

# Happy, healthy and bright

**Monica Mizzi** investigates ways to maintain your physical, mental and dietary health as an older adult

**W**e all know about the importance of staying physically, mentally and nutritionally healthy as we age. But how should we go about doing so? Experts in the fields of mental health, fitness and nutrition provide valuable insights and advice to seniors looking to make 2019 their healthiest year yet.

#### PHYSICAL FITNESS

"I'm seeing a growing number of older adults taking a holistic approach to their health and fitness," says Louise Appel, a personal trainer and wellness advisor who specialises in

exercise for older adults. "Pilates and yoga are now incredibly popular as a way of improving core strength, balance and flexibility, and reducing aches and pains," she says. "But interest in strength training is rapidly increasing too, not only for healthy bones and joints, but also so that someone can feel physically capable and independent."

Despite the countless health benefits of physical activity, Appel has encountered many seniors who believe exercise will do more harm than good. Primarily driven by a fear of injury, she says they worry that exercise, particularly lifting weights, will cause or worsen joint problems, or increase the likelihood of broken bones.

To this, Appel stresses that weight-bearing exercise can in fact help to strengthen bones, muscles, and joints when performed correctly.

She offers the following five key pieces of advice to seniors embarking on any exercise plan:

- Give your body longer to recover between workouts and vary exercise types over the week;
- Increase intensity gradually to reduce the chance of injury, and ensure joints and stabilising muscles can keep up with and support the working muscles;
- Adopt a varied exercise plan focused on flexibility, mobility, strength and fitness;
- Try not to compare yourself to others, or your younger self;
- Since diet and exercise go hand in hand, try to make sure you make sensible food choices that support your goals.



#### MENTAL HEALTH

"Approximately 15% of adults aged 60 and over suffer from a mental disorder. The most common mental and neurological disorders are dementia and depression," says Dr Kavita Das, a consultant psychiatrist in older adult and gerontologist at Oaktree Clinics in London and Birmingham, and in the NHS.

Unfortunately, depression is often underdiagnosed and large numbers of people go untreated, which means their condition deteriorates.

"Depression can often coexist with other health issues, so many seniors will put the symptoms down to something else and not seek treatment." Another common reason is a lack of awareness and understanding of depression. "Early recognition of specific health

problems, like depression or deficits in memory or functioning, is vital, so they should always seek support from their GP as soon as possible."

Seniors can promote psychological wellbeing by regularly exercising and meeting new people. "Try and stay as active as possible," she says. "Having friendships, peer support and a sense of belonging are just as important as

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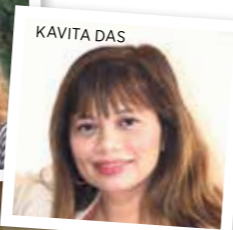
**CONTINUED FROM PAGE 8**  
 we get older as they are during our younger years.”  
 Chartered psychologist at Nightingale Hospital, Dr Meg Camm, also highlights the benefits of continued social interaction, suggesting community involvement as a great way to boost your sense of purpose and belonging and keep your mind active. The key, she says, is to look for a local cause or fundraising

drive that could benefit from your time and experience. “Many older people find a real sense of satisfaction and community from pulling together with others to achieve a common goal,” she says.  
 Camm also reminds retirees to look on the bright side. “You have more time than ever before, and it’s well worth the effort to engage with your surroundings.” She urges them to consider how much they have to

share with others — regardless of age. Finally, she suggests creating realistic and achievable goals, while having something to live for, something to get up in the morning for.

**HEALTHY EATING**  
 “Some people may think diet doesn’t matter as much as they age, but in fact it continues to play a pivotal role in health,” says specialist dietitian and spokesperson for the

“**Some people think that diet doesn’t matter as much as they age, but in fact it continues to play a pivotal role in health**”



British Dietetic Association, Monika Siemicka. “Looking after your diet can help you maintain a healthy weight, protect your heart and prevent some diseases such as type 2 diabetes — meaning fewer hospital visits and less medication.”

- In Siemicka’s experience, many seniors are dissuaded from making healthier food choices due to misconceptions that eating healthily is expensive, and that it’s too late to start. However, healthy eating needs neither to be costly, nor complicated. Siemicka recommends following easy tips to get the diet on track:
- Gradually increase your fibre intake and aim for five portions of fruit and vegetables a day;
  - Limit red meat to about three times a week, and avoid processed meat and fried foods;
  - Include more calcium-rich foods, especially if you have osteoporosis or are postmenopausal;
  - Aim for eight to 10 glasses a day of fluids, and try not to skip meals;
  - Take a 10 microgram vitamin D supplement a day.

