

NUTRITION NEWS

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Merry Christmas!

Did you know that most people over the age of 55 take at least one prescription daily? And many take more than one medication daily. Yet ironically, as we age, certain factors contribute to our ability to effectively manage our medications. And this can lead to complications.

Living alone, taking three or more medications including nonprescription drugs or vitamins, memory problems, getting prescriptions from more than one doctor, filling prescriptions at more than one pharmacy, or using both online and community pharmacies can all increase the odds of making a mistake when taking your medicine. Seeking help from family members, physicians, or a pharmacist may be helpful.



If you are managing your medication on your own, you may want to consider taking the following precautions to prevent an error:

- ◆ Use a medication organizer: choose one that works for you. Some have daily slots while others have slots for morning and evening as well.
- ◆ Make a list: present a complete medication list including amounts and dosage to each doctor you see.
- ◆ Ask questions: asking doctors or pharmacists about side effects, food interactions, and other drug interactions can be helpful in promoting your overall health.
- ◆ Keep a medicine diary: detailing your side effects, especially to new medications, may help physicians recognize if the symptoms are a sign of the disease or are a true side effect of the medication.

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Monthly Exercise:

Pelvic Tilts

Taking deep breaths, tighten the buttocks and tilt the hips forward slightly.

Hold for a count of 3.

Now tilt the hips back.

Hold for a count of 3.

Do 10-12 repetitions.

Not only can medications interact with other medications, food and medication can have interactions that are potentially dangerous. It is important to check with your physician or pharmacist for a list of which foods to avoid or limit and also the timing of eating in regards to your medication.

Drug interactions may make your medication less effective. In other circumstances, it may actually make your medication “too effective”; that is, consuming certain foods at the same time as your medication may speed up your body’s absorption of the medication, thereby making the results intensified.

Common oral medications used to treat diabetes are some of the most common medications prescribed today. Fortunately, the differing medications have different mechanisms to control your blood sugar. Therefore, if you have an unwanted side effect from a specific medication you may be able to choose one that works differently and obtain better results. Metformin can cause bloating, gas, diarrhea, and a loss of appetite. Glyburide may cause unintentional low blood sugar. Actos can cause fluid retention, which may increase the incidence of congestive heart failure in at risk individuals.

Medications used to treat hypertension (or high blood pressure) are also very common. Some of these medications include Lisinopril, Lasix, captopril, Norvasc, and atenolol. Diuretics (such as Lasix) may cause a dangerously low potassium level, as potassium is excreted in the urine. Symptoms of low potassium include weakness, fatigue, and leg cramps. Physicians commonly prescribe potassium in conjunction with diuretics to counteract this. Occasionally, diuretics cause an increase

in blood sugar levels, specifically in diabetic patients. Therefore, an adjustment in diabetic oral agents may also accompany a prescription of a diuretic. Other common side effects of blood pressure medications include insomnia, cold hands and feet, skin rash, dizziness, or dry mouth.

Lastly, cholesterol medications are a known class of medicine that interact with grapefruit and grapefruit juice. Other medications, such as certain antibiotics, blood pressure medications, and cardiac medications may also interact with citrus. Chemicals in the fruit can interfere with the enzymes that break down medication in your digestive system. As a result, the medication may stay in the body for too short or too long a time. If the medication is broken down too quickly, it may not have time to work. And if the medication stays in the body too long, it can increase to potentially dangerous levels (as you continue to take the medication day after day.) This may result in serious side effects.

Keeping an updated detailed list of your current medications in your wallet or purse or on your refrigerator can also help prevent medication mix-ups. It is also important to always read the information provided by the pharmacy, especially when beginning a new prescription medicine.



While many of us celebrate the holidays with family and friends, it can also be a time of loneliness. People who suffer from depression often report heightened symptoms during the holidays. Depression in the elderly differs from depression in younger people. In the elderly, depression often occurs with other medical illness and tends to last longer.

