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Helping Seniors Of Brevard



Organ Donation in Seniors

Traci Graf, RN
AVID Home Care

Organ donation is a subject I am very passionate about, and many who know me are aware that I worked as an organ transplant coordinator before coming into home care.

Approximately 23 people die every day in the United States waiting for an organ transplant that never comes. People seem to think transplant happens all the time. The reality is only 1-2% of all deaths, all kinds and all ages, can be an organ donor. We used to say that each one was evaluated on a case by case basis but it is a very rare opportunity. This is why it is so important that at any age your family knows your wishes and/or it is displayed on your driver's license.

Let's clear up a few widely believed myths about donation first. Imagine a scenario in a busy trauma unit – a team trying to save a life, they are doing CPR, inserting life saving IV lines, and giving medication rapidly to restart your heart. Someone finds your license with the donor designation on it....and they stop trying to save the patient. That will never ever happen. The healthcare team is completely focused on saving your life, and the organ donor teams only come in when there is no hope left.

The coordinator will arrive at the hospital after being called, and they will know if the organ donor designation is on the license before coming. This information is accessed on the DMV website by the organ donor program directly. The process is extremely regulated, professional, and ethical, but asking a family to donate organs is still the hardest thing I have ever done as a nurse. The donor designation allows them to move forward with testing without family consent. Once it appears they may be able to donate, the coordinators talk with the family.

People frequently ask if they have the right to move forward if the family is not in agreement, and I always say there are two answers.

Legally, yes, they have every right to move forward, but ethically most donor programs will have multiple talks with the family but not move forward if there is no resolution.

Now here are the sobering statistics in our sunshine state regarding recipients and donors over age 50. We have four organ procurement organizations and 13 transplant centers. Currently we have 1,935 patients ages 50-64 waiting and 1,280 age 65 plus waiting.

The organ breakdown for people 65+ waiting is as follows: kidneys 1123, liver 120, pancreas 1, kidney pancreas 1, heart 21, lungs 29, and intestines 1.

The stats for older people being able to donate and receive organs has increased and improved every year. In 2019, 63% of all U.S. recipients were older than 50, with 21% being older than 65. The oldest organ donor in the U.S. was a 92 year old liver donor who saved the life of a 69 year old recipient. Due to the direct correlation between donor age and the length of organ/recipient survival, older donors almost always save the lives of older recipients.

Compare the number of people waiting on our transplant lists with the fact that in 2020 the entire state only had 312 donors aged 50-64 and 52 donors aged 65 and older. There is no real age limit on donors. *"If you're going to live, leave a legacy. Make a mark on the world that can't be erased."* - Maya Angelou

Donate



Helping Seniors of Brevard is a registered 501(c)(3) charitable organization. Your support helps us connect vulnerable seniors to the help they need. You may donate online safely and securely at www.HelpingSeniorsofBrevard.org or mail your check made payable to HSOBC to P.O. Box 372936, Satellite Beach, FL 32937. You can also help support **Helping Seniors of Brevard** every time you shop at www.smile.Amazon.com. Thank you!



Helping Seniors Of Brevard



More Supplements to Combat Covid

*Kevin Kilday, PhD, D.PSc, CBHC
Holistic Health Center*

I have already written about four supplements everyone should be taking to prevent and or combat Covid. These are: a good high quality multivitamin, Vitamin C, Vitamin D, and Zinc.

These will adequately protect against all viruses. However, there are other supplements that also have been thoroughly studied and are showing positive results combating Covid. As always, I will not give recommended dosages in articles. Please call 321-549-0711.

Astragalus is an herb. Its root is used in medicine throughout the world to strengthen the immune system and treat the common cold, upper respiratory infections, seasonal allergies, bacterial infections, and viruses. In addition, the plant alkaloid swainsonine (found in Astragalus) inhibits the glycosylation necessary for the Covid spike protein to attach to human cells.

Selenium is an essential mineral that strengthens the immune system, lowers viral infection, and reduces oxidative stress and inflammation. Selenium deficiency seems to be common in COVID-19 and associated with higher mortality in COVID-19 patients.

Garlic is an herb that has powerful anti-inflammatory and antiviral properties. It can help reduce the severity of symptoms in colds, flu, or COVID-19 infections as well as enhance immune health by stimulating protective white blood cells like NK cells and macrophages.

Curcumin is an herb used in Ayurvedic and Chinese medicine. It has antiviral, antinociceptive, anti-inflammatory, antipyretic, and antifatigue effects. Since Curcumin targets the Covid main protease to reduce viral replication, it could be a new treatment option to combat the COVID-19 pandemic.

