

# CCM Newsletter

MAY 2020



## 1. Older Americans Month

**By: Dr. Jorge Duchicela**

People do not become “older adults” at any specific age. Aging is a gradual, continuous process of nature.

In the last several decades the age of 65 has been designated as a milestone of being an older adult. This milestone is more of a social construct rather than reflecting the fluid biological changes of “ageing” or as I would say “getting less young.”

You know that ageing will likely cause wrinkles and gray hair; nevertheless, the scope of changes goes beyond.

Cardiovascular changes:

- Large vessels stiffen; as a result, blood pressure increases.
- Atherosclerosis develops (deposits of fat in arteries).

Respiratory changes:

- Chest wall and lung elasticity decreases.
- Respiratory muscles weaken.

Renal changes:

- Kidneys ability to filter substances decreases.
- Tolerance to dehydration decreases.

Gastrointestinal changes:

- The stomach and bowel structure weakens.
- The bowel absorption capability decreases.

Hormonal changes:

- In women, estrogen production stops (Menopause).
- In men, testosterone production levels slowly declines .
- Progressive glucose intolerance occurs with advancing age, independent of obesity, gender, or pre-existing conditions (Diabetes).

As you can see, the changes with age are varied. Regular doctor visits ensure that physicians are able to detect these changes soon and implement treatments if required.

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*“Older Americans are cherished and invaluable members of our society, deserving our utmost respect, gratitude, and admiration.”*

\* The White House 2020



## 2. Telemedicine

**By: Dr. Jorge Duchicela**

Since March, Youens & Duchicela Clinic has implemented telemedicine to assure continuity of care among our patients.

To maximize the benefit of a telemedicine visit, it is better to have the video component.

To have a successful telemedicine visit, you will need a device such as a laptop, tablet, or smartphone (Samsung, iPhone, etc.) with a front-facing camera, the Google Chrome web browser, and a stable internet connection.

At the clinic we are using a program called Updox for the telemedicine visits. When the time for your appointment has come, you will receive a text message providing you with a [link written in blue characters](#) that you press to access the video chat with your doctor.



Juan, join your secure Video Chat <https://myupdox.com/ui/video-chat/Mjnw14LzMOG> from Jorge Duchicela at Youens & Duchicela Clinic. This link expires in 10 minutes.



Google Play Store



App Store

If you are using your smartphone for the telemedicine visit, it is important to have the Chrome application installed in your phone. The easiest way to confirm whether you have it or not is to look for this icon in your smartphone. If you don't have this application installed on your smartphone, you can always install it at any time and it is completely free.

To install Chrome in your smartphone, you will need to go to Play Store in your Android or to App Store in your iPhone, type Chrome in the search bar and download the application.

We understand that this new system can cause some inconvenience, you can call our clinic at any time to help you. We also highly encourage you to ask for help from the younger generations to help set up your phone for your appointment.



*"The younger they are, the more they know."*