



“The Caveman Diet”

If you can't club it, catch it, pick it, shoot it or milk it, don't eat it.

That is lean protein, vegetables and a little bit of fruit and low fat dairy.

INNOVARE
Health Advocates

CHARLES WILLEY, M.D.
SIROTH CHARNOND, M.D.

For more information visit:
innovarehealth.com

PHYSICAL HEALTH

If your doctor is not talking to you about ways to become and stay healthy, get a new doctor. Being healthy is a simple concept but is sometimes difficult to implement.

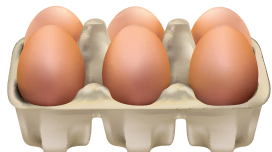
Tips for Physical Health

★ TAKE YOUR MEDICATION AS PRESCRIBED

★ STAY ACTIVE

★ EAT CORRECTLY

- ❖ Caveman diet: If you can't catch it, club it, shoot it or pick it don't eat it. He was a hunter gatherer not a farmer. Avoid rice, potato, corn and wheat
- ❖ Shop the perimeter of the grocery. Produce, Dairy/Eggs, and Meat
- ❖ If food comes in a package it is less likely to be good for you
- ❖ Drink more water



★ KEEP PURPOSE IN YOUR LIFE

- ❖ Teach your grandchildren history
- ❖ Volunteer at a food pantry, animal shelter or other place that interests you
- ❖ Get a part time job
- ❖ Take a friend when you exercise

★ SOCIALIZE

- ❖ We all need it
- ❖ Join a club, invent a club
- ❖ Laugh, sing, dance, cry if needed

★ SLEEP WELL

- ❖ Exercise early in the day
- ❖ Avoid caffeine late in the day
- ❖ Don't use electronics in bed
- ❖ Consider a sleep mask
- ❖ Do sequential muscle flexion/relaxation

INNOVARE
Health Advocates

innovarehealth.com



Well Maybe Not That Physically Active

INNOVARE
Health Advocates

CHARLES WILLEY, M.D.
SIROTH CHARNOND, M.D.

For more information visit:
innovarehealth.com

PHYSICAL ACTIVITY

Talk to your doctor about whether or not you should start, increase or maintain your level of exercise. High quality medical research is repeatedly proving that exercise is great for you.

You are not getting old, you are becoming immobile. Now, off your duff! Exercise prevents falls, swelling, shortness of breath, heart disease, depression, and possibly Alzheimer's. Exercise improves bone density, brain function, sleep, and obesity. Exercise also improves heart disease, anxiety, depression, diabetes, and blood pressure. Boxing training exercises are better than medication for Parkinson's disease.

Check out – Rock Steady Boxing – (they don't hit each other)

Dr. Willey's Television Rule:

You can watch TV but not commercials. Walk during every commercial. One to three minutes every 10 to 15 minutes for a total of 20 minutes per hour.

Tips for Physical Activity

- ❖ Park as far away as possible instead of as close as you can
- ❖ Take the stairs if there is a railing
- ❖ Go dancing
- ❖ Join the YMCA or another fitness center... and go
- ❖ Walk in the park, ask your dog to walk you
- ❖ Walk in a pool if arthritic
- ❖ If mowing the lawn is your exercise, don't ride the mower... and do it daily 😊
- ❖ Exercise with someone... a buddy improves consistency
- ❖ Put your treadmill or bicycle in front of your TV instead of your easy chair
- ❖ Don't let the weather be an excuse... walk the mall, local recreation center, local church, YMCA, etc.

INNOVARE
Health Advocates

innovarehealth.com



DON'T YOU DARE!

Get your son
to move what
you need to
the lower shelf.

INNOVARE
Health Advocates

CHARLES WILLEY, M.D.
SIROTH CHARNOND, M.D.

