



# DARE TO AGE WELL



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AFFILIÉ À  
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Fonds de recherche  
Santé

Québec 

**ERA AGE 2**

European  
Research  
Area in  
Ageing



# Let me introduce myself

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# Today's workshop

- Is part of an international research project
- You are not part of the project unless you indicate your intention to me
- Everything is confidential





- Memory problems
- Medication Side Effects
- Bladder problems
- Sleep problems
- Hearing Loss

# **Our agenda today**

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# Memory Problems



- Memory is
  - a component of the brain.
  - faculty of recalling what we have seen, learned, etc.
- Different types of memory:
  - short-term memory (keys, grocery list)
  - long-term memory (childhood)
  - procedural (riding a bike)

# What is memory?

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# Memory Problems

Does this sound familiar?

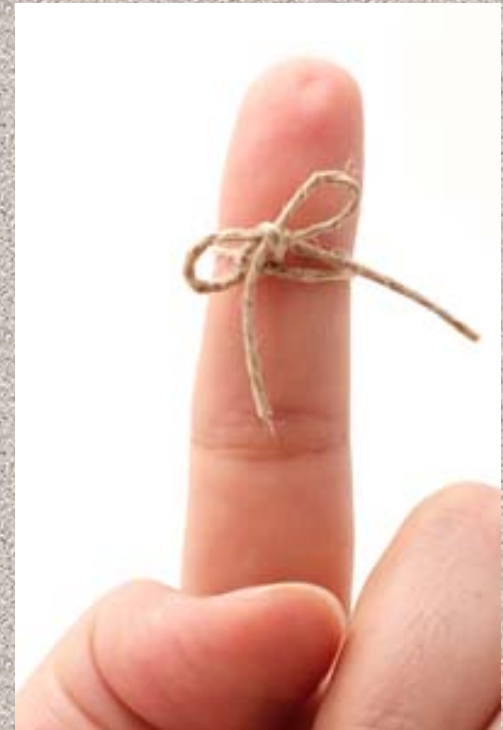
- I forget where I parked my car.
- I can't remember where I left my keys.
- I walk into a room and forget what I came in to get.
- Sometimes my mind goes blank when I try to recall the name of an actor or the title of a song.



# Forgetfulness IS a normal part of memory function

In both older and younger people, forgetfulness usually stems from:

- not paying attention
- information being conveyed too quickly
- information is temporarily inaccessible





1. Take your time
2. Pay more attention
3. Make associations
4. Train your memory
5. Use all your senses
6. Make good use of your agenda (3 P)
7. Use memory aids
8. Apply healthy lifestyles habits:
  - Exercise
  - Get a good night's sleep
  - Eat well
  - Reduce stress
  - Avoid certain medications
  - Get certain diseases under control

# What can you do?

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# Memory troubles that are NOT normal

- Forgetting how to do things you've done many times before
  - Having trouble learning new things that you could have easily learned in the past
  - Repeating sentences or facts in the same conversation
  - Having trouble making choices or handling money
  - Experiencing changes in your behaviour
  - Losing interest in favorite activities and not looking after yourself
-

- 50% of people over the age of 50 complain about their memory.
- 75% of people over the age of 75 complain about their memory.
- Only 7% of 65 to 74-year-olds suffer from dementia, such as Alzheimer's disease

# Statistics

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# Are you worried?

- Talk to your doctor
- Have your memory tested by a health professional



# Side effects of medication





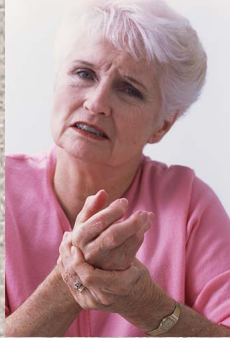


- 9 women out of 10 here today took one pill this morning
- Women aged 65 and over take 3-4 medications every day on average

