

Geriatric Clinic

(Clinic for the Elderly)



P. D. HINDUJA HOSPITAL
& MEDICAL RESEARCH CENTRE

Why is my age important?

As people get older, the way their body responds to medical problems changes. For instance, people become less able to fight infections. As a result, it is more important for them to get certain vaccines.

Certain diseases also become more common as people age. Heart disease, for example, develop more often in older people than they do in younger people.

Keep in mind, though, that getting older does not have to mean that you get sicker and more frail. Many of the changes that happen with aging are not in fact “normal” parts of aging. Always check with your doctor about any changes in your body or your health. That way you can find out if there are any treatments that might help.

Ways to protect yourself

To lower the chances related to problems with the medicines you take, follow these steps:

- Make sure that your main doctor, and any other doctor who prescribes medicines for you knows about all of the medicines you take. This includes any herbal medicines you use on a regular basis.
- Anytime your doctor or nurse puts you on a new medicine, ask:
 - Why am I taking this medicine?
 - What are the common problems to watch out for?
 - What should I do if they happen?
 - When should I stop this medicine?

- Can I take this medicine with the other medicines on my list?
- What will happen if I don't take the medicines?

What else can I do to stay as healthy as possible?

You should:

Take measures to prevent falling - Here are some things that might help:

- Make sure that all walkways in your home are well-lit, and clear of clutter, electrical cords, and loose rugs. Electric cords should be tucked out of the way and secured to the wall or floor. Loose rugs should have nonskid backing, so they don't slip.
- Wear sturdy, comfortable shoes
- Try to stay active, because people who do some form of exercise are less likely to fall than people who don't

Talk to your doctor if you have trouble controlling your bladder or bowels - Not being able to control your bladder or bowels is called being "incontinent."

If you have this problem, don't be embarrassed to bring it up at the doctor's office. Many treatments are available.

- **Keep an up-to-date medicine list** - Always bring your medicine list with you when you see the doctor. That way, he or she can check whether you are still taking all the right medicines and whether you can stop some of them.

What is a geriatric clinic?

Seniors (over the age of 64 years) encounter multiple issues which gradually start escalating. These include mobility problems, joint problems, emotional and social concerns, medication related problems, and issues with memory. All these concerns and more are addressed in the geriatric clinic.

Why should I go to a geriatric clinic?

Blood tests(drawn at home) including lipid, blood sugar, kidney, vitamins and other tests are done. Bone density test is performed as well. Seniors have a consultation with a geriatric consultant, physiotherapist and a psychologist. Comprehensive evaluation to prevent falls, assess medication requirements, memory evaluation, mood assessment and need for vaccinations are addressed. Follow up is ensured with repeat consultation to ensure optimization of physical and emotional wellbeing. Our goal is to maintain the independence of our seniors for as long as we can.

**The Geriatric Clinic is located at
3rd floor, Health Check Department,
Hinduja Clinic Building**

Timing - Thursday - 9.30 am to 11.30 am

To schedule an appointment call

39818181 or 67668181

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