


Elderly can, do manage most major surgeries

Dear Jo:
Is surgery advisable for people in their 80s and 90s? I ask this because I just found out that my grandmother, age 87, is having hip surgery. I enjoy your column.
Mr. F. B.
Border City Reader

Dear Mr. B.:
Age, by itself should not prevent anyone from gaining the benefits of surgery.
According to a recent study done by the Mayo Clinic and published in the Journal of the American Medical Association, people in their 80s and older can safely undergo most major operations.
The surgery becomes risky to the health of older people if they suffer from heart disease or high blood pressure. The Mayo Clinic study reported that the long-term survival rate of surgical patients was comparable to those of the same age who do not undergo surgery.
The findings in this study are important because the over 80 population is expected to increase by 236 percent between 1980 and the year 2000.

Dear Jo:
I have arthritis in my hands. I find tasks such as holding a toothbrush difficult. What would you suggest?
Mrs. H. R.
Northern Sealer



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A public service message of this publication and Selective Service System

gerontology
A. Jolayne Farrell

Dear Mrs. R.:
You can buy toothbrushes and other such items with larger handles at specialty medical supply stores. These can be located through the Yellow Pages. Also, you may want to try an electric toothbrush. It has the larger handle plus the additional feature of automation which makes brushing your teeth a less painful task.
Dear Jo:
I find your article on difficulty in swallowing pills of interest as years ago I had the same problem. I over-

came it by taking a big drink of warm water before even attempting to swallow a pill. I find the throat needs lubricating at times especially for us "oldies." I hope this works as well for others as it does for me.
I find your column interesting and informative. I love to learn something new each day and your column is one of my sources.
J. B.
Victoria Reader

"SFA Holiday Cafe"

Saks Fifth Avenue cordially invites you to join us at the Somerset Mall entrance to our Troy store for a complimentary "Cafe Continental Breakfast," on Sundays, December 10th, 17th and 24th.

Please be our guest for a buffet array of light breakfast fare before you begin your busy day of shopping. For your convenience, our special Sunday Holiday Hours:

12/10 - Breakfast, 10:30 am-11:00 am;
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Fitness program now in evening

Oakland University's "Sixty Plus" health and fitness program is now available in evening hours. The program, featuring individualized information on nutrition and exercise, is available to help people 60 and older to maintain productivity and physical ability.

Participants receive a physical examination — including blood chemistry and pulmonary function analysis — and treadmill testing before getting a personalized exercise program. Sessions include warm-ups, exercise and lectures on senior health matters.

Fred Stransky, director of the Meadow Brook Health Enhancement Institute, said the program was initiated in 1988 to help people over 60 to maintain fitness as well as to debunk negative stereotypes about old age.

Evening sessions will run from 7-8 p.m. on Mondays, Wednesdays and Thursdays on the Rochester campus. More information is available through Caryn Hadley at 378-3198.

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