# Side Effects of Medication

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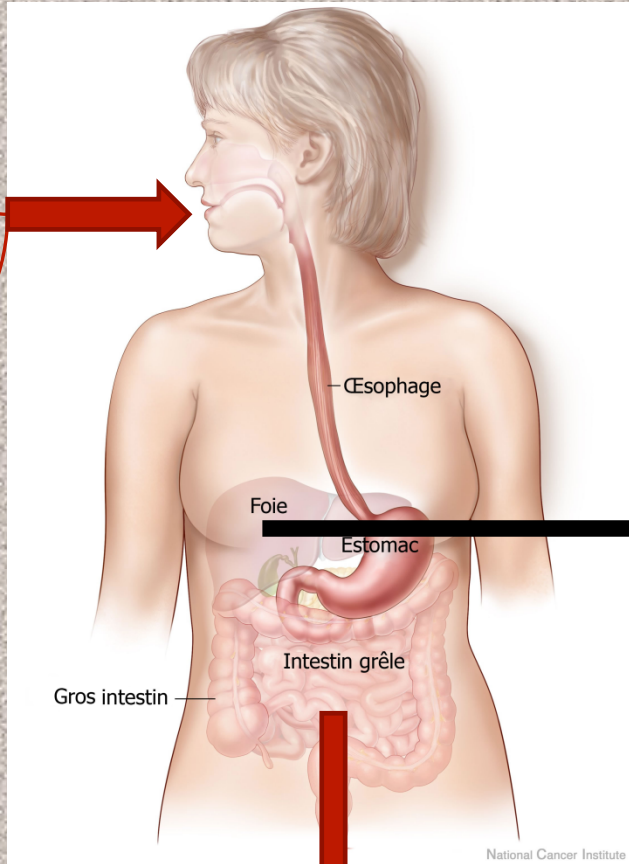
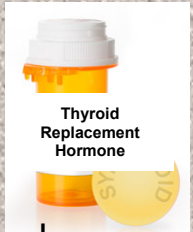




## **Mrs. V., 70 y.o.**

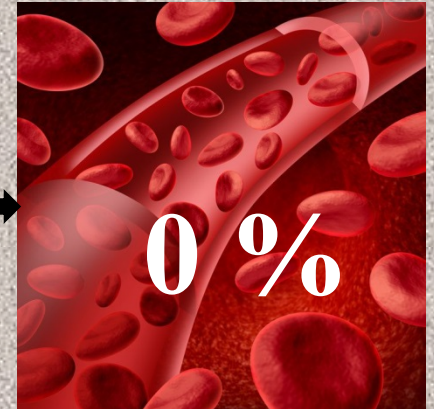
- In good health, but feels tired
  - Takes 3 medications:
    - thyroid
    - depression
    - cholesterol
  - Eats well
  - Exercises 3 times/week (walking)
-

# Drug-food interactions



This drug binds to calcium and 100% stays in the gut.

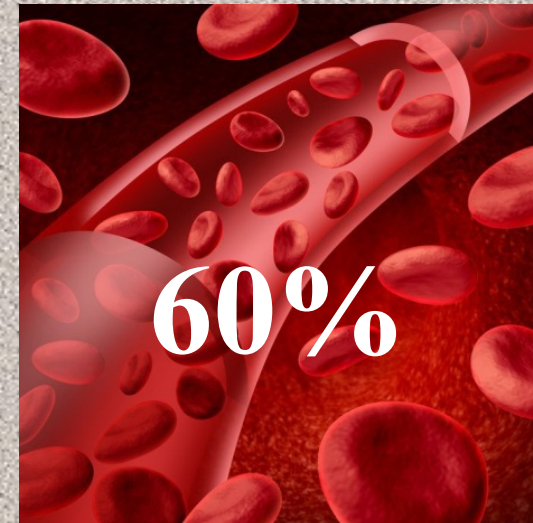
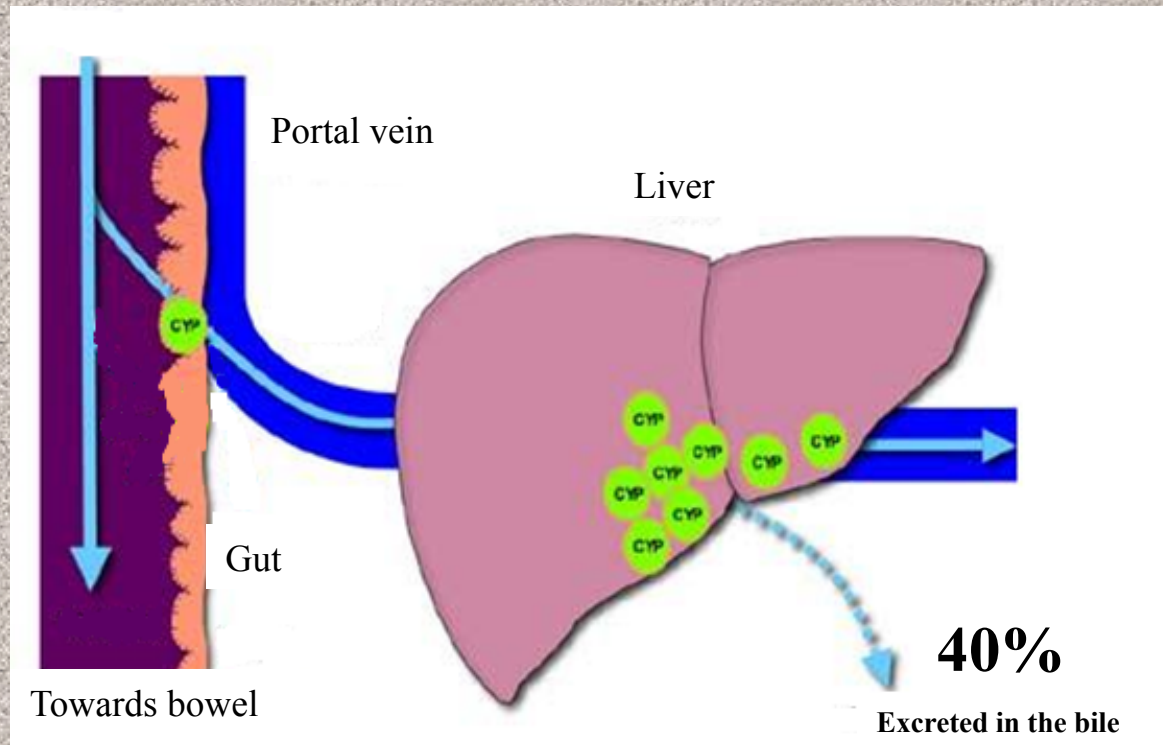
**X**



