



A publication of the Brown Medicine
Geriatrics Department 401-649-4010

Did you know?

Brown Medicine-Geriatrics offers after hour access to on-call physicians, same day sick visits and weekend appointments for urgent issues.

Please call the office for more information and/or to schedule an appointment.

3 ways to get the Geriatrics Newsletter:

1. Available at our Geriatrics office in East Providence

2. Brownmed.org/
division-of-geriatrics-and-
-palliative-medicine

3. NEW:
Log onto Patient Portal
(Sign up, it's free)

New Ride Transportation Service

As you may already be aware, Rhode Island has made a recent change to their non-emergency medical transportation program. Logisticare is no longer the non-emergency medical transportation manager for Rhode Island. MTM is now the state of Rhode Island's non-emergency medical transportation (NEMT) manager. Non-emergency medical transportation can be arranged for RI residents as follows:

- Medicaid recipients can receive rides to appointments with Medicaid-covered health care providers if you have no other way to get there.
- Non-Medicaid enrollees who qualify for the Elderly Transportation Program (ETP) can receive rides to medical services.
- Participants in the Temporary Assistance for Needy Families (TANF) Program/RI Works can receive monthly bus passes to pursue employment opportunities.



Residents who would like to participate in this program will have to register with MTM by contacting them directly at 1-855-330-9131 (TTY: 711).

To schedule a ride you must call at least 48 hours before your appointment, unless your trip is urgent. Routine trips can be scheduled Monday through Friday from 8 a.m. to 5 p.m. You can schedule urgent trips 24 hours a day, seven days a week.

If you have any issues with scheduling transportation to see your provider please contact our office at 401-649-4010.

10 Warning Signs of Alzheimer's Disease

We are offering this Free class at the Geriatrics office. -All are welcome.

Date to be determined, April 2019

Please register by calling Kerri Kelley LICSW ext. 1004. Seating is limited, so register early.

Osteoporosis:

On average, 1 out of 3 adults older than 65 years of age fall yearly and 20-30% of these adults may break their bones. Osteoporosis is a medical condition in which the bones become brittle and fragile from loss of tissue, typically as a result of hormonal changes, or deficiency of calcium or vitamin D.

Women, thin-boned people, adults who are on long term use of Steroids, smokers and those who have had a prior fracture have an increased risk of developing osteoporosis.



How can you prevent osteoporosis?

- Women lose most of their bone density within the first 2- 3 years after menopause. It's important to increase calcium intake (especially through diet) at that time. The American Geriatrics Society and CDC recommend at least 1000 mgs of Calcium supplements daily for adults older than 50 years of age.
- Participating in weight bearing exercises 2-3 times a week, such as yoga, Tai Chi and even walking, help build muscle strength.
- Ask your doctor to check your Vitamin D level. You may need supplements if your level is low.
- Ask your doctor if you should have a bone density test, a test that measures how thin (or thick) your bones are. Ask them about a FRAX score that gives a 10-year risk assessment of a fracture. There are many medications that have been proven to treat Osteopenia (thinning of bone) and Osteoporosis. Ask your doctor if you are a candidate for them.

Nadia Mujahid, MD
Division of Geriatrics

Source: www.americangeriatrics.org

Fall Prevention:

It's winter, which typically means snow and ice. During winter months, we see an increase in older adults being admitted to the hospital because of falls. This is a great time to provide some basic information regarding fall prevention.

Don't go out in a snow or ice storm unless necessary. There may be ice under the snow, which causes adults to slip, fall and break bones.



How can you prevent falls?

1. **Exercise regularly.** Tai Chi programs are great as they help increase leg strength and improve balance and gait.
2. **Consult your doctor** if you experience dizziness, have a fall or have problems walking as this could sometimes be caused by medications. Having a doctor review your medications and eliminate potential medication will be helpful.
3. **Home safety evaluation** can be ordered by your doctor. This helps to provide tips on avoiding potential fall hazards at home like poor lighting, adding grab bars inside/ outside the bath tubs/ showers/ toilet seats, increasing lighting in homes and avoiding small scattered rugs.
4. **Go for an annual eye exam.** Avoid use of multifocal lenses while walking especially on stairs.

Weekend Urgent Care Visits for Primary Care Patients

Avoid going to the Hospital Emergency Room or another Urgent Care Facility:

- Avoid long wait times.
- Avoid large co-pays.
- See doctors with access to your medical records.



These appointments are on Sat/Sun at the **Brown Physicians Patient Center:**
375 Wampanoag Trail
East Providence, RI 02915

Call Geriatrics Primary Care to schedule an appointment:
401-649-4010

If you are experiencing a medical emergency, please call 911 immediately.



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