



healthy living

ADVERTISING FEATURE

health options
for the mature
west australian

Reduce joint and back pain by up to 30 per cent in the comfort of your home



Exercise is important every day

by Robert Vander Kraats, Sport Physiotherapist.

THE older we get the more important it is to exercise daily. This can be done in the comfort of your home,

going for a walk around the neighbourhood or shops, swimming, being involved in a group class and many other ways.

Physiotherapists are

experts in assessing your health and creating an individualised exercise program that is safe, effective and can be done at home.

Research has shown an individual who engages in the correct exercise can reduce joint pain by up to 25 per cent. It is commonly believed that you should not move if you suffer joint pain. This is a myth. Movement has been shown to reduce pain in the joints. It is therefore important to seek advice as to what exercises can benefit you if you have pain in a joint.

Exercise your back pain away

Specific exercises have been shown to re-

duce back pain by up to 30 per cent. Often when an individual gets a back spasm or acute low back pain, he or she will decide to reduce their amount of movement; this is wrong. All the research into low back pain suggests the opposite. Individualised exercises are given that do not provoke more pain. Importantly, a subsequent appointment should be made with a physiotherapist so the exercises can be progressed.

Reduce the risk of debilitating falls

Many exercises that a physiotherapist can give help reduce the risk of falls. Falls are very serious and can result in fear of

future falls. The best way to approach this, is not to fall in the first place. Exercises can be given which can assist prevention of falls. Current research suggests that falls can be reduced by 35 per cent.

Exercise – nature's natural anti-depressant

Engaging in exercise results in your body releasing a chemical called an endorphin. One of its roles is to interact with receptors in your brain which reduces the perception of pain. Another role is to trigger a positive feeling in the body. Current evidence suggests that exercise can reduce depression and associated mental health conditions

by 30 per cent, leading to an improved quality of life.

Any exercise should be completed in a safe manner, for example in front of a sturdy chair or table. Some exercises that can be completed in your comfort of your home include:

- A stationary march
- Sit to stand (off a chair)
- Standing hip extension (moving leg backwards in a standing position)
- Side leg raises (moving leg out to side in a standing position)
- Single leg stand (with something in front of you)
- Arm/chest stretch (arms forward with hands together)

• Tricep stretch (by putting your bent arm behind your body when sitting and applying a downward force with the other hand to your elbow)

• Quadriceps stretch (holding onto a chair, and bending one knee holding onto the ankle)

• Calf stretch (keeping the knees straight, push against a wall)

These exercises are just a guide and have not been individually recommended for you. Phone 9203 7771 to make an appointment with Robert and Jeff today for your individualised exercise program at 291 Warwick Road, Greenwood, www.ngp.net.au, 9203 7771.

Home is where the heart is for Dolly and Ken Weaver



Ken and Dolly Weaver

WITH a schedule that rivals the most active millennial, Dolly Weaver 88, might just be one of Western Australia's busiest seniors.

The octogenarian's weekly itinerary includes a part-time job, going to the gym, spending time with family and friends, shopping, visiting her church, knitting, cooking and gardening.

Dolly is also the primary carer for her husband of 66 years Kenneth, who lives with dementia.

The couple are determined neither age nor health challenges will force them to live apart, so they have engaged Baptistcare to provide home care support.

Having a dedicated support worker visit two days per week allows Kenneth to remain in familiar surroundings with the many treasured items he has collected over the years.

It also gives Dolly peace of mind knowing her beloved husband is in good hands while she gets out and about pursuing her favourite hobbies and church activities.

Dolly said while getting help with household chores and gardening has been wonderful, the support and friendship extended to Kenneth during their support worker's visits has been life changing.

To find out how Baptistcare can support you or your loved one at home, visit baptistcare.com.au and request a free copy of our Demystifying Home Care Guide – your essential resource when it comes to navigating home care.

Stem cell therapy and arthritis symptom relief



ARTHROSIS is painful inflammation and stiffness of the joints. Inflammation is part of the body's natural response to protect joints from damaged cells; to remove irritants and infection – but also to start the healing process.

