

ASHBY ADVISOR

Ninety-third edition
2024

How about a little light summer reading?

Falls/fractures/deaths in elderly populations. Okay maybe not such “light” reading.

Falls in elderly

- With an obviously aging population comes the also obvious risks of more people falling
- In people 65 and older, over 14 million adults report falling in a year (2020 latest data)
- There were nearly 39,000 deaths from falls (2021)
- In falls with hip fractures requiring surgical repair the mortality within 1 year of falling is high.
Age 70-79 -> **14.4%** Age 80-89 -> **22.8%** 90+ -> **27.5%**
- One of the key factors determining survival from a fracture (besides younger age) is being able to live independently prior to the fall.
- Stronger individuals with the fewest limitations fared better.
- So, getting stronger/improving balance/removing walk path clutter and learning strategies to reduce fall risk are extremely important.
- Monitoring medication reactions is another. Especially blood pressure medication changes. Other medications changes can be problematic as well. Please be aware that reactions can happen even with meds someone has used for a long time.
- One lesser-known way to improve balance and reduce fall risk is increasing toe grip strength. Several studies have shown decreases in falls in frail individuals by having them increase toe grip strength. We will talk about this again.
- In the meantime try occasionally gripping (scrunching) your toes while you are sitting, standing or walking.

Quote of the Newsletter: Kindness and politeness are not overrated at all.

They're under used.

Tommy Lee Jones

ASHBY ADVISOR

Ninety-fourth edition
2024

Well, October was Spinal Awareness Month. But we decided to be different. Now that you're reminded that you have a spine, let's talk about healthy aging for it.

Bones and Discs:

Let's start with bone health. For young people (kids/young adults) that's the time to build your bone reserves. Physical activity is extremely important. Proper resistance training really helps with bone development. (Swimming and cycling don't build bone density though they are good cardio). Brisk walking/running and racquet sports are helpful. Obviously good nutrition is vital. Some nutrients needed include D3, vitamin K, calcium, magnesium, zinc, manganese, silicon, boron and proteins. Calcium alone is not enough.

Disc health:

But don't stop once you are "older". Keeping up that activity for a lifetime has the better bone and joint outcomes. Generally eating a good healthy diet (+ nutrients above), avoiding smoking and staying hydrated will help. However, what helps the most to spare the lumbar discs is HIP HINGING when bending, especially when lifting or pulling. Most of you have listened to me explain this and seen me demonstrate this often.

Going back to my newsletter on Protein {#91} (*reference*). There is a little bit of information to add, mainly if you are doing protein after a workout (weight/resistance training) "Consumption of whole eggs promotes greater stimulation of muscle protein synthesis than consumption of egg whites in young men". (*American Journal of Clinical Nutrition*, 2017 (106(6) page 1401-1412). Eating protein with fat creates greater muscle recovery than protein alone. Those skinless/boneless chicken breasts or protein shakes done with water vs whole fat milk may not be the best choice for muscle building.

Quote of the Newsletter: What makes a day worth remembering is not what you have enjoyed but what you have done for others. *Paul TP Wong*

ASHBY ADVISOR

Ninety-fifth edition
2025

Let's get the new year started off with a good cup of coffee study.

If you want the most health benefits from your cup or two or three – finish up in the morning. An analysis published in the European Heart Journal (January 8th, 2025) of over 40, 000 people found a lower risk of all-cause mortality and cardiovascular disease in morning drinkers vs. all day or non-drinkers. Caffeine and non-caffeine had the same effect.

Researchers thought that coffee in the morning had a greater effect on inflammatory markers in the blood which tend to be higher in the morning. Drink up and live longer!

What might you be missing if you take a multivitamin? Multivitamins are very similar in many of the ingredients they contain, and a lot of companies add what they think are important.

So here are some nutrients that have really good research backing their intake.

- 1) Vitamin K2 and Vitamin D. They are very synergistic. The amount of D you need can vary greatly. That's why Vitamin D testing is really needed to get this right. Aim for 50 ng/ml. Vitamin K research leans towards 20 to 2000mcg or more. (There doesn't seem to be an upper limit on this that has been suggested so far.
- 2) Magnesium. Most people do well with 250mg added. There are lots of forms of magnesium. Magnesium Citrate or Glycinate generally do good for most people. Different forms will go to different tissues/organs in the body.
- 3) Astaxanthin: 4-24 mg. This one has some pretty compelling research on it. Still a lot to learn. Good for eyes, brain, heart and even joints. It seems to be absorbed in the order listed above. So low dose will first target eyes. It seems to have a modest effect on exercise recovery. Higher doses will start targeting other areas. At least that is the current findings. But who doesn't need help with any of that list.
- 4) Creatine 5-10mg daily. Shows promise in cognition, muscle stability, muscle mass and strength. Again, areas that all need help with most of us.

These are just my thoughts on things to look at. The list of nutrients that are helpful is long and the needs are very individual.

Quote of the Newsletter: Humility is not thinking less of yourself,
it's thinking of yourself less. CS Lewis

ASHBY ADVISOR

Ninety-six edition
2025

Happy Spring !!

Let's dive into some healthy living ideas.

- If you've ever wondered if the supplement you are taking really has the true amount of its stated ingredients or is possibly contaminated with toxins/heavy metals, then you might consider a subscription to Consumer Lab <https://www.consumerlab.com>. They do deep dives into the efficacy of certain supplements for health conditions and make comparisons of numerous top brands in numerous categories. I find them to be very thorough and a good source to look for "best buys" in each category. I have used them for several years and like their format.
- For food/water/skin product safety the Environmental Working Group (EWG) <https://www.ewg.org> is a nonprofit that has detailed information that can keep you informed on toxins in the everyday things we consume. They publish their annual Clean 15 and the Dirty Dozen fruits and vegetables for free. Check them out.
- Remember to keep moving. Mobility is easy to lose. Just think of someone who has an injury or surgery and how long it took for them to get back to "normal" [just a setting on the washing machine]. The stronger and more mobile you are the better you can recover setback (hiccups of life).
 - Join a group class.
 - Work in the yard (don't overdo it)
 - Go for a walk.
 - Work your core strength and general strength.

If you need direction let me know.

Quote: Statistics are people with the tears wiped away – Dr. Irving Selikoff