



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.

## 2 ways to get the Geriatrics Newsletter:

1. Available at our Geriatrics office in East Providence

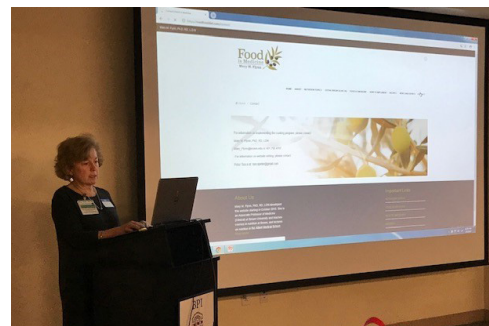
2. Online at:  
[Brownmed.org/division-of-geriatrics-and-palliative-medicine](http://Brownmed.org/division-of-geriatrics-and-palliative-medicine)

## Education Series

On February 6th, 2019, our Geriatrics out-patient center hosted a healthy lifestyle session for the Brown Medicine ambulatory care population. The seminar included an enlightening lecture by Nutritionist Dr. Mary Flynn on the benefits of extra virgin olive oil, and an easy to follow home exercise program by Hope Hospice Physical Therapist Meghan Areson.

Dr. Flynn, an associate professor at The Warren Alpert Medical School, highlighted the health benefits and shared the basic structure of a plant-based meal. She discussed the recommended plant sources of protein and healthy fats that should be incorporated in a balanced diet. In her lecture, Dr. Flynn also shared invaluable tips on eating healthy on a budget.

Meghan discussed the benefits of a daily exercise routine and demonstrated exercise moves that could easily be performed at home without the use of fancy equipment for maintaining range of motion and functional capacity. The audience enthusiastically performed the moves with Meghan.



Overall, the session was a big hit with our patient population and was followed by a very illuminating question and answer session.

Sakeena Raza, MD  
Division of Geriatrics

## 10 Warning Signs of Alzheimer's Disease

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

**Date:** April 15, 2019  
**Time:** 11:00 a.m.  
**Location:** 375 Wampanoag Trail, East Providence, R.I.

Please register by calling Kerri Kelley LICSW (401) 649-4010 ext 1004. Seating is limited, so register early. Gift bags will be provided for all participants/attendees.

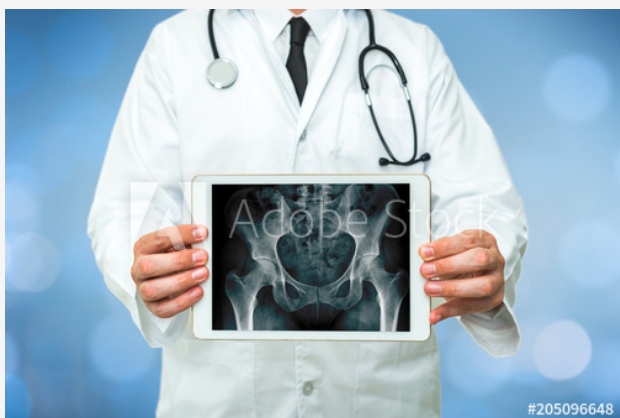
## Screening Test: Bone Density DEXA Scan

A DEXA scan measures bone mineral density and is a safe and painless test that uses low level x-rays to calculate your bone calcium in your hips and lower back.

It is best to get tested at the same place every time so they can compare previous DEXA scans and see how fast your bones may be thinning.

A “T score” is used to identify whether a person has healthy bones, moderate bone loss (osteopenia), osteoporosis, or severe osteoporosis.

If the test is normal, repeat after 5-10 years. If it is abnormal, it may be repeated after 2 years.



### Who Should Be Tested for Bone Loss with a DEXA?

- Women over age 65
- Men over age 70
- Post-menopausal women with at least one risk factor
- Men or women over age 50 who have broken a bone in the past, especially if the trauma that brought on the fracture was minor
- Men or women who take or are thinking of starting medications that raise the risk of osteoporosis such as steroids (prednisone)

Lynn McNicoll, MD  
Division of Geriatrics

Resource: <https://www.healthinaging.org/a-z-topic/osteoporosis>

## Exercise Medicine:

The Performance Physical Therapy “Exercise is Medicine” is a weekly group exercise class guided by Performance’s Exercise specialists. It focuses on strength, flexibility and balance, and provides a full body workout.



“Exercise is Medicine” provides on-going, expert supervision to improve confidence and ensure safety during exercise. It is an ideal atmosphere for patients who have completed physical therapy or have diagnoses like arthritis, osteoporosis, or any other condition limiting mobility.

### Weekly Classes:

- Days:** Monday, Tuesday & Thursday  
**Time:** 1:00 p.m. - 2:00 p.m.  
**Location:** 375 Wampanoag Trail East Providence, Suite 403  
**Monthly Fee:** \$35 (no joiner’s fee)

For questions and inquiries, call (401) 270-8770.

## 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



**Hours:**  
**Saturday:** 9:00 a.m. - 3:00 p.m.  
**Sunday:** 9:00 a.m. - 12:00 p.m.

**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.*



**BROWN MEDICINE**  
BROWN PHYSICIANS, INC.

Division of Geriatrics &  
Palliative Medicine

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