A Look Inside My Head
(and what it means to you!)
It’s 1 a.m. and my phone rings...

“Dr. Hamrick, Mr. Jones is agitated. Could you call in some Ativan?”
“Why not, Dr. Hamrick??!!!”
Because He’s Trying To Tell You Something
What’s The Skinny on Fat?

National Institutes of Health Study published in the Annals of Internal Medicine found that people who avoid carbohydrates and EAT MORE FAT have fewer cardiovascular risks than people who follow a low fat diet.

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And THEY LOSE MORE WEIGHT.
What’s Thay You Say?! 

Low carbohydrate study participants (who ate plenty of fat) lost on average **EIGHT MORE POUNDS** than those in the low fat group, AND greater **reduction in body fat**, with **improvement in lean muscle mass**.
How’s That?

-The study shows that cutting carbs helps lose weight without focusing on calories.
-That’s important because someone can change what they eat more easily than trying to cut down on calories.
A New Adage

EAT LESS

MOVE MORE

and now...
BRING ON THE FAT!
“Being overweight can extend life rather than shorten it, according to a major new study that runs counter to widespread medical assumptions.”
Take another look

People were underweight because they were DYING, not dying because they were underweight.
What Is Polyunsaturated Fat?

Polyunsaturated Fat Can Be Found In...
- Cold Water Fish
- Dairy Products
- Eggs
- Nuts

The Health Benefits Of Polyunsaturated Fat Include...
- Improved Brain Health
- Healthy Vision
- Reduced Heart Disease Risk
saturated fatty acid

unsaturated fatty acid

double bond
What are “good fats”?

- olive oil
- canola
- sesame seed oil
- avocado
- nuts
What are “trans-fats”? 

Made by adding hydrogen to vegetable oil to make it solid.

- Margarine
- Solid vegetable shortening
- Processed foods
Processed Foods

- Canned soups
  - Tortillas
  - Margarine
- Solid vegetable shortening
  - Frozen pizza
- Popcorn (think theatre popcorn)
  - Cookies
- Potato chips
Saturated vs. Unsaturated Fat
Saturated Fat  

Unsaturated Fat  

Trans fat
Where Are They?

**SATURATED** -> meats, whole fat dairy, baked goods

**POLYUNSATURATED** -> omega 3, omega 6 found in fish, nuts, seeds, vegetable oils

**MONOUNSATURATED** -> olive and canola oils
The Bad Boys’’ Hideout

TRANS FATS -> fried foods, baked goods, processed foods
Good and Bad of Trans Fats

GOOD

- Longer shelf life than polyunsaturated fats.
- Last longer in the deep fryer. Less change.

BAD

- Raise LDL and lower HDL
All-Vegetables?

Ingredients: **SOYBEAN OIL**, FULLY HYDROGENATED PALM OIL, PARTIALLY HYDROGENATED PALM AND SOYBEAN OILS, MONO AND DIGLYCERIDES, TBHQ AND **CITRIC ACID** (ANTIOXIDANTS).
Come outside for a smoke?

No... cheese fries.

Restaurant ban on trans fats?
What can you do?

Tell it to your cook!
Sleep Problems

"No wonder you have insomnia... lying there awake all night."
Sedative Hypnotics

Benzodiazepines
  - Ativan, Klonopin, Xanax, Valium

“Z-drugs”
  - Ambien
Why Not?

Heightened fall and fracture risks
Automobile accidents
Increased ER visits
Dementia with chronic use
In the E.R.

Per CDC, people ages 19 to 44 have the highest number of ER visits because of adverse reactions to sedatives and anti-anxiety drugs, but...
In the E.R.

...the consequences were worse for older people. About a third were hospitalized, compared with about 13 percent of the 19 to 44 year old age group.
Non-pharmacology

Go to bed and get up at the same time
Turn off the lights (or at least most of them)
Turn off the TV
No food just before bedtime
Cut back on alcohol
My Favorite Screening Tests
What’s A Routine Workup?

CBC, CMP, TSH, B-12, Vit. D
and a lipid profile
Diabetes
Diabetes & Sugar Levels

- Insulin

- Sulfonylureas
  - glipizide (Glucotrol)
  - glimepiride (Amaryl)
  - glyburide (Micronase)
Diabetes & Sugar Levels

Among adults 65 and older, insulin and sulfonylurea drugs are “the second most common medications associated with emergency department visits or hospitalizations and adverse drug events.”

