What goes in your other Bucket List?

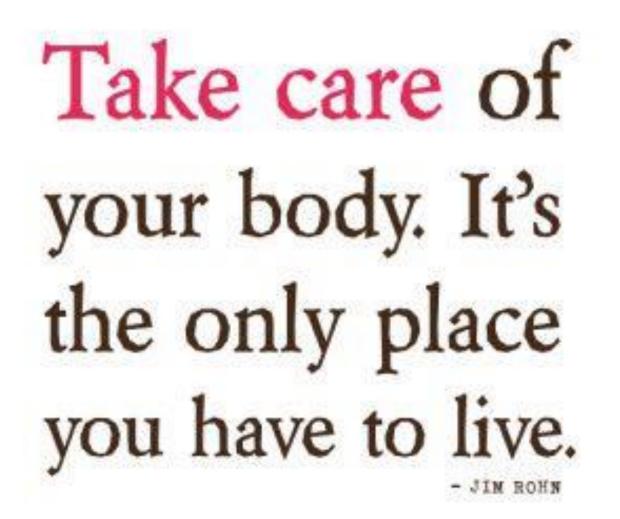
A Helpful Guide to things that you need to know or do as you age

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

 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



WWW.VERYBESTQUOTES.COM

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



