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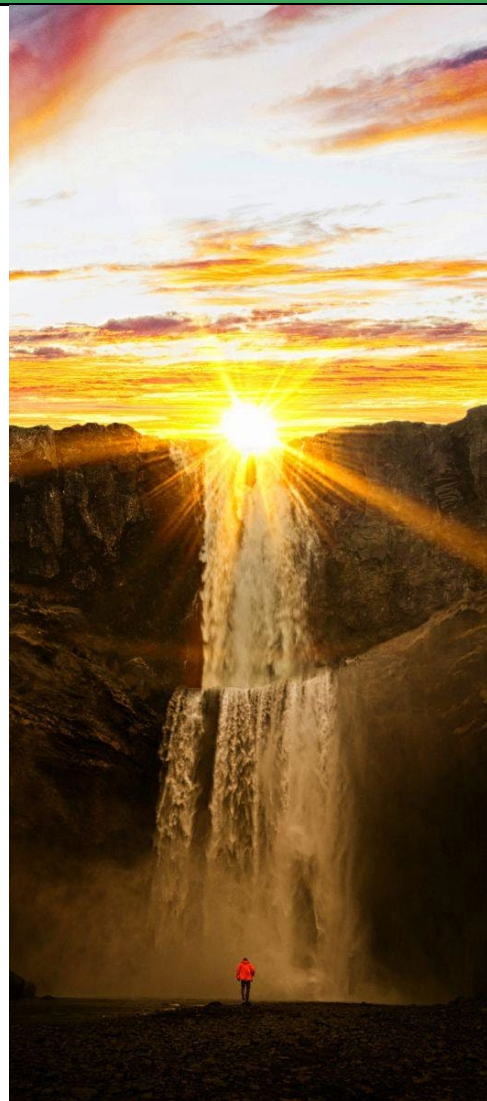
Foolproof Ways to Look and Feel Younger!



Studies have found that getting older comes with tons of benefits including wisdom, better social skills, more empathy, and the opportunity to experience milestones such as retirement and the birth of grandchildren. Despite this, physical changes that accompany aging can be distressing to some; the last decade has seen a dramatic increase in the number of procedures performed to reduce visible signs of aging. While the anti-aging market is predicted to continue growing steadily, there are simple, inexpensive ways to look and feel younger. Feeling younger has been shown to protect older adults from the stress of aging. In other words, people who feel younger are generally healthier and may live longer than others who feel their age or older. Check out a few tips below on achieving a younger look and feel!

TIP #1: Hydrate, Hydrate, Hydrate

Water is truly one of the most underappreciated tools for maintaining good health from head to toe. Staying hydrated facilitates healthy digestion and absorption, ensuring that trips to the bathroom are as quick and easy as possible. Water also helps keep joints lubricated, reducing joint pain and helping you keep a youthful spring in your step! Research also shows that drinking water after a meal can augment weight reduction and improve conditions such as insulin resistance. So how much water should you be drinking? Experts recommend a daily intake of half of your body weight; that is, if you weigh 160 pounds, aim for 80 ounces of water each day. By eliminating dehydration, you can plump skin cells, improve circulation, and reduce the appearance of fine lines and wrinkles.





TIP #2: (Take Care of) The Skin You're In

This summer brought new records for numerous cities worldwide who experienced their hottest temperatures in history. Whether you spent these scorchers in a climate-controlled office or soaking up rays at the neighborhood pool, sunscreen was and continues to be your best friend! [According to the American Academy of Dermatology Association \(AAD\)](#), sunscreen should be applied to any skin that will be exposed to sun, every time you go outside. Even on cloudy days, as many as 80% of the sun's UV rays can reach the earth's surface. The best sunscreen provides broad-spectrum protection—that is, it blocks out the two kinds of rays emitted by the sun: UVA and UVB. UVA rays are known to contribute to skin aging, and can accelerate the formation of features such as age spots and wrinkles. Wearing sunscreen doesn't just make you look younger; it can help you live longer by preventing skin cancer!

TIP #3: Skip the Smokes

It has long been known that smoking can cause lung cancer, and it is also associated with an increased risk of cardiovascular disease and diabetes. In addition to causing disease and shortening the lives of smokers, smoking cigarettes has been shown to cause early signs of aging. These can include age-related grey rings in the eyes, earlobe creases, and deeper wrinkles in the face. But don't fret if you're a young smoker hoping to feel and look younger; [a study in 2022](#) found that smokers who quit by the age of 35 experience similar rates of these diseases as people who have never smoked at all. Visit [SmokeFree.gov](https://www.smokefree.gov) for resources on how to quit today!



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Quitting smoking can be a difficult, life-changing decision that often requires support from multiple sources, including your primary care provider. Below are a few tips from the [Mayo Clinic](#):

1. Try using nicotine in the form of nasal sprays, patches, or gum. Your doctor may also be able to prescribe a medication called bupropion (Wellbutrin), which has been shown to make smoking cessation easier.
2. Chewing gum can provide a distraction and fulfill the urge to have something in your mouth.
3. Relaxation techniques such as meditation and yoga can help reduce the stress associated with quitting smoking.

Quitting smoking may cause feelings of depression. Although these usually improve within a month, people with a history of depression may have a harder time after quitting. Riveredge Hospital offers a variety of options for both inpatient and outpatient care, relying on a multidisciplinary team of mental health professionals to offer the best care possible. If you experience stress or depression related to smoking cessation or otherwise, [click here](#) to schedule an assessment with one of their providers.



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While annual checkups typically screen for diseases like cervical or prostate cancer, most people don't make routine visits to the dermatologist unless they have an existing problem. It's important to be able to identify

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abnormal changes in your skin. To do this, [remember the “ABCs” of melanoma](#), a type of skin cancer:

1. Asymmetrical: if a spot has an irregular shape, as opposed to a circular one, it may not be normal
2. Border: similarly, if a skin spot has an irregular or jagged edges, it could be a sign of harmful changes
3. Color: a spot or mole with even coloring is less likely to be harmful than one with uneven coloring, such as a brown patch with darker spots
4. Diameter: a spot larger than a pea, even if it's flat, should be examined by a doctor—especially if it is new
5. Evolving: if your skin spot has changed over the last few weeks or months, consider visiting a dermatologist for an assessment.

At RUSH Dermatology, you'll have access to some of the most advanced treatments, highly trained and experienced doctors, and a personalized treatment plan. [According to Dr. David Reid](#), a dermatologist at RUSH University Medical Center, earlier detection of skin cancer is the key to better outcomes. To schedule an appointment today, follow [this link](#).



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At American House Senior Living Communities, we know that even on days when we feel 20 years younger, there may also be days when our age means needing a little extra help. At American House of Oak Park, you'll enjoy a maintenance-free lifestyle with all of the amenities and services you've enjoyed for years. We're talking formal and casual dining, a fitness center, and so much more. Life at American House is tailored to *your* needs: we offer independent living, assisted living, and even memory care. In independent living, you'll enjoy access to our dedicated salon, green roof terraces, and rooftop lounge with city views. Assisted living offers the same, plus assistance with meals, laundry, physical therapy, and more. At our highest level of supervision, memory care offers a secure environment with 24-hour assistance, plus life-

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