JAMA Internal Medicine
Diabetes & Sugar Levels

Normalizing blood sugar in this age group might seem to be the right thing to do, but hypoglycemia is much more dangerous in the short term than hyperglycemia.
Mr. Jones’ urine smells...

- UTI... maybe
- dirty briefs
- dehydration
- vaginitis
- yeast
- pet cat(s)
- asparagus
- dirty floor or furniture
Symptoms to Look For

- burning
- elevated temperature
- mental status change
- change in vital signs
When all else fails, look at the patient.

good...

not so good...
<table>
<thead>
<tr>
<th>Antibiotic risks (ciprofloxacin)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Uncommon, but there</strong></td>
</tr>
<tr>
<td>elevated intracranial pressure</td>
</tr>
<tr>
<td>seizures</td>
</tr>
<tr>
<td>agitation !!!</td>
</tr>
<tr>
<td>confusion</td>
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<tr>
<td>hepatotoxicity</td>
</tr>
<tr>
<td>antibiotic resistance</td>
</tr>
<tr>
<td>C. difficile (Clostridium difficile)</td>
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</tbody>
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Death and Dying
Futility (and pain and suffering)

“Respirators, pacemakers, [AEDs], dialysis, and feeding tubes enable some dying or comatose patients to continue living, yet the benefits often do not obviously outweigh the burdens of added suffering and loss of human dignity.”

“Quality of dying has emerged as an explicit goal in end-of-life care.”
DYING PROHIBITED
“Communicating with dead people is easy.
Communicating with live people is hard!”
Issues

- Hospitalization
- Resuscitation
- Feeding
- Even long term care
Who Knew?

Physicians, facility personnel, even family members may believe they understand the wishes of their patient (loved one). However, many times errors are made in both over and under treatment.
Physician Orders for Life Sustaining Treatment

www.polst.org

www.caringinfo.org

(your state’s info on EOL issues)
More on Dementia
Dying With Advanced Dementia

- High mortality rate, often within six months
- Difficulty swallowing, walking, communicating
- Inability to feed themselves
Medications of Questionable Benefit

- donepezil (Aricept)
- memantine (Namenda)
- anti-psychotics
- anxiolytics
- statins
- blood thinners
Drugs of Questionable Benefit

Physiological age vs. Chronological age
Side Effects

Statins
- confusion, dizziness, headache, weakness, muscle pain, abdominal cramps, constipation, diarrhea, flatus, nausea
Side Effects

Cholinesterase inhibitors (e.g., Aricept)

- headache, diarrhea, nausea, anorexia, muscle cramps, abnormal dreams, dizziness
Depression
To Drug or Not To Drug

SSRIs, SNRIs

Fluoxetine (Prozac) as an example

- neuroleptic malignant syndrome, serotonin syndrome, insomnia, nervousness,
- torsades de pointes, diarrhea
Depression and Dementia

Like dementia, the behavioral approach can work as well, if not better than, medications.

There is NOT a pill for everything!
Depression and Dementia

- UTI or other infection
- Hypothyroid or hyperthyroid
- Anemia
- Vitamin B deficiency
The High Price of Loneliness

- Of those who felt isolated and unhappy 24.8% reported declines in their ability to perform ADLs
The High Price of Loneliness

Of those free of loneliness, only 12.5 percent reported declines in ADL abilities.
The High Price of Loneliness

Lonely older adults were 45 percent more likely to die than those who felt meaningfully connected with others, even after adjusting for depression, socioeconomic status, and existing health conditions.
What part do you play?

You are not just the landlord of the apartment building. You, and all your employees, are family members, too.
What’s In It For You?

- Less turnover
- Overall, less work for your staff
- A more desirable, inviting facility means greater occupancy
The High Price of Loneliness

- Archives of Internal Medicine
- 1,604 adults age 60 and older
- 43% felt lonely
  - 13% often felt lonely
  - 30% sometimes felt lonely
The High Price of Loneliness

- Changes in immune system
- Changes in inflammatory processes
- Disruption of stress-related hormones

  Elevated BP in older persons in reaction to stress is accentuated by loneliness
How Can You Help?

- Simple touch
- Simple awareness of where someone is
- Reminders to take medication
- Activities
What More Is In It for You?

- Behavioral changes mean fewer medications, which leads to fewer side effects.
- Drug costs go down for the resident, making you look a lot more affordable.
Wrap Up

- Agitation
- Healthy eating
- Fats
- Sleep problems
- Screening

- Diabetes
- UTIs
- Death & dying
- Dementia
- Depressed & lonely