Ursula Arens, a freelance nutrition writer who holds a degree in dietetics, recommends a similar diet — go for high amounts of vegetables, fruit, wholegrains and lean protein foods, while avoiding too much sugar, salt and alcohol. “A healthy diet means getting all the nutrients you need, but without an excess of energy/calories.” A handy tip she tells clients is always to plan their shopping. “Make sure there are always ‘healthy’ snacks in the house if meals are too complicated,” she suggests. “This can include any kind of nuts, frozen packs of vegetables, or eggs for a quick omelette.”



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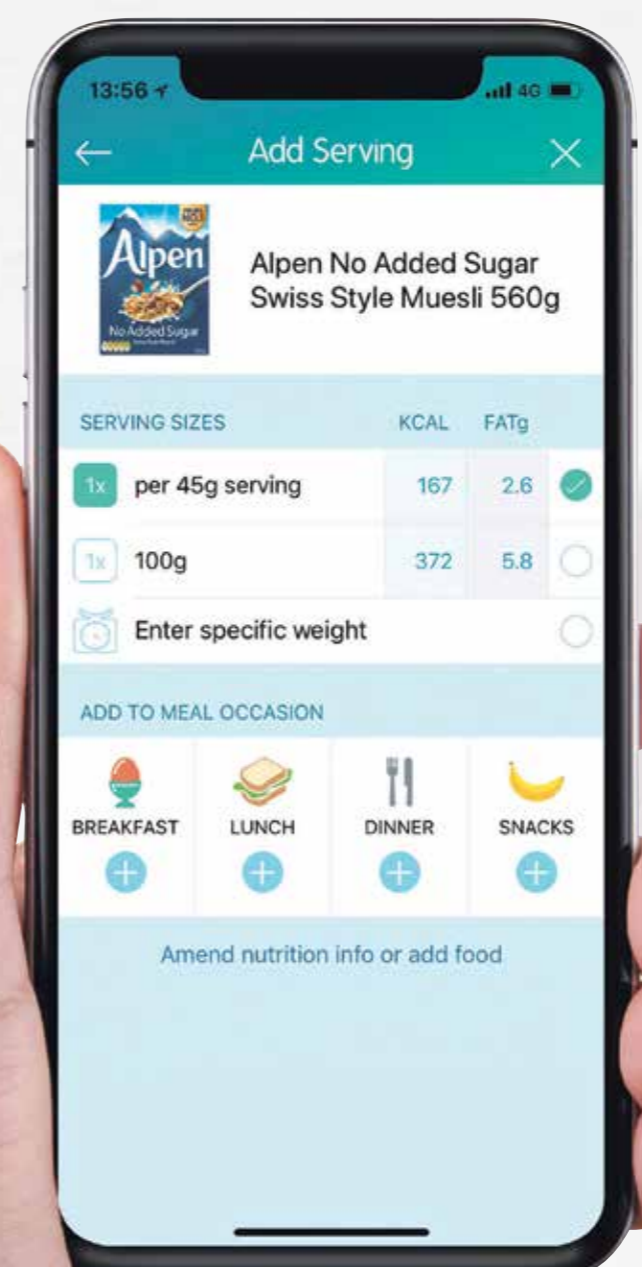
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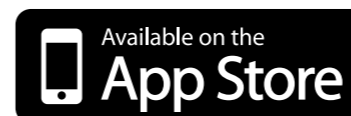




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# Senior LIFESTYLE RECOMMENDS

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**ENHANCED EXERCISE EUROPE THE BEST EXERCISE FOR OVER-50S?**  
 Tracey McAlpine is editor of *Fighting Fifty*, which gathers advice on ways to age positively and live life to the full after 50. She recently tested the FlexxiCore Challenger. After 30 days, she reported: improved flexibility and muscle tone; slimmer hips and waist measurements; recovery from a long-standing knee injury (now pain-free); and better sleep and mental focus. "My greatest fear as I get older is not being able to live independently," she says. "With t FlexxiCore, I'm confident I'll be independent for years to come. It's a safe and fun way to become fitter!"



