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**Subject:** Happy Holidays from Comfort Keepers

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## Happy Holidays

BY COMFORT KEEPERS®

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### Putting Your Loved One's Affairs in Order

There are several legal papers and documents that should be addressed by your loved one before a life-threatening situation arises. Once a healthcare emergency strikes, it may be too late to prepare these documents. That's why you should talk to your loved one about getting his or her affairs in order and to put their wishes regarding healthcare in writing while they are still healthy and able.

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### Seniors and Overmedication

For some, taking medications is essential to maintaining health, and can't be avoided. But evidence suggests - and experts agree - that millions of people are taking more medications than needed. The more drugs that are taken at the same time, the greater the risk of adverse interactions and potentially devastating side effects, due to the cumulative impact and the mixing of drugs.

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### Seniors and Bladder Incontinence

Bladder incontinence is a highly prevalent disease that not only affects a senior's health, but impacts their daily lives emotionally, socially, and economically. With a rapidly growing senior population, more people will experience incontinence - however, it is not an inevitable part of aging.

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### About Us

We have 3 locations to better serve you:

Sumter, Manning, Camden: 803-773-0099

Pee Dee: 843-656-0156

East Columbia: 803-462-1808

### In This Issue

[Putting Your Loved One's Affairs in Order](#)

[Seniors and Overmedication](#)

[Seniors and Bladder Incontinence](#)

[Fast Facts](#)

### Quick Links

[ComfortKeepers.com](#)

[Quick Link](#)

### Fast Facts

If you need legal counsel and money is tight, check with your state's bar association to find low-cost legal help in your area.

30 - 40% of people age 65 and over take 5 or more medications on a regular basis. Of that group, about 10 percent of them take 10 or more drugs.

Over 50 percent of older Americans struggle with incontinence, according to a recent government report by the U.S. Centers for Disease Control.

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