Effective treatment of depression in the elderly often gets delayed as well. Changes in the persons circumstances (such as deaths of siblings, spouses, and friends) along with the expectation that the elderly are “supposed to be slowing down” can cause doctors to miss the signs and symptoms of true depression.

Eating alone can be particularly difficult. This could be a great time of year to try out one of our congregate dining sites. Socializing with old friends and the chance to make new ones are just a couple of benefits. There is also the meal itself, which is designed to be nutritious and enjoyable.

Some research suggests that certain foods can help “boost” your mood. The following are some of the proposed foods:

- * Foods rich in Vitamin B12 and folic acid. Folic acid is found in beans and greens, while Vitamin B12 may be found in fish, meats, poultry, and dairy products.
- * Fruits and vegetables: they are packed with antioxidants and phytochemicals. Both of these may improve your overall health as well as your mental health.
- * Selenium rich foods: this includes beans and legumes, lean meats, and nuts and seeds.
- * Fish: fish that is high in omega 3 fatty acids, such as salmon, is thought to be particularly helpful. Other sources of omega 3 fatty acids include sardines, herring, and tuna.

- * Vitamin D: while you can get Vitamin D from the sun, upstate NY is not abundant in sunshine during the winter month! You may want to consider a supplement. Other sources include fortified foods, such as breakfast cereals, breads, juices, and milk.
- * Chocolate!! Small amounts of chocolate, especially dark chocolate, stimulates the brain to release endorphins. These “feel good” chemicals can give your mood a lift.

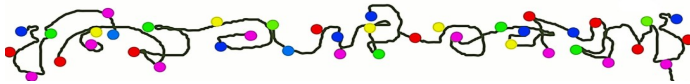
This can also be the time of year when volunteering can give your spirits a boost. There are many opportunities, especially around the holidays, to become active in different organizations. Try a church function or a community activity such as a local toy drive. Reaching out to other people who share your loneliness can be a blessing to both of you. Offering others assistance sometimes turns out to be the best help for ourselves as well!

You can also try something new. There are book clubs, cooking clubs, walking clubs, scrapbooking clubs....or try to learn a new hobby!



Christmas Stollen

- 2/3 cup warm milk
- 1 tbs active dry yeast
- 2 1/2 cups bread flour
- 1/3 cup white sugar
- 1/3 cut butter, softened
- 1 large egg
- 1/2 tsp salt
- 2/3 cup diced candied citron
- 1/3 cup currants



HEAP

If you received HEAP last year but have not yet received an application for this year, please call our Office at 867-1195.

If you did not receive HEAP last year but want to apply this year, please call our Office at 867-1195.

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- 1/3 cup golden raisins
- 1/3 cup red candied cherries, quartered
- 6 ounces marzipan
- 1 tbs powdered sugar
- 1/4 tsp ground cinnamon

Place warm milk and yeast in a bowl. Let stand until creamy, about 10 minutes

Place yeast mixture, 2 cups bread flour, white sugar, butter, egg, and salt in a large mixing bowl; stir well to combine. Add remaining flour, 1/4 cup at a time, stirring well after each addition. When dough has pulled together, turn it out onto a lightly floured surface; knead in candied citron, currants, golden raisins, and cherries. Continue kneading until smooth, about 8 minutes.

Lightly oil a large bowl, place the dough in the bowl, and turn to coat with oil. Cover with a damp cloth and let rise in a warm place until doubled in volume, about 1 hour.

Lightly grease a baking sheet. Deflate dough and turn it out onto a lightly floured surface. Roll marzipan into a rope and place in the center of the dough. Fold dough over to cover it; pinch the seams together to seal. Place the loaf, seam-side down, on the prepared baking sheet. Cover with a damp cloth and let rise until doubled in volume, about 40 minutes.

Preheat the oven to 350 degrees. Bake stollen in the preheated oven for 10 minutes, then reduce heat to 300 degrees and bake for an additional 30 to 40 minutes, or until golden brown and the bottom of the loaf sounds hollow when tapped. Let cool on a wire rack, then dust with powdered sugar and sprinkle