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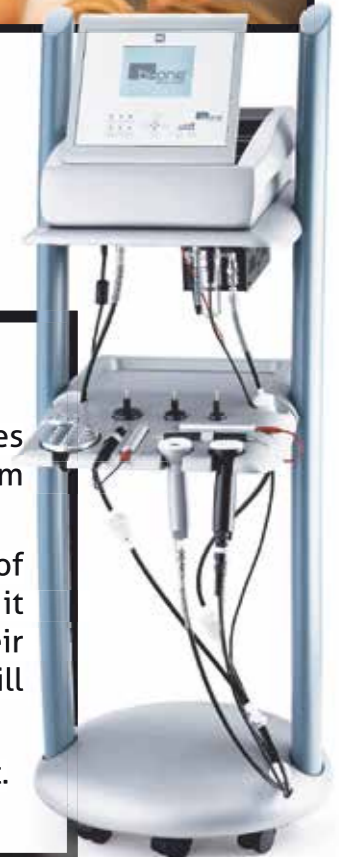
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## Heart valve disease in the UK

Heart valve disease affects over 1.5 million people aged 65 and over in the UK. According to a 2018 study, awareness of heart valve disease is very low among the at-risk population — only 3% are aware of aortic stenosis, the most common form of valve disease, which can cause significant symptoms and premature mortality.

Heart valve disease is caused by damage to one or more of the heart valves, affecting the flow of blood through the heart. The most common forms of heart valve disease impact the aortic and mitral valves. Heart valve disease can cause the valves to leak (meaning the valve fails to close properly), known as regurgitation, or become narrowed or calcified (limiting the flow of blood out of the heart), known as stenosis. The symptoms associated with heart valve disease include breathlessness, tiredness, chest tightness and dizziness.

The OxVALVE study forecast that the number of people affected by heart valve disease in the UK is likely to double by 2046 and increase to as many as 3.3 million people by 2056 (a 122% increase).

For such a prevalent disease that's so easily treatable, the obvious question is: why is there such a lack of awareness? Heart Valve Voice, the UK's dedicated heart valve disease charity, is committed to ensuring that awareness is increased and that more people in the UK have better access to timely diagnosis and treatment.

Diagnosis of valve disease often starts in primary care. Patients presenting with 'red flag' symptoms of breathlessness, tiredness, feeling old, chest pains or dizziness should be receiving a stethoscope examination. This can help to determine if the patient has the characteristic heart murmur that can often be the first



indication of a heart valve disorder. The next step is referral to a cardiologist for confirmation of the diagnosis and advice on the best treatment.

Once a patient has been diagnosed with heart valve disease, they face a number of life-changing treatment options. Depending on the severity of the disease, a patient's best chance of overcoming it are through valve repair or replacement. Great progress has been made recently on less invasive procedures, such as minimally invasive surgery and transcatheter aortic valve implantation (TAVI), which can mean less trauma and a much quicker recovery.

"Many over-65s mistakenly believe that the symptoms of valve disease, such as breathlessness, fatigue and chest pains, are merely a result of getting older," said Wil Woan, Heart Valve Voice CEO. "We hope to raise awareness of the importance of recognising these symptoms, improving the rates of diagnosis and of having your heart checked, and streamlining the patient treatment pathway."

The risk of developing heart valve disease increases with age, with estimates suggesting that the prevalence rises to over 13% by the age of 75. Given the significant challenges that the NHS is facing with an ageing population and the expected increase in cases of valve disease, it's vitally important that patients are treated. In addition, most patients enjoy an improved quality of life following valve disease treatment, leading to fewer return visits to their GP.

Despite the many advances in the treatment of this disease, the unfortunate fact is that the diagnosis is missed in far too many people resulting in delayed treatment.

The NHS recently revealed its 10 Year Plan and it was great to see that a focus on heart valve disease has been included. This announcement

has come just ahead of the launch of our own *Gold Standard of Care Report*. Over the past year, we've been collaborating with valve disease care specialists to produce a report that sets out the ideal process to achieve the perfect valve disease patient pathway. For patients with heart valve disease, a consistent patient pathway is key to ensuring that they receive the correct treatment at the right time.

If heart valve disease is caught early enough then more severe complications such as heart failure or sudden death can be avoided.

The *Gold Standard of Care Report* will help to address variations in the quality of heart valve disease services in the UK, improve patient outcomes, and provide guidance for the NHS in delivering these services more efficiently. This includes recommendations at the primary care level. Standardised stethoscope checks on anyone over the age of 60 are vital in ensuring that valve disease is caught early and are the first stage of the patient pathway.

