

Forrest City Water Utility

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Special points of interest:

- **Aging: What to Expect Part II**
- **Alzheimer's Prevention: Does it exist?**
- **Manager's Corner**

If you have a water emergency after-hours, weekends or on holidays, please call us at 870.633.1571



Edward Gregory 11/14

Leslye Laws 11/24

Our Office will be closed 11/11 for Veterans Day and 11/24 and 11/25 to observe the Thanksgiving Holiday.

ASK ABOUT E-BILLING: Get your water bill sent to you through your email.

Alive With Pride

November 2016

Volume 3 Issue 2

Aging: What to Expect Part II

Wonder what's considered a normal part of the aging process? Here's what to expect as you get older — and what to do about it cont.

[By Mayo Clinic Staff](#)

Your digestive system What's happening

Constipation is more common in older adults. Many factors can contribute to constipation, including a low-fiber diet, not drinking enough fluids and lack of exercise. Medications — such as diuretics and iron supplements — and certain medical conditions — such as diabetes and irritable bowel syndrome — also might contribute to constipation.

What you can do

To prevent constipation:

Eat a healthy diet. Make sure your diet includes high-fiber foods, such as fruits, vegetables and whole grains. Limit meats that are high in fat, dairy products and sweets, which might cause constipation. Drink plenty of water and other fluids.

Include physical activity in your daily routine. Regular physical activity can help prevent constipation, and is important for your overall health.

Don't ignore the urge to have a bowel movement. Holding in a bowel movement for too long can cause constipation.

Your bladder and urinary

tract

What's happening

Loss of bladder control (urinary incontinence) is common with aging. Certain medical conditions, such as diabetes, might contribute to incontinence — as can menopause, for women, and an enlarged prostate, for men.

What you can do

To promote bladder and urinary tract health:

Go to the toilet regularly. Consider urinating on a regular schedule, such as every hour. Slowly, extend the amount of time between your toilet trips.

Alzheimer's prevention: Does it exist?

Answers from Jonathan Graff-Radford, M.D.

Not yet. But there's strong evidence that several factors associated with leading a healthy lifestyle may play a role in reducing your risk of Alzheimer's disease and other types of dementia. How-

ever, more research is needed before any of these factors can be considered a proven strategy to prevent Alzheimer's disease.

Population-based studies suggest that factors asso-

ciated with overall good health, such as regular physical activity, eating a healthy diet and keeping your brain active through lifelong learning, may also reduce the risk of dementia and cognitive decline.

Alive with Pride

Maintain a healthy weight. If you're overweight, lose excess pounds.

Don't smoke. If you smoke or use other tobacco products, ask your doctor to help you quit.

Do Kegel exercises. Tighten your pelvic floor muscles, hold the contraction for five seconds, and then relax for five seconds. Try it four or five times in a row. Work up to keeping the muscles contracted for 10 seconds at a time, relaxing for 10 seconds between contractions.

Avoid bladder irritants. Caffeine, acidic foods, alcohol and carbonat-

Aging: What to Expect Part II cont.



ed beverages can make incontinence worse.

Avoid constipation. Eat more fiber and take necessary steps to avoid constipation, which can worsen incontinence.

Your memory

What's happening

Memory might naturally become less efficient with age. It might take longer to learn new things or remember familiar words or names.

What you can do

To keep your memory sharp: **Include physical activity in your daily routine.** Physical activity increases blood flow to your whole body, includ-

ing your brain. This might help keep your memory sharp.

Eat a healthy diet. A heart-healthy diet might benefit your brain. Focus on fruits, vegetables and whole grains. Choose low-fat protein sources, such as fish, lean meat and skinless poultry. What you drink counts, too. Too much alcohol can lead to confusion and memory loss.

Stay mentally active. Mentally stimulating activities help keep your brain in shape — and might keep memory loss at bay. Do crossword puzzles. Take alternate routes when

driving. Learn to play a musical instrument.

Be social. Social interaction helps ward off depression and stress, which can contribute to memory loss. Look for opportunities to get together with loved ones, friends and others.

Lower your blood pressure. Reducing high blood pressure might reduce vascular disease that might in turn reduce the risk for dementia. More research is needed to determine whether treating high blood pressure reduces the risk of dementia.

Quit smoking. Some studies have shown smoking in middle age and older might increase your risk of dementia. Quitting smoking might reduce your risk.

Alzheimer's prevention: Does it exist? cont.

In addition, the Mediterranean diet has been associated with a reduced risk of dementia and Alzheimer's disease and, among those at risk of heart and other vascular diseases, improved cognition. The Mediterranean

diet is rich in fruits, vegetables, legumes, whole grains and fish and uses olive oil as the primary cooking fat.

While more research is needed to confirm specific Alzheimer's prevention strategies, here are some

steps that promote good overall health:

Avoid smoking

Control vascular risk factors, including high blood pressure, high cholesterol and diabetes

Eat a balanced diet—such as the Mediterranean

diet—that's rich in vegetables, fruits and lean protein, particularly protein sources containing omega-3 fatty acids

Be physically and socially active, including engaging in aerobic exercise

Take care of your mental health

Arkansas One Call



Know what's below.
Call before you dig.



ADEQ

ARKANSAS
Department of Environmental Quality

Manager's Corner

It's November, and this year brings many things that we can truly be thankful for.

Well, let me count my blessings.

We live in a country that has free elections where every citizen has the privilege and right to vote in a democratic election to select its next leader.

We have the success of 200

year transition from one leader to the next. There have been many personal sacrifices to ensure that the process is protected and sustained.

Then we have Veterans Day to celebrate those courageous men and women who gave their lives to protect the freedom that we enjoy.

In the first federal recognition of Thanksgiving in 1789, then

president George Washington, declared that their be "A day of public Thanksgiving and Prayer"

I am truly thankful for the many freedoms we enjoy. We must continue to fight on, fight the good fight and remember that you can make a difference.

W.H. Calvin Murdock,

Manager