Dr. Kevin Kilday, PhD, Holistic Health Center, 321-549-0711, Solutions for Cancer, Covid, Chronic Conditions plus Supplements & Tests. www.holistichealthcenter.us



Preparations for a Hospital Admission

*Tara Bailey, MPA, CMC, BCPA
Brevard Healthcare Navigation, LLC*

For years, I have been an advocate for clients to have their personal wishes made known. This may entail reviewing legal documents, ensuring that the current Durable Power of Attorney (DPOA), Health Care Surrogate (HCS), Preneed Guardian, Final Wishes, etc. are current and applicable to the situations they are facing.

If a person has not reviewed their DPOA and/or HCS choices for several years, they may find themselves with a designated person who is no longer able or capable of assisting them in their time of need. Having a document that expresses personal wishes (Living Will) regarding extreme medical situations is very important and may spare a designated representative unnecessary stress and sorrow. Discussing wishes with others can help them be confident of a person's desires.

The prudent thing to do when one realizes that a hospitalization is upcoming would be to have a COPY of the following when filling out admission forms at the hospital:

- Names and numbers of the DPOA, HCS, Preneed Guardianship, a copy of the Living Will
- A list of persons (including names/phone numbers/relationship) who have permission to speak with the medical team on your behalf – this includes a Patient Advocate that understands your wishes
- A list of physicians/specialists/pharmacy and medications you are currently taking
- If you are a solo ager and you have pets, you should arrange for care BEFORE going to the hospital

While this is not a complete list of considerations that one should prepare for, it should be a significant relief to know that loved ones are at the ready when needed.



Helping Seniors Of Brevard



The Diabetes/Dental Relationship

*Lee Sheldon, DMD
Solid Bite*

Let's introduce a term to you, "neutrophil chemotaxis." The neutrophil is the white blood cell whose primary function is to engulf and kill bacteria in your bloodstream. Chemotaxis is the movement of a cell toward a chemical stimulant. In this case, bacteria send out a chemical. The neutrophil senses the chemical and moves toward the bacteria with the purpose of killing it. Neutrophil chemotaxis is therefore a primary function of your immune system. It protects you from infection.

Diabetes reduces neutrophil chemotaxis. The neutrophil doesn't sense the bacteria. The bacteria can then grow unchecked. It is a primary reason why diabetics are more prone to infection.

How does this relate to dental treatment? When a patient's diabetes is not under control, any dental surgical procedure can be riskier. In our practice, when one has a hemoglobin A1c of 8.3 or above, we choose to delay any elective surgical treatment until the patient has a lower A1c. Our goal is 7 or below. If one has an active infection in spite of an A1c of over 8.3, we of course will treat the infection.

Diet and medication are the primary methods of getting diabetes under control. However, an interesting study compared ten adults of an average age of 71 with younger controls, looking at, among other things, their neutrophil chemotaxis.* They did 60-90 second high-intensity workouts on a treadmill for 30 minutes three times a week. After ten weeks, the older patients' neutrophil chemotaxis increased by 25%. Similar improvements occurred in other health markers.

Medication is but one way to control disease. Working the body can result not only in improved fitness but in reducing your risk of infection.

*Bartlett et al, "Rejuvenation of Neutrophil..." Front Immunol. 2020 May 5;11:729



Not My Family! Real Life Issues - Episode 4

*Ruth C. Rhodes Esq.
Rhodes Law, P.A.*

Today we are going to focus on George and Marie who have been married for 25 years. They met late in life, and both had children from their previous marriage. All the children are grown, and George and Marie have many grandchildren and great-grandchildren. George worked hard for his retirement while Marie took care of the household and worked part time on and off at some local businesses.

George and Marie never fought and were very frugal. All they wanted was peace in the family but that became difficult during estate planning. George had three children and Marie only one. Not all the children got along and they were beginning to ask questions about the estate such as, "Why would everything be equal when dad made all the money before he even knew Marie, and there are three children on our side?"

When George and Marie went to have their Last Will and Testaments drafted, they were not questioned about all the "What ifs". The basic wills for couples are known as "I Love You" wills. Give everything to each other, then the kids. But what happens if George passes away first? Can Marie give all of the estate to her one child? They wanted to provide for the grandkids but their children would take care of that, right?

Unfortunately, soon after the Wills were complete, Marie passed away. George went to an elder law attorney who patiently listened to George about his wishes and the wishes of Marie. Thankfully, George was able to get his documents updated and keep his family communicating just as Marie would have wished. With guidance from an elder law attorney, family issues can be avoided or at least lessened.

Stay tuned next month for more "Not My Family! Real Life Issues." Today is the day for you to be proactive and get prepared so your wishes for your family can come true. **Call Rhodes Law, P.A. at (321) 610-4542 to schedule your FREE consultation now.**



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