**100 %**

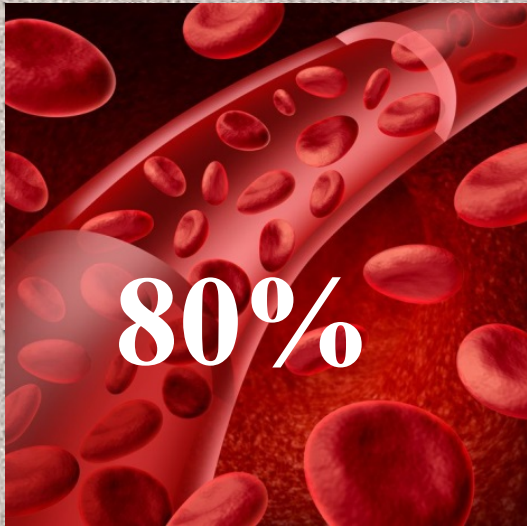
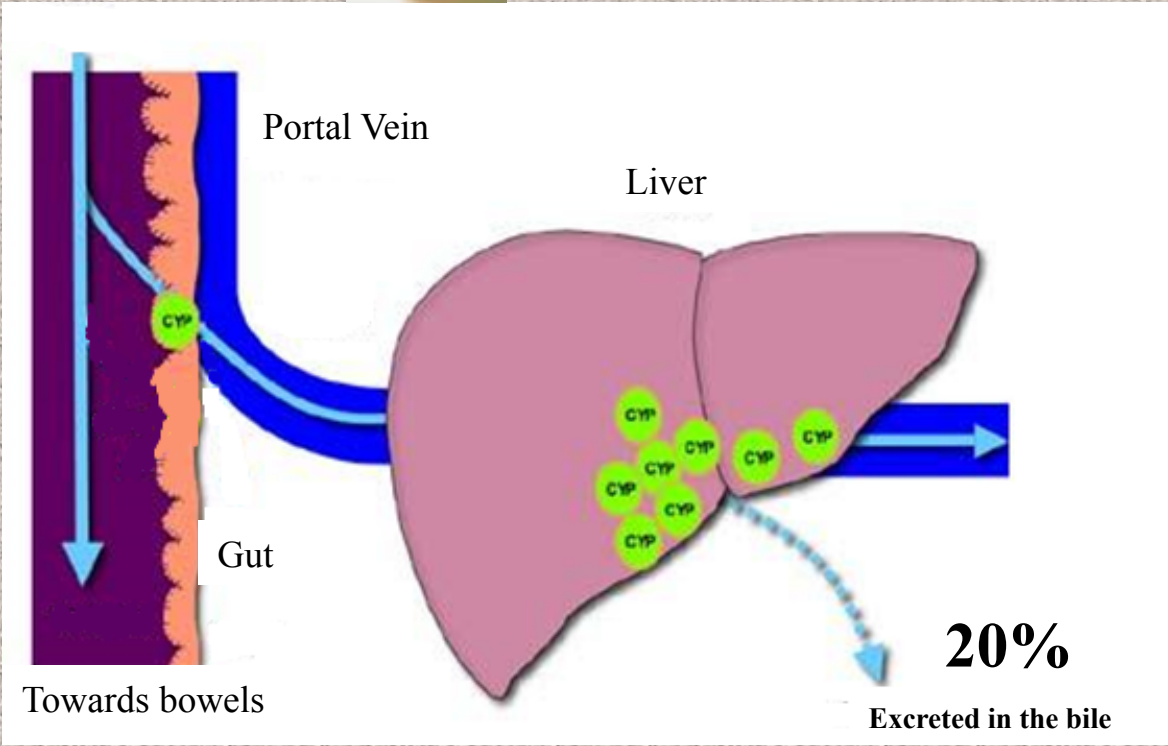