"We believe that the recommendations in the NHS 10 Year Plan can really help to tackle the problem of under diagnosis and treatment, and perfectly align with our Gold Standard of Care work," said Wil Woan. "By delivering an optimal treatment pathway for heart valve disease, you ensure that patients can get back to their lives rather than increasing the burden on the NHS."

Our Gold Standard report and the NHS report identify protocols across all levels of the healthcare system to make sure that patients with heart valve disease are diagnosed early and reach the appropriate secondary care team for treatment. This, in turn, will provide patients with a better quality of life and reduce the long-term cost to the NHS.

**HEART VALVE DISEASE AFFECTS OVER 1.5 MILLION PEOPLE AGED 65 AND OVER IN THE UK**

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**THE RISK OF DEVELOPING HEART VALVE DISEASE INCREASES WITH AGE, WITH ESTIMATES SUGGESTING THAT THE PREVALENCE RISES TO OVER 13% BY THE AGE OF 75. GIVEN THE CHALLENGES THE NHS IS FACING WITH AN AGEING POPULATION, IT'S VITALLY IMPORTANT THAT PATIENTS ARE TREATED EARLY**



"Heart valve disease is serious and too few people are aware of it. If more of the general public were aware of the disease and its symptoms, we would see more people receive the life-changing treatment they require," said Professor Bernard Prendergast, consultant cardiologist at Guy's and St Thomas' Hospital. "The work of organisations like Heart Valve Voice is very important to increase awareness amongst the general public and within the medical community."



**Please visit our website for more information:**  
[heartvalvevoice.com](http://heartvalvevoice.com)

# The safe, fun and fast way to get fitter

Tracey McAlpine is Editor of Fighting Fifty, the popular online resource for the over 50s that offers advice on ways to age positively and live life to the full. Tracey recently tested the FlexxiCore Challenger, which combines the technology of specialist Whole Body Vibration Training (WBV) equipment — as used in health clubs — with a convenient and versatile design for use in the home.

WBV (aka acceleration training) was first developed in Russia to help astronauts recover from muscle atrophy, and to help athletes improve their flexibility, strength and recovery rates.

Challenger can be used effectively to help keep muscles and bones strong and flexible with minimal effort.

**TRACEY'S RESULTS AFTER 30 DAYS**  
After just 30 days Tracey reported improved flexibility and muscle tone; slimmer hips and waist; recovery from a long-standing knee injury (now pain-free); and better sleep and mental focus. "My greatest fear in ageing is not being able to live independently," she says. "The FlexxiCore will help me achieve this I'm sure. It's a safe and fun way to become fitter!"

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Jane was eating lunch one day when she was struck by intense heartburn. She recalls that episode.

- It was extremely unpleasant and returned several times during the week. The problem worsened, she became nauseous, her voice was rendered hoarse and croaky, and food she had just swallowed started to run back up into her pharynx.

- I raised my head on pillows at night, but it didn't help. I hardly slept at all, and was always tired. Jane lost her zest for life and became apathetic. Eventually she visited the doctor, and ended up returning home with antacid medicines that seemed only to worsen her condition.

- The medicine was terrible. I felt so bad and the tablets gave me stomach upset, she said. Jane's family grew increasingly concerned. They could see her suffering, and her dramatic weight loss – eight kilograms in just a few weeks. During another visit to the doctor, Jane underwent a gastroscopy, and was diagnosed with a Hiatus hernia. But the formal diagnosis only led to new medication, which eased the symptoms somewhat, but did not restore her to her previously sound health. Around this time, feeling desperate, she turned to the Internet.

- I came across a Facebook support group of people with the same health issues, and from there I learned of a woman who had been hugely helped by a Swedish treatment method. The method, based on research, and the information on the site, felt reliable to Jane. IQoro® treated the underlying problem causing the symptoms – the actual hernia itself – not just symptoms.

- That really caught my attention, so I ordered one. A few days later Jane started her training with IQoro®. After just a few weeks she felt that she had turned a corner.

- The horrible sensations of nausea, heartburn and the reflux went away. Further - more, I could keep my food down, and could finally sleep, and could discontinue with the not-very-useful medicines. I hardly dared believe it, that I had overcome this, but time proved that I had. Jane returned to her normal weight, as well as her sunnier outlook on life. To date she has been training for about five months with IQoro®. Asked if she is completely recovered, she sounds profoundly grateful.

