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Subject: Health Advice and Tips for Aging Adults

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NEWS YOU CAN USE

BY COMFORT KEEPERS®

Aging with Irritable Bowel Syndrome (IBS)

Irritable bowel syndrome, often abbreviated as IBS, is a common disorder that can cause everything from chronic abdominal pain and bloating to diarrhea and constipation. IBS is considered a functional digestion disorder, which means that symptoms are often brought on by changes in the digestive system rather than by a certain disease.

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Alcohol Abuse in Seniors

It can be common for friends and family members to overlook - or completely miss - an aging loved one's abuse of alcohol. For instance, if he or she has always included alcohol in his or her daily routine, recognizing increased (but gradual) frequency in drinking may be difficult.

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Fast Facts

Studies show irritable bowel syndrome may affect up to 20% of the population, and that 10% of elderly people are affected.

According to the NCADD, between 6 and 11 percent of elderly hospital admissions are due to alcohol or drug related problems.

Occupational therapy, as we know it today, began in the late 1800s, when arts and crafts therapists were used to help patients with physical and mental illnesses.

Occupational Therapy for Seniors

Occupational therapy is a method of helping people lead independent and productive lives by allowing them to recover or develop skills needed to complete daily tasks. While occupational therapy can be utilized by those of any age, it has been known to be quite beneficial for seniors who feel as if they are no longer able to meet day-to-day challenges, both physically and mentally.

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