# No interactions – normal absorption – secure dose

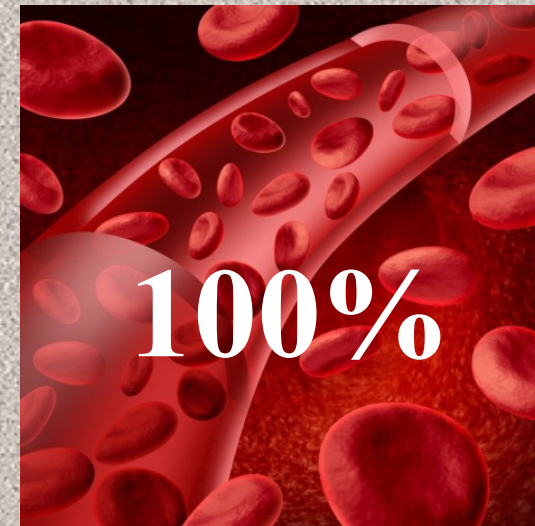
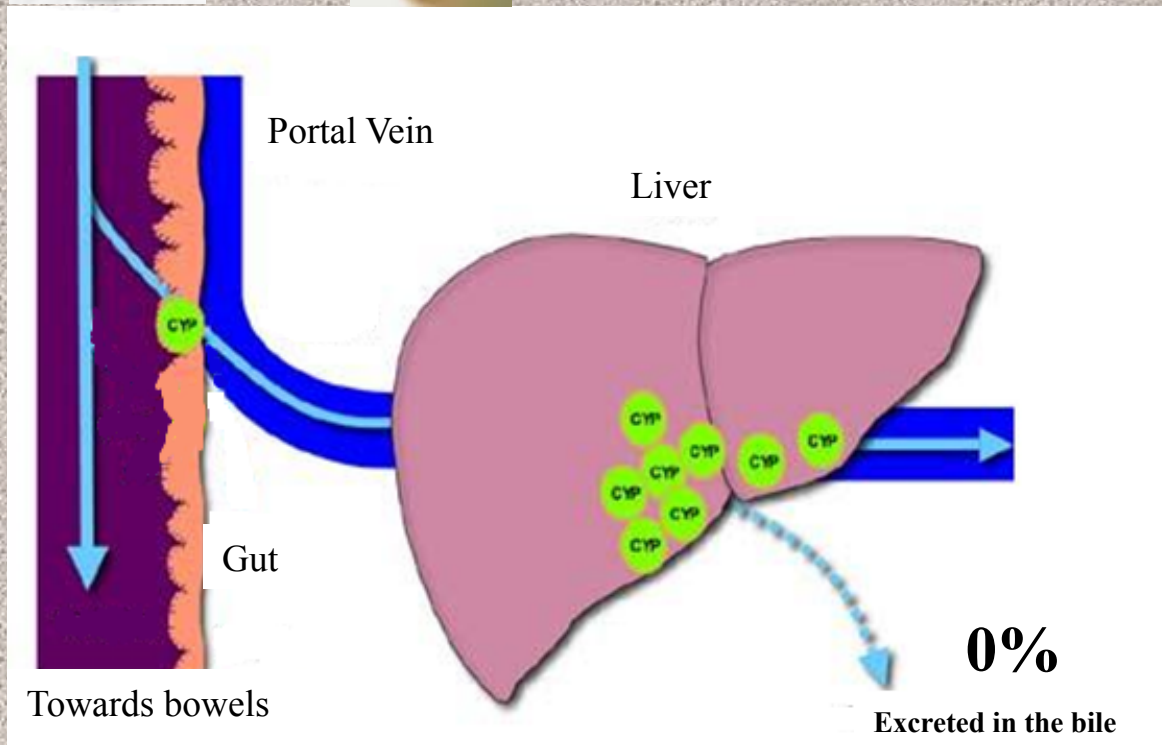




