

What goes in your other Bucket List?

A Helpful Guide to things that you need to
know or do as you age

Tennessee for a Lifetime
community education initiative sponsored by the
Tennessee Commission on Aging and Disability

October 18, 2014

11:00 – 11:50 am Room B

Northeast State Community College

Speakers:

- Jim Shulman, Executive Director, TN Commission on Aging and Disability
- Joe Florence, MD, family and country doctor; director of ETSU College of Medicine Rural Programs.
- Anna Lea Cothron, Program Coordinator, Vanderbilt University

getting your start on this bucket list!

- ▶ A country doctor's perspective

Take care of
your body. It's
the only place
you have to live.

- JIM ROHN

Care of Your Body

- ▶ Evidence based recommendations **USPSTF–benefit is substantial**
 - Aspirin to Prevent CVD:
 - Men age 45 to 79 to prevent myocardial infarctions
 - Women age 55 to 79 to prevent ischemic strokes
 - Cervical Cancer: Screening -- Women 21 to 65 (Pap Smear)
 - Colorectal Cancer: Screening -- Adults, beginning at age 50 years and continuing until age 75 years
 - HIV infection in adolescents and adults aged 15 to 65 years
 - High Blood Pressure: Screening -- Adults 18 and Over
 - Lipid Disorders in Adults
 - Men aged 35 and Older,
 - Women 45 and Older,
 - Tobacco Use and Tobacco–Caused Disease

Care of Your Body

- ▶ Evidence based manual – USPSTF–benefit is moderate to substantial
 - Alcohol Misuse
 - Breast Cancer: Screening with Mammography -- Women 50–74 Years*
 - Depression: Screening -- Adults age 18 and over
 - Fall Prevention -- Exercise/Physical Therapy
 - Fall Prevention -- Vitamin D Supplementation
 - Healthful Diet and Physical Activity for CVD Disease Prevention
 - Hepatitis B: Screening Adults At High Risk

Care of Your Body

- ▶ Hepatitis C Virus Infection: Screening--Adults at High Risk and Adults born between 1945 and 1965
- ▶ Lung Cancer: Screening -- Adults Ages 55–80 who have a 30 pack–year smoking history and currently smoke or have quit within the past 15 years
- ▶ Obesity: Screening for and Management of-- All Adults
- ▶ Osteoporosis: Screening -- Women 65+ and Younger Women at Increased Risk
- ▶ Sexually Transmitted Infections: Behavioral Counseling -- Sexually Active Adolescents and Adults at Increased Risk
- ▶ Type 2 Diabetes Mellitus: Screening Men and Women -- Sustained BP 135/80+

Care of Your Mind



....be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect

Care of Your Mind

6 pillars
of a
brain-healthy
lifestyle



Care of Your Spirit



breathe



*the Universe is taking care
of everything else*

Spirit



Body

Mind