The most common form of arthritis is osteoarthritis. This is a degenerative disease and

often leads to joint replacement surgery. Osteoarthritis begins in the cartilage and eventually leads to two bone surfaces rubbing directly against each other. This is not only painful, but very restrictive on daily mobility and flexion.

Research now shows that the body heals itself via the migration of adult stem cells from the bone marrow. Providing they can get to the tissue, adult stem cells can become new bone cells and cartilage cells. They have also been linked with an increase of lubricin (a protein found in joint fluid that acts like a shock absorber).

As we age our stem cells migration naturally declines. By age 50 it has reduced by 50 per cent and by age 65 you only have about 10 per cent of the number of stem cells you had in your bloodstream when you were 25.

Stem cell nutrition encourages your body to naturally release millions of new stem cells – which then replace damaged cells anywhere in the body. The more stem cells you have in your bloodstream the better. If you would like to find out how stem cell therapy can change your life, phone Sandra Barnsley 0412 479 156.

Do you have Type 2 Diabetes? Are you over 18 years old?

You could play a role in improving the management of diabetes by participating in the BRADICARDIA study.

What does it involve?
The BRADICARDIA study will investigate the effects of reducing heart rate on kidney, eye and skin damage in people with type 2 diabetes.

- You will be asked to:**
- ▶ Participate in a three-month trial
 - ▶ Attend three appointments at Royal Perth Hospital
 - ▶ Attend two appointments at the University of Western Australia
 - ▶ Possibly (50:50 chance) take daily medication for the duration of the trial

- What benefits do I receive?**
- ▶ No associated costs for your scans, laboratory tests or other study activities.
 - ▶ An opportunity to help investigate a new treatment for diabetes complications.
 - ▶ Flexibility to fit clinic appointments into your personal schedule.
 - ▶ Some reimbursement for any reasonable travel and parking expenses associated with project appointments.

If this sounds like something you would like to participate in, please contact the study coordinator for more info: Royal Perth Hospital Study Coordinator, Louise Woodhams 0422 410 206, louise.woodhams@postgrad.curtin.edu.au

Conscious Living Expo: Perth's largest wellness event



There will be many therapists at the expo

CONSCIOUS Living Expo provides holistic solutions for people to take charge of their health and wellbeing in these challenging times.

This November the Expo takes place in the beautiful garden surrounds at the University of WA.

Keynote speaker Dr Peter Dingle will address the health conditions which commonly develop in older age, from dementia, Parkinson's disease, diabetes 2, hypertension, arthritis, pain, gout and poor immune health. Based on cutting-edge scientific information, connections and insights into gut health he will explain what can be done now which affects how we age.

Author, Dr Sherrill Sellman has researched the keys to regaining hormonal balance for women and men, as well as getting younger and healthier every year. She will be speaking about ways to re-

claim hormonal balance as well as how to access feminine powers of rejuvenation.

The speaker program of 14 seminars and workshops is free with admission and will also be live streamed on zoom.

At the Expo visitors can consult with health practitioners,

sample nutritional supplements, shop for eco-friendly products and Christmas gifts for home and personal care. There is delicious healthy vegan friendly food as well as Himalayan momos and chai available at the Main Stage Café. There are plenty of healthy activities for kids including glitter tattoos and storytelling.

Parking is free and dogs are welcome too.

The Conscious Living Expo runs from 20 – 21 November at University of WA.

Seniors' admission tickets are \$9 online, visit consciouslivingexpo.com.au

Friendly, reliable in-home support

Supporting older Australians to remain living at home is something we are passionate about at HenderCare.

We deliver a range of care options, including nursing and therapy services, personal care, domestic assistance, home & garden support and more.

Speak with our Home Care Package team today!

1300 764 433

Spend \$250*
FREE
Gift box
valued over \$100

Spend \$100*
FREE
Sandalwood Essence
valued \$29.95

Storewide SALES SALES

Starts 5th until 12th Nov 2021
Midnight WST

*Values excludes shipping, exclusions apply

Lookout for Pre-Christmas SALES

The Sandalwood Shop

2 Down Rd, Albany WA 6330
Ph: (08) 9845 6817
www.thesandalwoodshop.com.au