

National Child Safety Council

senior safe[®]

Health Management

Screening • Emergencies • Seasonal Immunization



Presented by

**National Child
Safety Council**

and your local

**Law Enforcement
Department**





Know Your Body

With age comes a gradual diminishing of the senses:

- slowly dimming vision,
- gradual hearing loss,
- and lessening sensitivity of the senses of smell, taste, and touch.

But disease is not an inevitable part of growing older.

Just because you haven't seen a doctor, doesn't mean you aren't at-risk.



Know Your Body

Many people age without ever being seriously ill.

But too often, senior adults accept debilitating conditions and symptoms as “old age,” and may never know that most of their problems are treatable, even curable.

More than 16 million Americans have diabetes. 6 million of those don't know it.

Health Management



Know Your Body

Because of advances in medical science, we can live longer and healthier lives.

Regular check-ups, early detection and treatment can make the difference between a minor condition and a life threatening illness.

Strokes strike 550,000 Americans every year, killing 150,000.



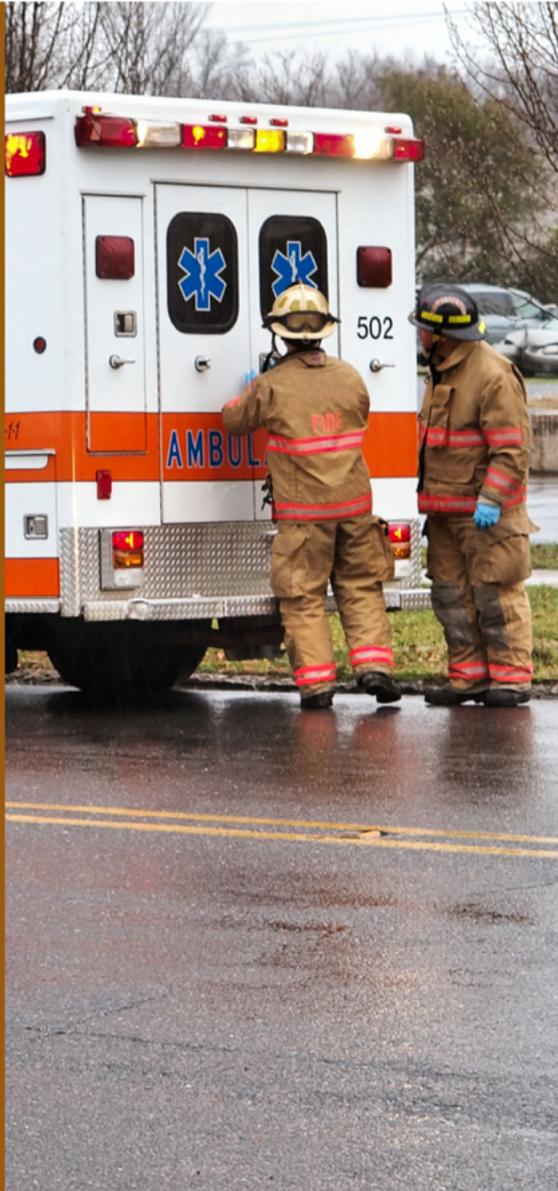
Know Your Body

Many hospitals and health centers offer regular screening events for seniors, often at no cost.

Participate!

It's quick and easy and you'll know you've made a positive step toward better health.

75% of people underestimate the severity of medical problems that don't have obvious symptoms.



Emergencies

The following ARE health emergencies that require immediate action.

All warning signs and symptoms may not be exhibited or may come and go.

**Dial 9-1-1 immediately. *Calling a physician first may take too long.*
Act fast!**



Emergencies

Diabetic Insulin Reaction Symptoms:

- profuse sweating
- nervousness, rapid pulse
- shallow breathing
- drunken appearance
- appear confused/incoherent for no reason



Emergencies

Heart Attack Symptoms:

- extreme or moderate shortness of breath
- discomfort, tightness, or pain in center or left of chest, often radiating to arm or other areas that lasts more than a few minutes
- nausea, vomiting
- anxiety, uneven pulse or heartbeat, sweating
- lightheadedness, loss of consciousness



Emergencies

Stroke Symptoms:

- sudden numbness, weakness, or paralysis in the victim's face, limbs, or on one side of body (*followed by pins-and-needles tingling*)
- sudden confusion or disorientation
- heavy breathing, inability to speak



Emergencies

Stroke Symptoms:

- sudden blurred, dimness, or loss of vision
- sudden, severe, unexplained headache
- unexplained dizziness, loss of balance
- loss of consciousness, convulsions
- sudden nausea, vomiting



Emergencies

Heat Stroke Symptoms:

- **body temp. over 104°**
- **red, dry, and/or hot skin, no sweating**
- **dilated pupils**
- **deep breathing with a fast pulse, then shallow breathing with a weak pulse**
- **irritability, confusion, delirium, hallucinations**
- **loss of consciousness, convulsions**



Seasonal Immunization

Influenza (“the flu”), is a contagious respiratory illness with mild to severe or life-threatening complications, especially for seniors.