For more information visit:
innovarehealth.com

FALL PREVENTION

Talk to your doctor about ways to help prevent falls or treat problems with balance or walking. Falling and fracturing threatens your ability to live independently. Repeated falling, even without injury, also threatens your ability to live independently. Overall, 3 to 4 out of 10 people over the age of 65 fall each year. If you have fallen in the past, you are at higher risk of falling again.

Tips for Fall Prevention

★ MAKE YOUR HOME NEAT/SAFE

- ❖ Clean up the clutter daily
- ❖ Wear sturdy shoes
- ❖ Clear walkways of table corners, wires, shoes, bags, etc.
- ❖ Avoid throw rugs, but if you must have them make the rugs nonskid with gradual edges
- ❖ Install grab bars in bathrooms, near toilets, in showers, and doorways
- ❖ Use shower chairs
- ❖ Install handrails on both sides of stairwells
- ❖ Carry laundry in a back pack to keep your hands on both stair rails
- ❖ Do not go down stairs, ask your children to do it
- ❖ Move the laundry and the bedroom to the main floor with the kitchen
- ❖ If you move, move to a one-story house or apartment

- ❖ No ladders = No ladders = Did I say no ladders? YES, no ladders!
- ❖ Ask us if we think you need an emergency call button in case you do fall

★ WALKING

- ❖ Walk three minutes every 15 minutes – the more walking the better
- ❖ Go to balance exercises, Tai Chi, dancing, boxing training (tell your doctor if you are participating in balance exercises)
- ❖ Get a good-looking cane and walk in style
- ❖ Don't be shy about using a walker if recommended

★ PETS

- ❖ Great for taking you on more walks
- ❖ An ill-behaved pet will trip you and break your hip = find it a good home to go to

INNOVARE
Health Advocates

innovarehealth.com



Those Were The Days

By the way, have you
discussed your incontinence
with your doctor?

INNOVARE
Health Advocates

CHARLES WILLEY, M.D.
SIROTH CHARNOND, M.D.

For more information visit:
innovarehealth.com

URINARY INCONTINENCE

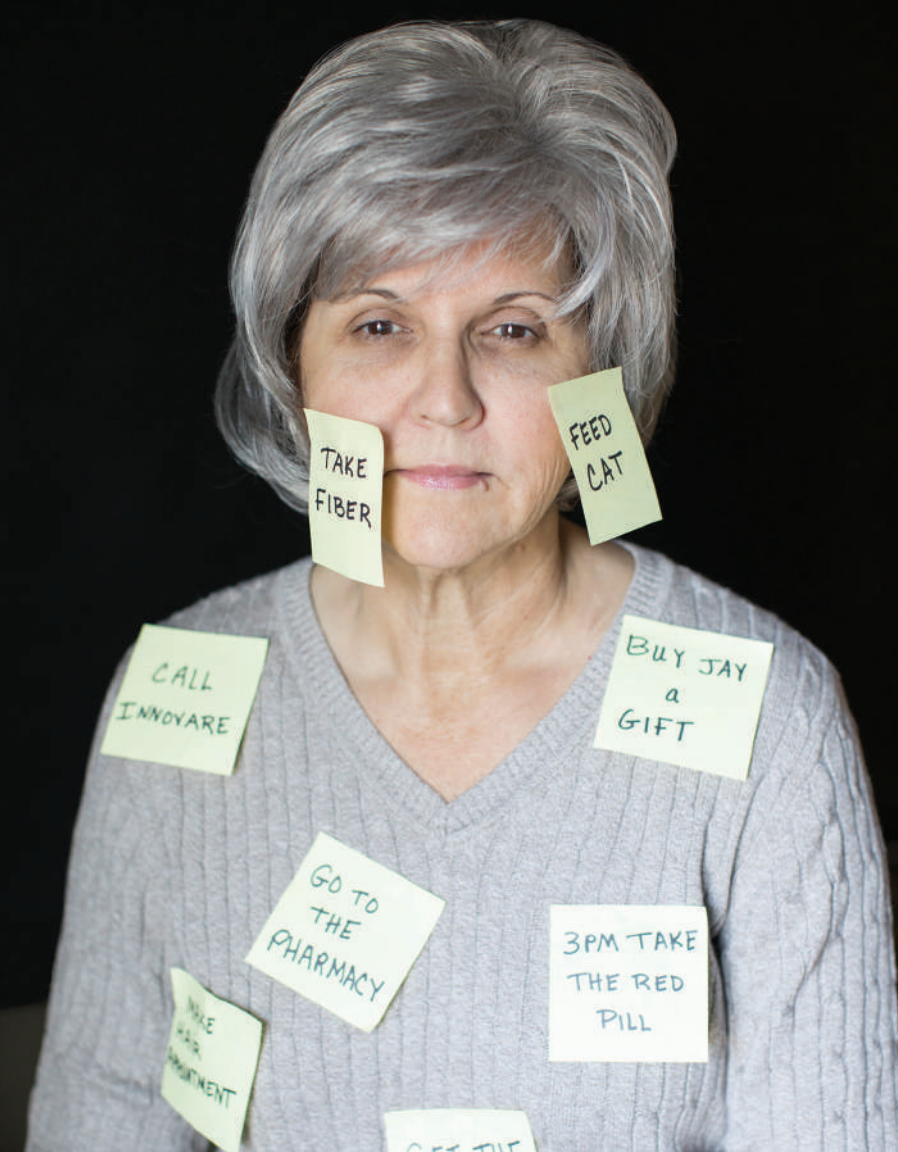
If you have experienced urinary incontinence, talk to your doctor about ways to control or manage the leakage of urine. Don't be shy or embarrassed, that is what your doctor is for.

