

Healthy LIVING while aging!



EXTENSION

College of Agriculture,
Biotechnology & Natural Resources



Mother's Day

Photos in newsletter were taken prior to March 2020 and the COVID-19 pandemic.

May 2021

| Healthy aging newsletter

| Volume 2, Issue 5

Arthritis and Movement

By Anne Lindsay, Ph.D.

Nobody has to tell me when it's going to rain! My joints are the best weather reporters I know! Humidity makes my bones and joints ache so much; I just don't feel like doing anything. Good thing it doesn't rain much in Nevada!

Arthritis affects 46 million adults in the U.S. and is the leading cause of disability. While there are many different types of arthritis, the most common form is osteoarthritis, which affects almost 30 million people. Half of all adults will experience symptoms of osteoarthritis in the knee at some point in their lives. But it can also affect hands and hips. The Center for Disease Control reports over a million joint replacements are conducted each year.

Described by doctors as the "wear and tear" arthritis, osteoarthritis is caused by different factors that lead to loss of joint cartilage and bone, ligament, and muscle changes. Joint pain, aching, stiffness, and swelling are often felt. It is very painful, and sufferers become weak and lose physical function including activities of daily living. While genetics is certainly a factor, age is the most reported risk factor rising sharply after age 50 in men and age 40 in women. Risk also increases with obesity, as two of three adults who are obese will develop osteoarthritis. Women are more prone to osteoarthritis,

especially hand and knee. Finally, occupation-related or sport-related repetitive injury and physical trauma can contribute to osteoarthritis.

Physical activity is key to successful treatment of osteoarthritis, which is ironic because it often hurts to do anything physical. Exercise is safe and does not worsen disease, but rather promotes healthy joints. Those who DO NOT exercise will often suffer more joint pain than those who do, in part, simply because they are sedentary. Less active --- more pain. More active ---less pain, less stress and depression, and greater overall health.

Try low impact physical activity like walking, swimming, or light bicycling. Yoga is exceptional for osteoarthritis. Like other low impact activities, yoga helps increase muscle strength, improve flexibility, and promote balance with fewer body aches and pains. Check your local YMCA, health club, recreation, community or senior center for beginner or gentle yoga classes. Whatever you choose, ***don't let what you can't do interfere with what you can do.***

The Arthritis Foundation is a great place for more information, visit: <https://www.arthritis.org>.

Register for AARP Nevada's Yoga Timeout Tuesdays at: <http://aarp.cvent.com/AARPNevedaCalendar>.

For more information about Healthy Aging education or resources, please visit our website: extension.unr.edu and search "Healthy Aging" or contact Dakota at 702-948-5916.

Anti-Inflammatory Foods to Consider

Following an anti-inflammatory diet, like the Mediterranean diet, may help reduce inflammation. Consider adding these foods to your diet:

Adapted from [Arthritis Foundation](#)

- Beans
- Berries
- Broccoli
- Carrots
- Cherries
- Fish
- Kale
- Nuts
- Olive Oil
- Onions
- Peppers
- Spinach

Nightshades or Not?

What are nightshade vegetables? They are vegetables that grow at night. Eggplant, tomatoes, peppers, and potatoes are the most common. Some people believe these vegetables trigger arthritis flares, but there is limited scientific evidence to support this theory. Dennis C. Ang, MD, suggests keeping a food diary to see if symptoms increase when eating nightshade vegetables. Lona Sandon, RD, agrees, suggesting to avoid them and replacing with other sources of vegetables high in vitamin C and A. Or visit a registered dietitian for other suggestions.

To learn more, visit: The Truth About Nightshades and Arthritis - Living with Arthritis (<https://bit.ly/3a7pCWA>)

Honoring Mothers and Older Adults

Mother's Day has been an official U.S. holiday since 1914. However, celebrating Mother's has been traced as far back as in ancient Rome and Greece. The month of May is also Older Americans Month. It was established in 1963 by President John F. Kennedy and the National Council of Senior Citizens, to make sure basic needs of older Americans were met.

This month, take time to recognize and honor the moms and older people in your life. And, if you are both, a double hip hip hooray to you!

Supporting Independence and Quality of Life with Assistive Technology

The Nevada Assistive Technology (AT) Resource Center offers AT devices, information, and workshops statewide. AT is any item, piece of equipment, product or service that is used to improve function so that people can live more independently. Their goal is to support functional independence and quality of life for individuals in Nevada who, due to their age and/or disability, are candidates for AT. Call 800-216-7988 or for more information contact: natrc@unr.edu.

Simple Fish Tacos

This Cinco de Mayo-inspired menu includes fresh, healthy flavors.

Seasoned chunks of white fish filets topped with fresh diced tomatoes, shredded cabbage, a squeeze of lime, and a dollop of cilantro-infused sour cream are all served on top of a warm corn tortilla. Add fiber rich beans and/or any vegetables in place of fish.

Makes 6 servings



Ingredients:

- 1/2 cup sour cream (non-fat)
- 1/4 cup mayonnaise (fat-free)
- 1/2 cup fresh cilantro (chopped)
- 1/2 packet taco seasoning (divided)
- 1 pound fish fillets (cut into 1-inch pieces)
- 1 tablespoon olive oil
- 2 tablespoons lemon juice
- 2 cups red and green cabbage (shredded)
- 2 cups tomato (diced)
- 12 corn tortillas (6-inch, warmed)
- lime wedges (for serving)

Directions:

1. In a small bowl, combine sour cream, mayonnaise, cilantro, and 2 Tbsp. taco seasoning.
2. In a medium bowl, combine cod, vegetable oil, lemon juice, and remaining seasoning mix; pour into large skillet. Cook stirring constantly, over medium-high heat for 4-5 minutes or until fish flakes easily when tested with a fork.
3. Fill warm tortillas with fish mixture.
4. Top with cabbage, tomato, sour cream mixture, lime wedges, and taco sauce.

To learn more, visit (<https://bit.ly/3de901b>) Simple Fish Tacos at What's Cooking? USDA Mixing Bowl.

An EEO/AA institution. This material was funded, in part, by USDA's Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider.

