Anatomy Physiotherapy Clinic

# NEWSLETTER



or a Loved One,

# ARE YOU OVER 60?

## How Physiotherapy Can Help Common Health Risks in People Over 60.

Are you worried about how getting older is affecting your health? Have you put off taking care of yourself and now find your aches and pains seem to be limiting what you can do? At Anatomy Physiotherapy, our physiotherapists can address your overall health and guide you back to feeling good again!

As we age, our bodies become more susceptible to certain health risks, causing us to slow down and risk additional problems. We begin to notice the wear and tear that has developed throughout the years is limiting more and more of our everyday activities.

Age brings a higher risk of chronic diseases such as dementia, heart disease, type 2 diabetes, arthritis, and cancer. In adults 60 and older, these chronic conditions lead to serious illness, disability, and death.

Luckily, physiotherapy can help improve some of the health conditions that your body may experience with age. If you are looking for solutions, Anatomy Physiotherapy can help!

### What Are The Most Common Age Related Health Conditions

Aging can certainly seem daunting, as it brings with it a slew of possible health issues. According to the World Health Organization, between 2015 and 2050, the proportion of the world's population over 60 years will nearly double from 12% to 22%. It is important to know what challenges to look out for when you reach age 60 and above.

For most older adults, good health ensures independence, yet far too many struggle every day with health and safety challenges such as chronic disease, falls, and mental health issues. All of these conditions can severely impact your quality of life.

Some common health issues people face as they age include chronic diseases like cardiovascular disease, hypertension, cancer, osteoporosis, osteoarthritis, and diabetes which can have a significant impact on your health and function.

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- *Patient Success Spotlight*
- *Healthy Recipe*
- *And More!*



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Normal aging causes changes to our sensory system (i.e., eyes, ears, touch, taste, and smell) and changes to muscle strength and fat makeup. There are many regular age-related changes in the immune system, including a chronic inflammatory state and changes to our bowel and bladder function.

One of the most important considerations is how aging affects our cognitive health. Significant changes to our psychological and cognitive function lead to conditions like dementia/Alzheimer's and depression. These types of health risks impair one's memory, making it difficult to remember and recall as quickly as they used to, in addition to hindering the ability to learn new things.

Our physical function is affected due to the changes in our muscles and joints. This leads to an expected reduction in our walking speed and overall mobility decline. Unfortunately, these changes also make us more susceptible to falls. Falls are the leading cause of injury among older adults.

### How Physiotherapy Can Help

There are some preventative measures that you can take on your own to try and avoid some of these health conditions; however, sometimes, the aid of a professional becomes necessary. Physiotherapy treatments are a safe, healthy, and easy way to correct some of these conditions and prevent your risk of developing them.

Together with our physiotherapists, we can create a physical exercise plan to ensure you're getting as much physical activity as you can throughout the day. This will include treatment-specific exercises to increase strength and overall mobility to help prevent other health issues.

It is also essential to maintain a healthy diet, ensuring you have sufficient protein to help with bone strength and minimize muscle wasting. Our physiotherapists can help set up a meal plan for you to ensure you're getting the nutrients you need and maintaining a healthy weight.

Your physiotherapist may also suggest at-home exercises for you to do. They may also offer another form of treatment to increase muscle strength and ease discomfort.

**If you are suffering from some of these health conditions or think you might be, give our team at Anatomy Physiotherapy a call today. We'll be more than happy to schedule a consultation with you and discuss how we can help treat some of these conditions. Aging doesn't have to be as daunting as it seems — our physiotherapists can help you maintain your highest quality of life!**



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## Patient Success Spotlight

### "…the pain is finally gone thanks to a good evaluation and treatment by Andrew Dings"

"I suffered from knee pain for over 2 years. No other clinic could give me the right exercises and the pain is finally gone thanks to a good evaluation and treatment by Andrew Dings. I fell on my shoulder twice last winter, and Andrew Dings (who speaks French well) once again helped me a lot. A back pain which led to knee pain has occurred recently and Tanya was able to give me the appropriate exercises and I am feeling much better. Service given by the physiotherapist himself and not by assistants as some clinics do. Reasonable prices." *(Translated from French)* **– Denis L.**

## STAFF SPOTLIGHT



### Nathalie Dionne

**Registered Physiotherapist, FCAMPT**

Nathalie has been a Registered Physiotherapist since 2009. She studied in psychology and nursing sciences prior to completing her physiotherapy studies at the University of Ottawa in 2009. Upon graduation, she worked in hospital acute care before transferring to a private clinic in 2014. Having worked with various client populations, she has been able to acquire experience in cardiorespiratory care, neurology, and orthopedics. Nathalie also completed courses in diverse areas including pelvic floor rehabilitation, dry-needling and has obtained her Advanced Health Care Practice Clinical Masters degree at the University of Western Ontario in 2018 to become a Fellow of the Canadian Academy of Manipulative Physiotherapists (FCAMPT).

Apart from direct patient care, Nathalie's professional interests include teaching in the Masters of Physiotherapy program at the University of Ottawa and providing mentorship for physiotherapists who are taking courses with the Orthopedic Division of the Canadian Physiotherapy Association.

Nathalie has always led an active lifestyle, mostly enjoying dance, synchronized swimming and various outdoor sports/activities.

## HEALTHY RECIPE



### Mediterranean Chicken Salad

**INGREDIENTS:**

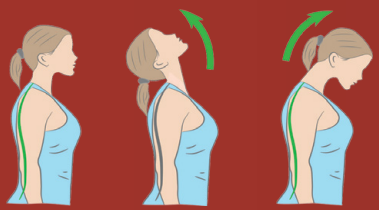
- 1/3 cup lemon juice
- 2 tbsp snipped fresh mint
- 2 tbsp snipped fresh basil
- 2 tbsp olive oil
- 1 tbsp honey
- ¼ tsp black pepper
- 5 cups shredded romaine lettuce
- 2 cups cut-up cooked chicken breast
- 2 plum tomatoes, cut into wedges
- 1 (15 oz) can garbanzo beans
- 2 tbsp pitted Kalamata olives
- 2 tbsp crumbled reduced-fat feta cheese
- 6 whole kalamata olives

**DIRECTIONS:** In a screw-top jar, combine lemon juice, mint, basil, olive oil, honey, and black pepper to make dressing. Cover and shake well. Place lettuce on a large platter. Top with chicken, tomatoes, garbanzo beans, the quartered olives (if using), and feta cheese. Drizzle with dressing. If desired, garnish individual servings with whole olives.

## Exercise Essentials

**NECK NOD**

Start with your neck in a neutral position, then slowly lower your head backwards and then forwards. Repeat 10 times.



*This exercise helps relieve neck pain.*


*You deserve to feel better!*

**SCHEDULE YOUR APPOINTMENT TODAY!**

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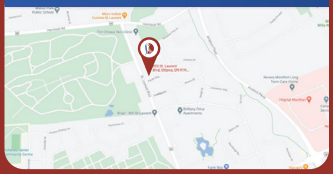
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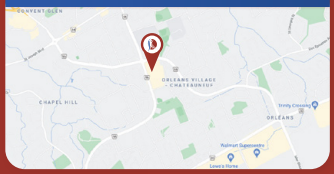
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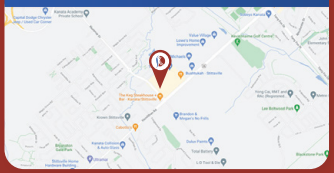
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*3 Convenient Locations To Serve You!*

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*Call us to schedule an appointment today!*

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