- I'm not 100% yet, but I'm almost there. I've had heartburn a few times but it turned out that I had over-trained a little, you should only train three times for 5-10 seconds before mealtimes, three times per day. It could also be because I'd started drinking coffee and eating chocolate again, when maybe I should have waited a little while longer. Otherwise, I can now eat everything these days, with no discomfort at all. Asked if she would recommend IQoro® to someone with the same difficulties:

- Absolutely! Training is simple, and you can avoid medicines. It might sound like a cliché, but I have got my life back again thanks to IQoro®.

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Jane, together with her daughter

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## Gut getting you down

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After experiencing prolonged abdominal swelling, 59-year-old retired board director Carl was desperate to find something to ease his symptoms. Numerous medical tests had led nowhere, so Carl tried various diets and restricted himself to certain food groups, as recommended by a dietician. Although this did help, he found managing his meals in such a precise way wasn't practical in the long term.

He decided to do some research and discovered the food supplement Bimuno®, which feeds friendly gut bacteria, like bifidobacteria, leading to increased levels within seven days. Carl was hopeful this could have a positive impact on how he was feeling. He began using Bimuno DAILY, a powder supplement which contains galactooligosaccharides (GOS), stirring it into his breakfast cereal, and the results were rapid and long-lasting.

"I felt the difference in a matter of days," he says. "On a scale of one to 10, with 10 being dramatic change, I'd rate Bimuno at 10." Carl has now been taking it for some years. "I'd certainly recommend Bimuno to my friends and family," he says.

Bimuno is especially useful for those aged 50 and over, as at this

age levels of bifidobacteria – good bacteria – in the gut start to decline. Some people with an imbalance in gut bacteria may experience bloating, gut pain and constipation.

Bimuno works as targeted nutrition for the gut, feeding good bacteria such as bifidobacteria, allowing them to thrive, and the more good bacteria you have the less space there is for bad bacteria.

### HOW DO I TAKE IT?

Bimuno DAILY is a powder supplement that easily dissolves in hot or cold drinks, whether that's tea, coffee or fruit juice. Or you can mix it in or sprinkle it on foods such as porridge, cereal or yoghurt. Each pack of Bimuno contains 30 sachets, to last a month.

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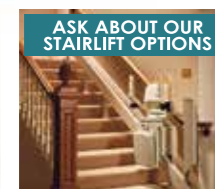


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## Worried about funeral expenses?

As we grow older, there comes a time when thoughts turn to the future and what will happen when we pass away

You may have attended a friend's funeral or heard of an acquaintance passing away, and your mind turns to the cost of a funeral and your wishes. How will it affect those who are left behind? Will they understand you not wanting any pomp or ceremony?

These are questions the team at Trinity Funeral Homes hear so often when making funeral arrangements. They see the anguish on sons' or daughters' faces when they realise they never really talked to dad or mum about it and don't know what to do. What would they have wanted?

While there are lots of funeral plans and insurances out there, when the time comes to activate the plan, there's often a shortfall and the policy can't meet the disbursement fees alone. Trinity Funeral Homes offers families an affordable low-cost funeral at the time of need or in the future, nationwide. Trinity Funeral Homes' funeral directors are on call to give specialist help and advice free of charge and its independent

consultants will help to plan a funeral that will celebrate and mark your life without it costing the earth. The team can even lodge your wishes and help you find the right plan, policy or saving programme for you.

Whether you want your life marked with an elaborate send-off or simple cremation and celebration of your life with loved ones in the local pub, the important thing is the choice is yours.

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**FACETITE IS A MINIMALLY-INVASIVE FACE AND NECK CONTOURING DEVICE THAT'S BEEN APPROVED BY THE US FDA FOR ITS SAFETY AND EFFICACY PROFILE**



# Morpheus 8 and FaceTite — the golden facial combination

Dr Ali Ghanem talks about the latest innovations being used in his Harley Street practice to treat facial skin laxity

Ageing affects all facial tissue: bone resorption, fat loss, muscle changes and skin thinning — all contributing to the signs that show the passing years on our faces. However, it's the laxity of the skin that leads to folds and wrinkles, which has the most dramatic effect.

To address facial ageing, the aesthetic medical practitioner must attempt to reverse the signs of ageing from the surface to the foundation. Technological advances and a better understanding of human tissue characteristics mean there are many options to treat volume loss, pigmentation changes and skin laxity in its earliest forms, before they lead to fine lines and wrinkles. However, for moderate to severe forms of skin laxity, surgery was for a long time the only method available with all the caveats of long scars, downtime and associated risks.