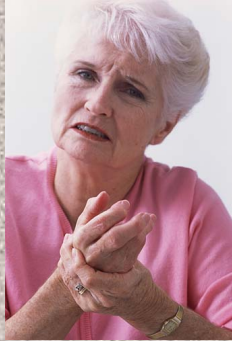
# Drug-food interactions



# Drug-Drug Interactions







# Why is Mrs. V so tired?

- Sub-optimal absorption of thyroid replacement hormone
  - Too much sedative effect from her antidepressant
- Take thyroid replacement hormone without calcium or fasting.
  - Avoid grapefruit juice. Drink orange juice instead.
  - Take her antidepressant and her cholesterol medication at separate times during the day.
-



# What can you do?

Read the label carefully



Talk to your pharmacist



Talk to your doctor

# Bladder problems



"My bladder is more active than I am."



**Incontinence is...**

**any involuntary loss of urine**

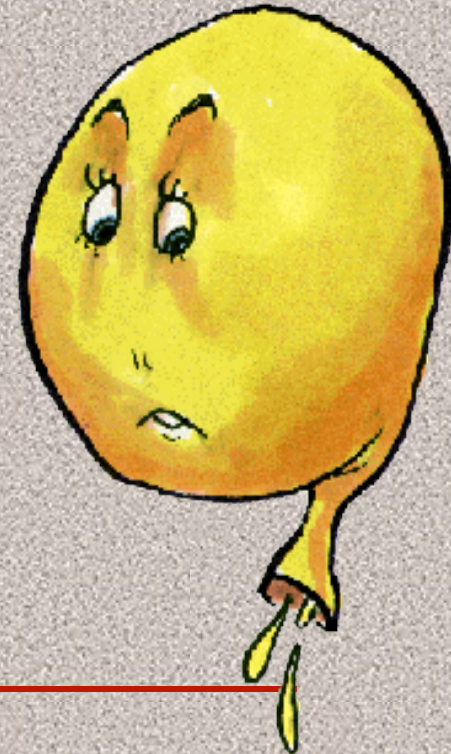
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# Incontinence is multifactorial

A symptom that something is wrong

- with the bladder
- with the pelvic floor muscles that hold in the urine
- with brain-bladder communication
- somewhere else in the body (arms and legs even!)



# **Urine loss: often a problem with older women**

“You are not alone!

1 in 2 women aged 65 and over

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# Sleep problems





Total sleep time changes over a person's lifetime.



**True or False?**

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Feeling tired in the morning is a normal part of aging.



**True or False?**

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Sleep patterns change with age.

**True or False?**





- Normal biological changes
- Physical problems
- Lifestyle issues
- Negative life events

