

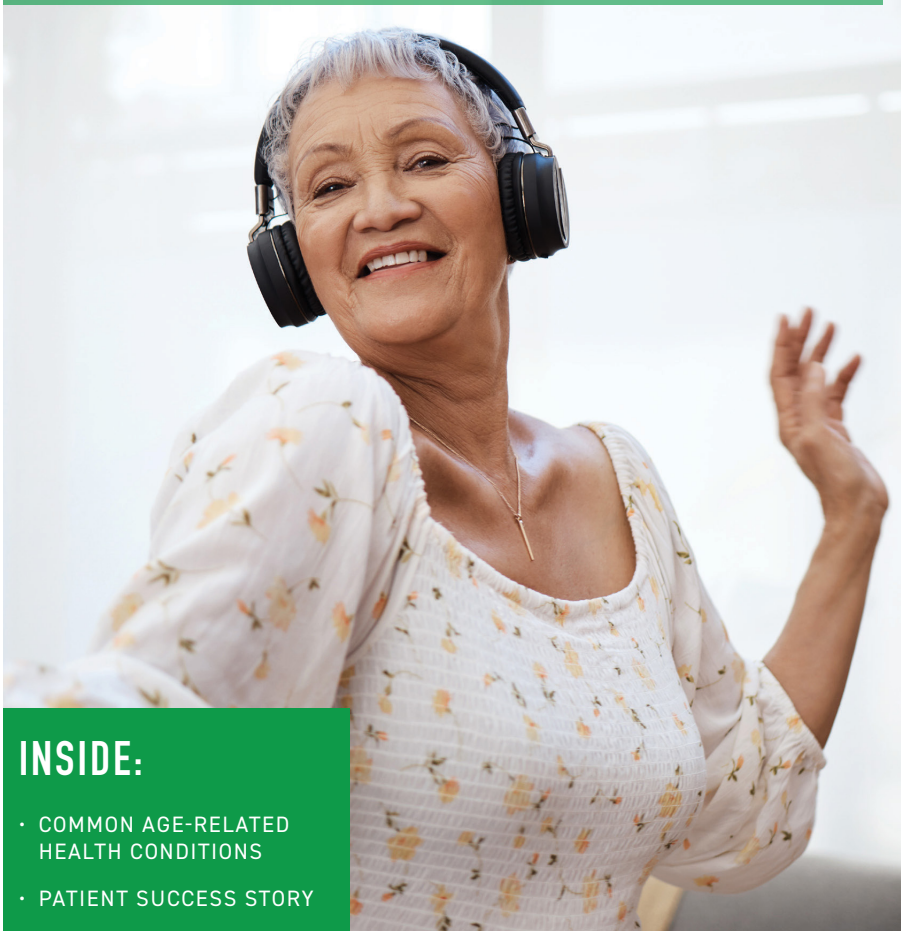


AUGUST 2023

# HEALTH & WELLNESS

The Newsletter About Your Health and Caring for Your Body

## A GUIDE TO STAYING PAIN FREE *FOR PEOPLE OVER 60*



### INSIDE:

- COMMON AGE-RELATED HEALTH CONDITIONS
- PATIENT SUCCESS STORY
- HEALTHY RECIPE

[www.atriumpt.com](http://www.atriumpt.com)



AUGUST 2023

# HEALTH & WELLNESS

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## A GUIDE TO STAYING PAIN FREE FOR 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 Atrium Physical Therapy, 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, Atrium Physical Therapy can help!

**Call our office today for more information.**

### 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, which can 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.

*Continued inside.*

Are you suffering from pain? Call 1.575.888.2806

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# IT'S NO SECRET, PT CAN HELP YOU FEEL BETTER!

## 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 Atrium Physical Therapy 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!



CALL 1.575.888.2806 OR VISIT [WWW.ATRIUMPT.COM](http://WWW.ATRIUMPT.COM) FOR MORE INFO



## Try This Healthy Recipe

### Blackened Chicken With Avocado Cream Sauce

#### INGREDIENTS:

- 4 (4 oz) chicken breasts
- 2 tbsp blackened seasoning
- ½ cup plain, Greek yogurt
- ½ avocado
- 1 tsp lemon juice
- ½ tsp garlic powder
- ¼ tsp salt
- 2 tbsp green onions, thinly sliced

#### INSTRUCTIONS:

Place the chicken breasts and blackened seasoning in a large resealable bag. Seal and shake a few times to evenly coat the chicken. Lightly coat a large skillet with nonstick cooking spray and heat over medium-high heat. Add the chicken and cook until cooked through, 4-6 minutes per side. Meanwhile, in a food processor, combine the yogurt, avocado, lemon juice, garlic powder, and salt and pulse until smooth and creamy. To serve, top each chicken breast with 2 tablespoons of the creamy avocado sauce and garnish with ½ tablespoon green onions.

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## MEET CHANTAL SCOTT, PT, DPT



Chantal was born in South Florida and later moved to North Carolina where she finished High School. She completed her undergraduate education at the University of Connecticut where she participated in track and field, running the short hurdles and short sprints. Chantal earned her Doctorate in Physical Therapy from Hampton University in 2019. Chantal enjoys a good cup of coffee, spending time with her dogs, crocheting whatever she can dream up and trying new restaurants.

### 4 HIKING TIPS FOR FALL

#### 1. Make a Plan and Stick to It.

Don't jump into a hike without having a plan. Map out your trip ahead of time. Tell others where you're going and don't deviate from your route. Sign in at all registration points.

#### 2. Don't Push Yourself Past Your Limits.

Challenging yourself is great, but when it comes to hiking, slow and steady wins the race. The outdoors (especially when alone) is not the place to test your athleticism. Train ahead of time if you are attempting a challenging trail and make sure to hydrate before, during and after your trip. Exercises like yoga will help you with coordination, balance and strength, while cardio training will improve your endurance.

#### 3. Use Your Whole Body.

Many times we give our feet all the credit for carrying us up a steep mountain or through a challenging trail, but we have our whole body to thank! Don't be afraid to use your hands, arms, and even backside to scoot around the mountain! Balance is important and your legs can become tired, especially after a particularly challenging hike.

#### 4. Don't dress to impress.

Hiking is not the time to be a fashionista. Good shoes/boots are a must. Dress for the weather, and in layers in case it changes.



## PATIENT SUCCESS

*"The staff really go out of their way to treat the person and not just the symptom."*

The staff really go out of their way to treat the person and not just the symptom. I have really appreciated how flexible everyone has been in getting me back to some sense of normalcy. -Bill L.

Help us help more people in our community by sharing your experience with Atrium Physical Therapy!



## CORE VALUES



## HAS YOUR PAIN COME BACK? COME BACK TO PT!

Keep up with your physical therapy exercises to relieve pain and prevent further injuries.

If your pain doesn't subside, consult with your therapist about what other things might be causing pain.

Call Atrium Physical Therapy to schedule a complimentary 'discovery visit'. We will spend some time with you to determine if physical therapy might be part of your recovery.

 1.575.888.2806