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Subject: Senior Tips from Comfort Keepers

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NEWS YOU CAN USE

BY COMFORT KEEPERS®

What Routine Eye Exams Can Reveal About Your Health

Regular eye exams are even more important as you reach your senior years. After turning 60, several eye diseases may develop that can permanently affect your vision. A comprehensive dilated eye exam by an optometrist or ophthalmologist (eye doctor) is necessary to find eye diseases early, when treatment to prevent vision loss proves most effective.

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Types of Heart Attacks, Related Conditions - and Warning Signs

Your heart muscle needs oxygen to survive. A heart attack occurs when the blood flow that brings oxygen to the heart muscle is severely reduced or completely cut off. This happens because coronary arteries supplying the heart muscle with blood flow can gradually become narrow from a buildup of fat, cholesterol, and other substances that together are called plaque.

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Cancer Screenings for Seniors: An Ongoing Controversy

As people grow older, certain medical conditions are likely to develop. This is especially true of cancer. Cancer is the second leading cause of death among those 65 years and older, and its occurrence increases with age. Screening means checking your body for cancer before you have symptoms. Malignancies respond to treatment more effectively when discovered and diagnosed in the early stages of development, which is why you may opt to get screened regularly for various types of cancer.

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Fast Facts

The American Optometric Association recommends annual eye examinations for everyone over age 60.

About every 43 seconds, someone in the U.S. has a heart attack, and it is estimated that about 1 million Americans have a heart attack each year.

Seniors over age 65 account for 60% of newly diagnosed cancers. Also, 70% of cancer-related

We have 3 local offices to serve you better:

Sumter Area: 803-773-0099

Pee Dee: 843-656-1056

East Columbia/Camden: 803-462-1808

deaths occur among
the senior
population.

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