## **Sleep problems and aging**

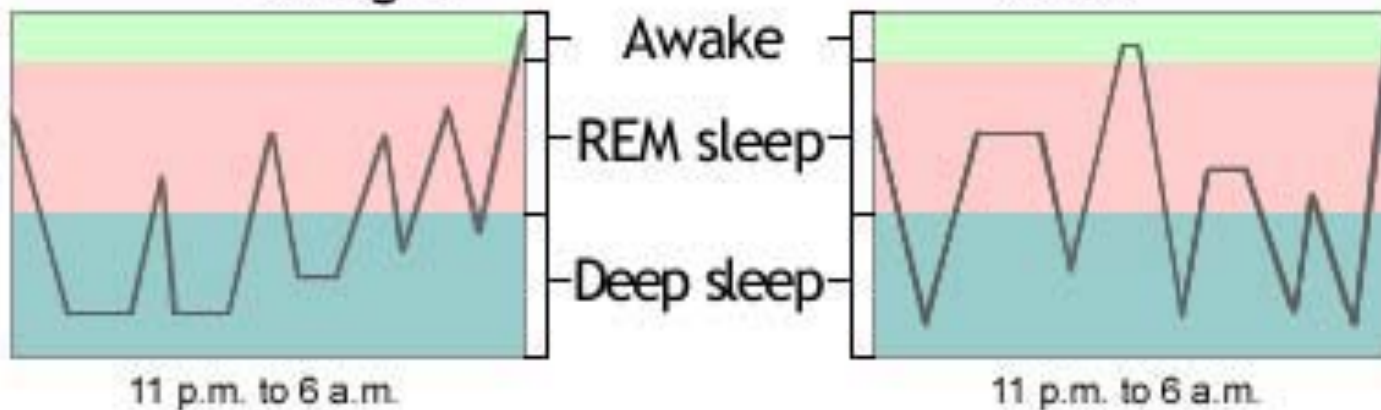
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Younger



Older



- Avoid stimulants 4-6 hours before bedtime. :
  - Caffeine (coffee, tea, chocolate, dark soft drinks)
  - Alcohol
  - Nicotine
- Try a light snack before bed
- Exercise regularly, but more than 2 hours before bed.
- Use comfortable bedding.
- Find a comfortable temperature setting for sleeping and keep the room well ventilated.

## **Good sleep hygiene**

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1. Practice relaxation techniques before bed.
2. Establish a pre-sleep ritual.
3. Get into bed when you feel sleepy.
4. Get out of bed if you cannot fall asleep within 15-20 minutes.
5. Fix an awakening time,
6. Reserve the bed for sleep and sex.
7. Avoid napping during the day.
8. Let your body "know" that the bed is associated with sleeping.

## **8 strategies to help you fall asleep**

Total sleep time changes over a person's lifetime.



**True**

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Feeling tired in the morning is a normal part of aging.

**False**





Sleep patterns change with age.