The flu season varies yearly.

Symptoms include a high fever, headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, chills, and muscle aches.

36,000 people in the U.S.(mostly seniors) die from influenza yearly.



Seasonal Immunization

Influenza is spread from person to person through coughing and sneezing.

To avoid the flu:

- **get a flu shot. If it's unavailable, your doctor may prescribe an antiviral medication.**
- **avoid close contact with people who are sick.**
- **wash your hands often and cover your mouth and nose when coughing or sneezing.**



Be Prepared

Seniors have special health concerns. Knowing how to respond in these health emergencies may save a life.

Ideally, at least one person in every household should be trained and certified in Cardiopulmonary Resuscitation (*CPR*), taking yearly refresher classes.

Health Management



Be Prepared

- ☑ **Never move an accident victim. It could further the damage.**
- ☑ **Never give alcohol to a person who is ill or has had an accident. It could harm them or affect their treatment.**
- ☑ **Never give food or drink to an unconscious person. It won't help them. He could choke.**
- ☑ **Always wear or carry your MedAlert information on you.**



13 Tests That Could Save Your Life

As part of your regular health care, you should have a yearly check-up from your primary care physician.

Based on the examination, the doctor may recommend tests or screenings to detect ailments or diseases.

You and your doctor must discuss your individual possibilities for illness based on heredity, previous illness, and current symptoms before advanced problems occur.



1/3 Tests That Could Save Your Life

1. Blood Pressure: Have it checked at least once a year, more often if you already have hypertension.

High blood pressure affects approximately 50 million people. It can cause a heart attack/heart failure, stroke, kidney failure, as well as a host of other serious problems.

1/3 of the people with high blood pressure don't even know they have it, because it often shows no signs or symptoms.

1 in 4 adults has high blood pressure.



13 Tests That Could Save Your Life

2. Cholesterol: Check it at least every 2 years between ages 60 and 75, then yearly.

People with heart disease usually have high levels of cholesterol. High cholesterol is often treated with diet, exercise, and sometimes medication.



13 Tests That Could Save Your Life

3. Diabetes: Have a fasting plasma glucose or oral glucose-tolerance blood test every 3 years if level is normal, every 1-2 years if it isn't.

4. Dental Exam: Have twice a year, whether you have natural teeth or dentures.



13 Tests That Could Save Your Life

5. Electrocardiogram (EKG):

Have a baseline EKG by age 65. Frequency of EKGs depends on history.

6. Hearing Exam: Have annually, along with your regular physical.

7. Eye Exam: Have a basic exam and glaucoma test annually by an ophthalmologist, or after age 65, every 2 years.



13 Tests That Could Save Your Life

8. Osteoporosis Screening: Beginning at age 60, do a bone density screening test (x-ray) every two years to identify bone loss.

Osteoporosis is a disease in which bones are weak, causing them to break more often. Treatment for osteoporosis is often a change in diet rich in calcium and vitamin D, exercise, or hormone replacement therapy.



13 Tests That Could Save Your Life

9. Mammogram: Do annually after age 50. Self-examine your breasts monthly.

10. Occult Blood: Annually test for blood in a stool sample.

11. Colon Exam: Have a fecal-occult blood test every year, a flexible sigmoidoscopy or barium enema X-ray every 5 years, depending on personal history. Colonoscopy every 10 years.



13 Tests That Could Save Your Life

12. Prostate: Starting at 50, have a digital rectal exam and PSA blood test annually.

13. Testicular Exam: Do yearly. Perform a self-examination monthly.

95% of people who have a stroke don't go to the hospital during the first 3 hours.

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- Screening
- Emergencies
- Seasonal Immunization



National Child Safety Council has developed senior safe[®] materials geared specifically to the needs of today's active Senior.

The senior safe[®] materials make it easy for law enforcement departments or other community groups to present vital information for daily living and safeguarding lives to a group of Seniors in any setting.

For a complete list of NCSC senior safe[®] materials and other programs, visit www.nationalchildsafetycouncil.org or call 1-800-327-5107.



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