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To: Kester, Tonykester@aging.sc.gov
Date: 9/29/2015 9:07:42 AM
Subject: High Risk Cholesterol Treatment

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High Risk Cholesterol Treatment • September 29, 2015 • Issue #851

EDITOR'S PEN

Gary Barg, Editor-in-Chief

An Interview with Scott Simon

Peabody Award winner Scott Simon is the host of National Public Radio's Weekend Edition Saturday. He has reported stories from all 50 states and every continent, covered 10 wars from El Salvador to Iraq, and has won every major award in broadcasting.

Gary Barg: You made some news recently when you tweeted from your mom's hospital bedside for the week before she passed last month. And I have to tell you, one thing I really appreciated as a family caregiver about your tweets was that they introduced me to your mom, Patricia Lyons Simon Newman Gilband.

Scott Simon: Somebody referred to that as a railroad car. She had three husbands. ...[more](#)

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FEATURED ARTICLE

Cholesterol Treatment in the Elderly

By Sandra Ray, Staff Writer

The risks associated with high cholesterol have been well-documented, yet compliance with treatment schedules is still low. In fact, more than 50 percent of Americans have high cholesterol, yet only one in five people are actively treating it through diet, exercise or even medication. Among the elderly, treatment compliance is low, even though the benefits of these methods are widely known. [...more](#)

GUEST ARTICLE

Life After Caregiving

By Sandra O'Connell

The only way for me to survive is for the two people I love the most to die.” When I wrote those words, I was unable to foresee a future without the endless demands of caregiving. At the time, my beloved husband, Rev. Ralph Minker, and my mother were each suffering from a form of dementia. He was diagnosed with Alzheimer’s disease at age 69; Mom had vascular dementia, not uncommon for someone in her ninth decade. In the midst of the great balancing act that is the caregiver’s reality, another kind of life seems impossible. And when it is over (YES, caregiving does end), there are new challenges in finding a life not consumed by your loved one’s illness. [...more](#)

CARETIPS

Diabetics Make Wise Choices

By Valerie Thelen, Staff Writer

FOOD

What a diabetic eats each and every day is the most important factor in maintaining healthy blood sugar (glucose) levels. If a caregiver is responsible for shopping and/or providing meals for a loved one, they must have a keen awareness of which foods to and not to serve. [...more](#)

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CARENOTES

From Donna:

I had to move in with mother and dad. Mother has beginning Alzheimer's and dad is in the middle stages. We are trying to get rid of animals (they hoarded.) It's been 3 months now and this is coming between my husband and my marriage. Not sure how to handle the situation.. [...more](#)

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