**True**

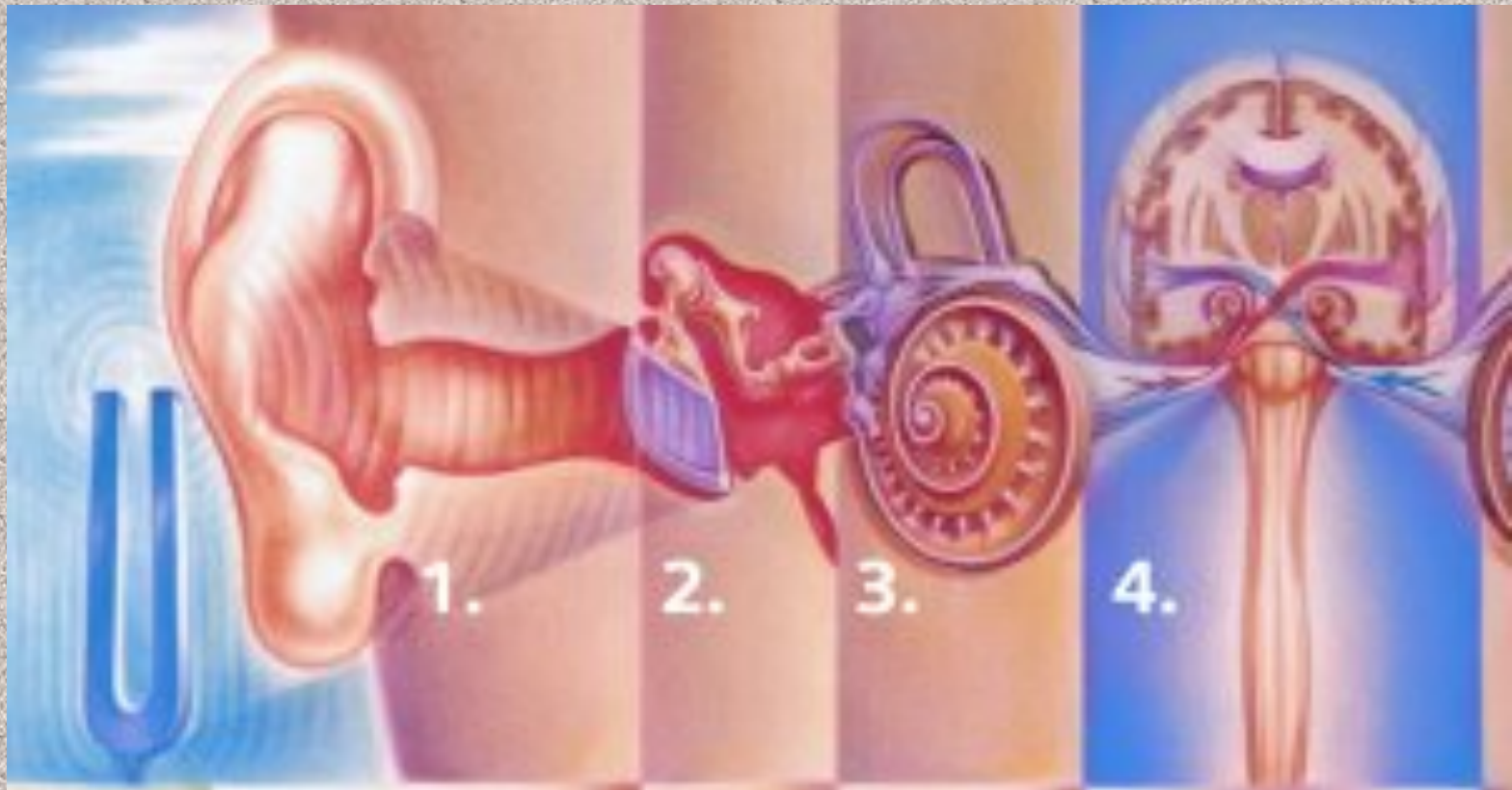




**Hearing Loss: Invisible but  
prevalent**

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# How do we hear?

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- Do you have trouble hearing over the phone?
- Is it difficult to follow a conversation with many people speaking all at once?
- Do you feel that people are mumbling?
- Do you give wrong answers to the questions you are asked?
- Do you often ask people to repeat themselves?
- Does your spouse often complain that the television is too loud?

**Is this you?**

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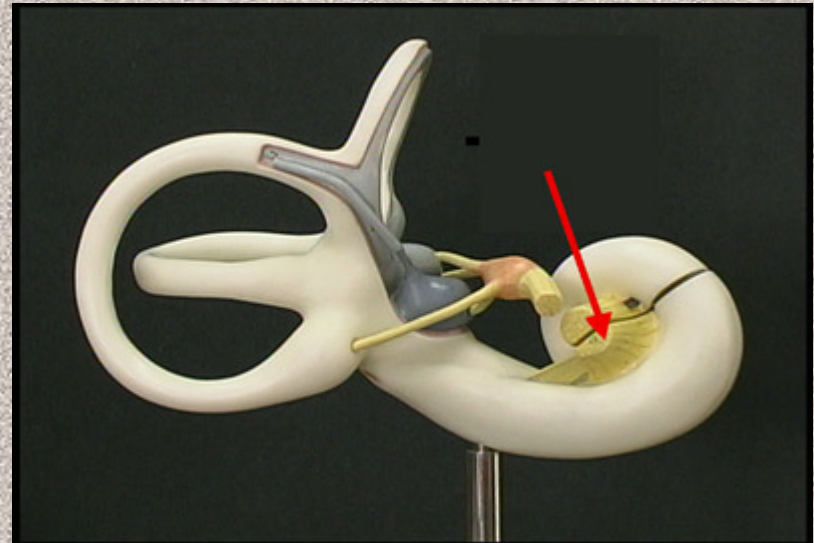
- One of the most common chronic conditions affecting older adults
- Some people may not want to admit they have trouble hearing
- Frequency :
  - 1 in 3 over the age of 65
  - 1 in 2 over the age of 75



# Hearing Loss

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- Wear hearing aids
- Remove wax build-ups and treat ear infections.
- Talk to your doctor.
- It is easier to remember what you hear well!



**What you can do**

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**We invite you to participate in our study?**

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# Your participation



- We call you!
  - 5 phone interviews over 1 year (every 3 months)



- All information is kept confidential.



- You can withdraw from the study at any time, no explanation required.

**Sign the consent form!**

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**Merci!**

Beautiful young people are accidents of nature, but beautiful old people are works of art.

-- Eleanor Roosevelt (1884-1962)