Tips for Urinary Incontinence

- ❖ Schedule your bathroom visits instead of waiting for the urge
- ❖ Avoid caffeine, alcohol, and spicy food
- ❖ Avoid liquids in the evening
- ❖ If diabetic, keep your sugar under control
- ❖ Try Kegel (pelvic muscle) exercises
- ❖ Talk to your doctor about your medications
- ❖ Avoid constipation
- ❖ Drink plain water
- ❖ Stop smoking
- ❖ Maintain optimal weight... extra weight increases pressure on the bladder

INNOVARE
Health Advocates

innovarehealth.com



Don't Forget To Talk To Your Doctor About Your Forgetfulness

INNOVARE
Health Advocates

CHARLES WILLEY, M.D.
SIROTH CHARNOND, M.D.

For more information visit:
innovarehealth.com

MENTAL HEALTH

Talk to your doctor if you have difficulty concentrating, remembering or making decisions. Medication may help in many cases but healthy living is crucial.

Tips for Your Mental Health

★ STAY ACTIVE

- ❖ Regular exercise is associated with improved sleep, reduced anxiety, and lower risk of depression

★ KEEP PURPOSE IN YOUR LIFE

- ❖ Teach your grandchildren history
- ❖ Volunteer at a food pantry, animal shelter or other place that interests you
- ❖ Get a part time job
- ❖ Take a friend when you exercise

★ SOCIALIZE

- ❖ We all need it
- ❖ Join a club, invent a club
- ❖ Laugh, sing, dance, cry if needed

★ SLEEP WELL

- ❖ Exercise early in the day
- ❖ Avoid caffeine late in the day
- ❖ Don't use electronics in bed
- ❖ Consider a sleep mask
- ❖ Do sequential muscle flexion/relaxation

★ SPIRITUAL PEACE

- ❖ Pray
- ❖ Go to church
- ❖ Volunteer
- ❖ Say the Serenity Prayer
- ❖ Meditate
- ❖ See a counselor
- ❖ Forgive and forget
- ❖ Assume the positive, gather the facts, ask questions, offer solutions... Don't complain, fix it

INNOVARE
Health Advocates

innovarehealth.com