

Managing medication and hearing aids vital to ‘Successful Aging’

By **KAYE BAKER**
PRODUCER
SPECIAL TO
THE GLENDALE STAR



John Wenzlau and Millie Oakeson

Living life to the fullest and aging well encompasses a wide variety of subjects. It's always informative and entertaining to hear the expert guests that radio hosts John Wenzlau and Millie Oakeson of "Successful Aging" on Independent Talk 1100 KFAX have on their weekly show. This week was no exception, as they talked with Mary Gurney, Associate Professor of Pharmacy Practice at Midwestern University and Dan Hewson, audiologist and owner of Ascent Audiology & Hearing.

The tragic result of medication mismanagement is often highlighted in the news. Oakeson and Wenzlau went right to the expert, physician Mary Gurney and asked, "What can be done to eliminate this issue, especially for the older population?"

Gurney said, "If someone is seeing multiple healthcare professionals and not always purchasing their medications from the same pharmacy chain, they could run

the risk of negative medication interaction."

Gurney suggested using the "Ask Me 3" questions when talking with a doctor, nurse or pharmacist. These three questions can help you take better care of your health: What is my main problem? What do I need to do? Why is it important for me to do this?

Gurney said, "Even if your pharmacist is busy, it is always okay to ask these questions because it is part of the pharmacist's job to discuss your medication concerns."

Gurney suggested that everyone keep a notebook and pen handy and write down current medications they are taking, including; over-the-counter medi-

cations and supplements and how they feel while on them. She recommended a number of helpful websites; www.adultmeducation.com offers a printable medication record sheet. Both www.eldercare.gov and www.scriptyourfuture.org offer a range of helpful tips and information on how to best manage your medications.

Their next guest, Dan Hewson, an audiologist, points out that it's not simply hearing sounds, music or noise around you that impacts healthy aging, but rather, how well you understand speech. A 25-year study out of Johns Hopkins University shows a significant correlation between hearing loss and dementia.

Hewson said, "When you lose your hearing and can't understand what is being said, you become isolated and your brain becomes less stimulated."

It is important to get your hearing checked annually, starting at the age of 50, or before, if you notice you don't understand speech as well as you did in the past. Sometimes, loss of hearing can be due to an infection and that can be easily taken care of, but true hearing loss can increase your risk of falling and even affect your balance.

Technology is changing rapidly and soon there will be hearing aids that allow you to use Bluetooth, stream music, and even answer your phone.

In the meantime, Hewson said, "If you do need hearing aids, there are many options and consulting an expert will save you a lot of heartache."

For more information on these topics, or to ask a question, visit www.successfulaging.info. Tune in every Tuesday to Independent Talk KFAX 1100 as we continue to explore "Successful Aging."

MobileHelp Traditional Help Buttons

<input checked="" type="checkbox"/> At Home	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/> In the Car	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/> On a Walk	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/> On Vacation	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/> At the Park	<input checked="" type="checkbox"/>
<input checked="" type="checkbox"/> Shopping	<input checked="" type="checkbox"/>

A Help Button Should Go Where You Go!

To be truly independent your personal emergency device needs to work on the go.

MobileHelp

Order Now & Receive a **FREE** Lockbox!
1-877-625-0954

Service availability and access/coverage on the AT&T network is not available everywhere and at all times. Current GPS location may not always be available in every situation.

NORTHERN AZ WILDERNESS RANCHES

FROM \$249 MONTH Quiet & secluded 37 acre off grid ranches bordering 640 acres of State Trust land at cool clear 6,400' elevation. Near historic pioneer town & fishing lake. No urban noise, pure air & AZ's best climate. Blend of fragrant mature evergreens & grassy meadows with sweeping views across surrounding wilderness mountains and valleys. Abundant clean groundwater, free well access, loam garden soil & maintained road access. Camping and RV use ok. \$28,900, \$2,890 dn, seller financing. Free brochure with similar properties, prices, photos/ topo map/ weather/ area info:

800.966.6690
1st United Realty

LAUGHLIN DAY TRIP TO GOLDEN NUGGET

Saturday... \$40⁰⁰ *Nevada Style Gambling*

Go where the winners go
Bus, Food Voucher, Players Card

Individuals or Groups
Special Group Rates

602.256.0101
www.pvblaz.com

PARADISE VALLEY BUS LINES

ARIZONA BROADWAY THEATRE

THEATRE

FOR YOUNG AUDIENCES

Junie B. Jones

The Musical

Sneak a peek into the "Top-Secret Personal Beeswax Journal" of the outspoken and lovable Junie B. Jones! This stage adaptation is sure to awaken a young person's desire to read about sassy little diva Junie B. Jones and her adventures in first grade.

Public show dates:

Saturday, June 24

and

Saturday, July 1

For Group Information please call
623.776.8400 x106

7701 W. PARADISE LN. | PEORIA, AZ 85382 | 623.776.8400 | AZBROADWAY.ORG

Arizona Resident 2 Year Golf Membership

Our Best Golf Offer Ever For Our Local Golfers

Peoria Pines Golf Course

Only **\$89** /yr
(plus \$10/yr. admin fee)

CALL NOW!
(623) 972-1364

Currently 50 Memberships Available!!

Unlimited Access
7 Days A Week
2 Year Membership thru July 31, 2019
Some Restrictions Apply

8411 N. 107th Ave., Peoria, AZ 85345.
www.Peoriapines.com

PEORIA PINES
GOLF & RESTAURANT
REAL FAST. REAL FUN. REAL VALUE.