



Staying in Touch®

Happy Summer!

The summer months can be a good time to step back from your day-to-day life and see if things are going the way you want them to. It's easy to lose sight of those goals you've deemed as important when you're caught up in life's constant demands. So set aside some "me" time to take stock and adjust your plans as needed.

How you feel sets the stage for all aspects of your life, so be sure to make choices that can help you to stay healthy and happy.

No matter your age, regular massage is one of the best ways to support your overall health. This month's feature article addresses massage benefits for older folks, but numerous studies show massage can benefit everyone from infants to seniors. And as in all things, being consistent can yield better results. So make that next massage a priority.

See you soon; your next massage session awaits!

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This Is Why Older Americans Definitely Need Massage *by Lily Zhao*

Although it may not seem like a concern, a new study shows that collecting Social Security later may be detrimental to the elder population's health.

In October 2017, the University of Michigan released a study revealing that as the retirement age increases, the health of older people nearing retirement is decreasing.

According to the study, pre-retirement generations today have more health issues impacting their lives compared to prior generations in their 50s.

The study used data from long-term health studies and is the first to focus specifically on a group of Americans based on Social Security retirement age.

The study suggests that older workers will continue to face more challenges than previous generations as they work, apply for Social Security disability payments and retire using other sources of income.

Aging Americans— Selena Belisle, a senior massage educator, said that people are living longer but not staying as active. "We are not using our joints properly with this immobility, and that's when we use them at all," she said.

"The problem is, many of us work long hours, and the last thing we want to do after a long hard day's work is exercise."

Benefits of Senior Massage— If a client is looking for a healing and soothing way to

*(See **Older Americans ...** on back)*

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Massage Therapy for Pain—Mitigating the Overuse of Opioids

Provided by American Massage Therapy Association

Research shows massage therapy is a realistic approach to many forms of pain that can either replace use of drugs, such as opioids, or work in conjunction with non-addictive medication for pain management. The American Massage Therapy Association (AMTA) has compiled some of the strongest clinical and consumer research on massage therapy for pain.

Massage therapy is a well-accepted nonpharmacological therapy for managing pain, including a variety of specific chronic pain issues. It is recognized by the National Institutes of Health, and included in nonpharmacological pain guidelines issued by The Joint Commission for hospitals, as well as guidelines by the American College of Physicians and the Federation of State Medical Boards. And, consumers know from experience how massage can help manage their pain—in a 2017 consumer survey, 39% of those who had a massage in the previous 12 months sought it for pain, stiffness or spasms.

Addiction to opioids is a serious health issue in the United States, with more than 34,000 deaths in 2016. Massage therapy is a very real option for many forms of pain, with no risk of addiction.

Source: www.prnewswire.com

Older Americans ...

(continued from front page)

combat old age, massage may provide more benefits than they might first realize.

“Massage therapy for geriatrics is on the rise,” Belisle said. “As the massage industry continues to grow, massage is becoming a popular choice among Americans for pain relief and overall health.”

Ann Catlin, OTR, LMT, an occupational and massage therapist in eldercare and disability rehabilitation, said that massage can influence a person’s well-being and ability to live well and longer for older adults with chronic health conditions.

“Massage can have a significant positive impact on physical symptom relief of chronic health conditions older adults live with, such as arthritis, diabetes, COPD and recovery from injury or surgery,” Catlin said.

Massage can also combat the stiff movements in our bodies.

“We need greater physical activity and mobility in our lives,” Belisle said.

“Massage therapy can increase

circulation and bring a client through stretching and passive joint mobilization that a client might not practice on their own.”

From Young Adult to Senior

Massage—For generations, conventional medicine and doctors were thought of as the only care option for health matters, Belisle said.

She noted that as health care costs have increased, people are looking for quicker and cheaper ways to improve their health.

“Massage therapy is often far less invasive, less risky and less expensive, when considering lost work time, to

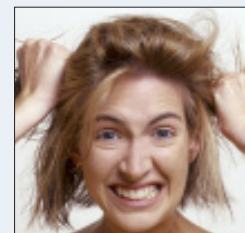
treat pain instead of the ‘old-school’ formulas of surgery,” she said.

Tailoring Senior Massage—As we age, our skin can become thin, wrinkled, dry and itchy, Belisle said.

“I use these heavy moisturizing mediums to create a secondary benefit for seniors,” she said. “First, my seniors receive all the benefits of a therapeutic massage, which includes increased circulation, increased range of motion, bodily awareness. Second, my massage can moisturize the skin in areas where my client cannot reach, such as the back.”

Source: www.massagemag.com

Who do you know who could really use a mini-vacation? Make their day with a gift certificate for a relaxing massage. Call today!



The power for creating a better future is contained in the present moment: You create a good future by creating a good present.

—Eckhart Tolle

The content of this newsletter is not intended to replace professional medical advice. If you're ill, please consult a physician.