In this modern productive society, many people are unable to afford the downtime and risks associated with surgery. They wish for a refreshed look that can boost their confidence



without the telltale signs of surgery or the relatively long recovery time before seeing results. Alternatives to address skin laxity range from camouflaging it by filling under the lax tissue to suspending the tissue or shrinking it. However, here comes the wonder of the radiofrequency technology in its treatment of both superficial layers of the skin (Morpheus 8) and deep tissue (FaceTite).

Morpheus 8 is a radiofrequency augmented microneedling device that can deliver its energy at a depth of 4,000 microns with an extremely uniform effect with little to no thermal damage to the skin surface. The combination of its long needles and silicone insulated shafts makes it a safe device to use in all skin types and shades, with little risk of post-inflammatory hyperpigmentation (PIH), which is common with other resurfacing methods.

FaceTite is a minimally-invasive face and neck contouring device that's been approved by the US FDA for its safety and efficacy profile. For early to moderate skin and neck

laxity, in patients who don't wish to undergo surgical interventions, this is a safe, effective and exciting treatment that offers significant improvement of skin laxity and impressive aesthetic results.

The combination of Morpheus 8 and Facetite addresses skin laxity through differential tissue and three-dimensional remodelling that's the next best thing to a formal facelift. What I like about it most, is the built-in integrated safeguards of real time measurements of skin and fat temperature and audible feedback leading to automatic power cut-off if the tissue receives too much energy during the treatment. This greatly ensures patient safety.

**For further information or to find a local clinic, contact InMode:  
 T: 0208 9652594 E: neil.wolfenden@inmodemd.com  
 Inmodemd.co.uk  
 Dr Ali Ghanem is available at the Cranley Clinic,  
 106 Harley Street, London W1G 7JE**



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Defining Excellence in Private Healthcare

# New Year, New Smile 2019

## Join thousands of Brits travelling to Kreativ Dental



Few European cities can rival Budapest's beautiful setting beside the river Danube.

Hilly, suburban Buda on the west of the Danube with its ancient history, royal palaces and wooded hills and the livelier more cosmopolitan Pest to the east where you can pore over fantastic art nouveau buildings open-air bars, pavement cafes, spas and fabulous food markets. Budapest is fast becoming the most popular destination for European city breaks.

The popularity of Budapest is in part due to the rise of the Dental Tourist. It is estimated that 50,000 visitors to Budapest per year are those seeking dental treatment.

Kreativ Dental Clinic is the founder of Dental Tourism in Budapest and has been treating patients from the UK for the past 16 years.

During 2018 an average of

250 to 350 patients visited the clinic per month from the UK & Ireland. UK aftercare is provided for all patients and backed up with a very strong dental guarantee.

Based on the Pest side of the city, Kreativ Dental is dedicated to providing its patients with the highest quality of care at prices that are on average 50% to 70% cheaper than in the UK.

Their team consists of specialists in implantology, oral surgery, maxillo-facial surgeons, endodontology and periodontology offering a suite of treatments including dental implants, porcelain crowns and bridges, artificial bone replacement, sinus lifts and periodontal surgery.

Kreativ Dental Clinic were named International Dental Clinic of the Year 2018 by medical travel publication, the International Medical Travel Journal, at their annual

awards ceremony, the IMTJ Medical Travel Awards 2018.

CEO of Kreativ Dental Clinic, Attila Knott says:

“We are very pleased with this achievement as leader in dental tourism. It is really motivating for our staff and reassuring for our patients to know they are in the right place where the best possible treatment is available. I am honoured that IMTJ has recognised our efforts and hard work by presenting us with the title of Dental Clinic of the Year. We hope that due to this more new patients will discover us and we can help improve their quality of life by providing them with comprehensive long-term dental care.”

Editor in Chief of IMTJ, Keith Pollard says:

“The IMTJ Medical Travel Awards celebrate outstanding achievement in the medical travel, medical tourism and health tourism industry worldwide, and are the only independent awards to recognise those who are the

best of the best. Our panel of 20 international judges wanted to reward innovation and excellence, highlight best practice and celebrate those who are leading the way in the industry and delivering successful outcomes for patients

“All of our winners exemplify the way the medical travel industry should operate –

offering an exceptional patient experience and providing the best possible medical outcomes. I'm already looking forward to next year's awards; I encourage other hospitals, clinics and medical travel providers to raise their game to match or even better this year's winners.”

Visit [kreativdentalclinic.co.uk](http://kreativdentalclinic.co.uk) or call 0203 6530 331 for further information.



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