

## Resources shared via chat box during October 14<sup>th</sup>'s Normal Age-Related Changes & Health Disparities Trainings from the Native Elder Caregiver Curriculum

Training materials <https://iasquared.org/caregiving/caregiver-training/native-elder-curriculum-caregiver-training-details-and-resources/>

### *Health disparities*

- Leading causes of death before COVID-19 <https://www.cdc.gov/nchs/fastats/leading-causes-of-death.htm>

### *Pain*

- Even though opioid overdose rates are disproportionately high among American Indian and Alaska Native people (health disparity!), Native people with chronic pain remain underserved relative to the general population, AND there is not much research to help understand the experiences of pain and treatment. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4433858/>
- Tension headaches - <https://www.mayoclinic.org/diseases-conditions/tension-headache/in-depth/headaches/art-20046707>

### *Cardiovascular*

- Hypertension aka high blood pressure was the number 1 health issues reported in the NRCNAA research.
- The number of American Indian and Alaska Native people affected by strokes is slightly higher than the White population; but good news, the death rate is LOWER. Don't start celebrating just yet. There are a lot of other health implications for Native people who suffer a stroke and survive. For stats see: <https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=43>
- More info on aspirin and stroke/heart attack: <https://www.uofmhealth.org/health-library/te7903spec>
- Some info on pulmonary rehabilitation which is the lung equivalent of other types of physical rehab: <https://medlineplus.gov/pulmonaryrehabilitation.html>

### *Respiratory*

- Flu vaccines - 65 and older should get the High Dose Vaccine. Pneumonia vaccines – 65 and older should get one dose; the second dose depends on health issues. This is a nice page with info about Medicare preventive services: <https://www.medicareinteractive.org/get-answers/medicare-covered-services/preventive-services/preventive-services-overview>
- According to CDC: Symptoms of COPD include: Frequent coughing or wheezing, Excess phlegm or sputum, Shortness of breath, Trouble taking a deep breath. <https://www.cdc.gov/copd/features/copd-symptoms-diagnosis-treatment.html>
- Respiratory – wood burning heaters <https://www.lung.org/blog/wood-burning-stoves-and-heaters>

### *Neurocognition*

- While the science-y folks are using the term neurocognitive disorder more frequently, dementia and Alzheimer's are still widely used. Alzheimer's is a type of dementia. In the IA2 brain health

work, we've started referring to as "abnormal memory problems" as the term dementia is still not well understood, official diagnosis of dementia is a big problem, and for folks with health literacy issues was a hard term to understand.

- Here is a flyer with 10 warning signs of abnormal memory issues we created as part of our work as the American Indian and Alaska Native Resource Center for Brain Health:  
<https://iasquared.org/flyer-10-signs-of-abnormal-memory-loss-or-dementia/>
- Check out IA2's new and growing brain health resource center and library with tools you can use: [www.AIANBrainHealth.org](http://www.AIANBrainHealth.org)
- Here is a neat article from Dr. Adamsen on the association of cultural activities / social engagement and diagnosed memory problems. Spoiler alert: folks who do more of either or both have lower rates of diagnosed memory problems.  
<https://journals.sagepub.com/doi/abs/10.1177/08982643211014971?journalCode=jaha>

### *Musculoskeletal or falls*

- Fun facts: In one large study of nearly 200,000 older patients, the most commonly performed procedure was hip or femur repair (16.5%) in patients with dementia (think = falls!) and knee arthroplasty / replacement (8.6%) in patients without dementia (to keep them moving and active). <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2768237>

### *GI*

- GERD aka Gastroesophageal Reflux Disorder affects the esophagus. The channel that connects your mouth to your stomach. It's chronic "heart burn" that left untreated can cause permanent damage besides being uncomfortable and making you burp. A LOT!

### *Falls*

- Falls are the leading cause of injury deaths for American Indian elders age 65 and over  
<https://www.nicoa.org/national-falls-prevention-awareness-day/>
- It was found in the Needs Assessment conducted in 2017-2019 by the National Resource Center of Native American Aging, that over 40% of Native American Elders experience falls.
- check out fall prevention resources, such as <https://www.pathstohealthnm.org/programs/>

### *Sensory System*

- Macular degeneration, cataracts, and glaucoma are common disorders that occur in the sensory system and specifically affect a person's eyes.

### *Health Disparities*

- infographics on health equity and health disparities with graphics <https://dev-sfsu-healthequity.pantheonsite.io/health-equity-infographics>