



New Providence Internal Medicine Associates

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An Ounce of Prevention



A major cause of disability in older individuals is falling. A fall can not only cause serious injury such as a fracture, it can make one fearful to go out and to exercise. It is important to wear shoes with good support, use a cane or walker if needed, and remove sources of accidents such as throw rugs.



We'll devote this newsletter to issues associated with aging. It is our goal to help our patients age gracefully and comfortably.



What Don't I remember?

It is expected that we all will have some minor but noticeable loss of memory as we age. For some, though, memory loss is more pronounced. With a careful exam and testing, other

causes can be ruled out. If the diagnosis is dementia, there are medications that may be helpful to prevent further loss of memory. For more information, please do make an appointment or go to www.alz.org.



Exercise. at my Age?

tendons. With lack of use, these become weak and stiff. This, along with arthritis, can make basic mobility and safety a major challenge. The good news is that improvement can be made at all ages and physical conditions. Any activity that strengthens

muscles and keep tendons loose can be very helpful. Walking on a regular basis is something that most of us can do. Lifting light weights can improve muscle tone. Water exercise may be easier for those with arthritis. Taking a class in Tai Chi is excellent for coordination. You don't need to be an athlete to get in better shape.

Senior Insight

A doctor was addressing a large audience: "The material we put into our stomachs is enough to have killed most of us sitting here, years ago. Red meat is awful. Soft drinks corrode your stomach lining. Chinese food is loaded with MSG. High fat diets can be disastrous, and none of us realizes the long-term harm caused by the germs in our drinking water. But there is one thing that is the most dangerous of all and we all have, or will, eat it. Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it?" After several seconds of quiet, a 75-year-old man in the front row raised his hand, and softly said, "Wedding Cake."