. A recent poll concluded that almost 16 million American Internet users are between the ages of 55 and 64. Although using computers and browsers may be daunting at first, many seniors are surprised to find that the Internet is not only user-friendly, but also fun! Many resources are available today for seniors in the online world. These include step-

connected.

Still find yourself having problems with your computer? Call a relative! Asking for help is a positive form of communication, and seniors find themselves asking a family member first for help. In fact, 52% of older Americans in a recent poll stated that they receive internet help primarily from their grandchildren. This reinvigorated connection with members of your family will bring loved ones closer together while enhancing your quality of life.

Lastly, many other opportunities exist for seniors who choose to enter cyberspace. The following websites are geared towards benefiting you:

- www.aarp.org – AARP offers articles and tips for areas such as your health, money and work, legal advice, or travel. This site also directs you toward events that are occurring in your state that may be of interest, as well as provides users with numerous links to other sites that are geared for assisting seniors.
- www.aboutseniors.com/au/ComputerGames.html - If you find yourself with some free time, online games are an excellent way to have some fun while exploring the internet. This site provides a wide variety of games, for free, that are geared for seniors to play online by themselves or against other online users.

52% of older Americans in a recent poll stated that they receive internet help primarily from their grandchildren. This reinvigorated connection with members of your family will bring loved ones closer together while enhancing your quality of life.

- www.fcs.uga/ext/pubs/newsletters.php - This site provides links through The University of Georgia Extension for every past issue of Senior Sense. Whether you want to read an article you have missed or brush up on a topic from a prior newsletter, this website is an excellent resource.
- www.firstgov.gov – FirstGov is a federal website that devotes an entire section for seniors, providing online assistance for all facets of life. Adult education, volunteerism, recreational ideas, and Social Security are some of the many resources available for users to learn more about.
- www.seniorcitizensbureau.com – The Senior Citizens Bureau is a national, non-profit community resource that provides free or low cost services to seniors, particularly aiding with consumer issues such as housing, products, or service providers. It also has a staff available to answer any question you submit online, regarding any topic.
- www.caregiver.org - The Family Caregiver Alliance is based in California but includes nationwide resources about care giving. This is a good source of practical care giving information as well as new research and policy issues.



THE UNIVERSITY OF GEORGIA
COOPERATIVE EXTENSION
Colleges of Agricultural and Environmental Sciences & Family and Consumer Sciences

Dear Friend:

SENIOR SENSE is a quarterly publication provided by your local county Cooperative Extension office. It is prepared by Extension Family & Consumer Sciences specialists at The University of Georgia specifically for the educational needs of older Georgians.

Please contact your local Cooperative Extension office for more information on these and related topics.

Learning *for* **Life**

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