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Geriatrician Sharon A. Brangman, MD, is a detective of sorts, often searching for clues that doctors before her have missed. Recently, a patient struggling with dizziness and leg pain wound up in her office. Instead of ordering a battery of tests, Brangman, chief of geriatrics at the State University of New York Upstate Medical University, carefully studied the 79-year-old's chart--and discovered that her medications were the problem. Her patient, who had barely walked in months, really only needed to swap out some meds, prop up her feet daily, and wear support stockings to reduce swelling. Mistakes like these aren't rare. "I see a case like this several times a week," Brangman says. Research shows that doctors miss--or misidentify--more than half of asthma and depression cases in people 65-plus. And about 14% of seniors with abdominal pain are given the wrong diagnosis at first, reports a Mayo Clinic study of 127 patients. The reason behind these errors: Doctors simply lack knowledge about aging bodies. "As we get older, our body functions change, so a 65-year-old may have very different symptoms and reactions than a 40-year-old," says David Reuben, MD, chief of geriatrics at the David Geffen School of Medicine at UCLA. "Unfortunately, the majority of doctors aren't properly trained to recognize those discrepancies." Who is? A geriatrician. These docs have completed 2 years of training in how the body ages. Currently, however, there's only one geriatrician for every 5,000 Americans in that age bracket, and not enough med students are entering the field to keep up with growing demands. But don't be disheartened. You can get the care you deserve. For starters, follow these strategies. Assess Your DoctorWant to stick with the doc you have? That's okay. The right physician can give you excellent care throughout your life. First, make sure your doctor is respectful about your concerns regarding aging. "If your physician automatically responds to a serious complaint with 'It's because you're growing old,' it may be a sign she won't be an attentive physician as you age," says Mark H. Beers, MD, editor-in-chief of The Merck Manual of Health and Aging. "Age is the very last diagnosis a doctor should give to a significant problem--after everything else is ruled out." To help you gauge how age-savvy your doctor is, ask what training she has had in geriatric medicine. And inquire about what steps you can take now to avoid age-related problems in the future. If she responds with something like, "You don't need to worry about that now," it's probably smart to find a new doc.Not Satisfied? Move On If you're over 65, have multiple ailments, and are taking several meds, it may be worth the effort to trade your primary care physician for a geriatrician. Unlike family docs who refer you to specialists, geriatricians act as a liaison between doctors, helping you coordinate care and medications. To locate one near you, visit The AGS Foundation for Health in Aging and click on the FHA Physician Referral Service link.[pagebreak]Speak Up about SymptomsHave your sleep patterns changed? What about your appetite? No matter what the shift--or how small it seems--tell your doc. An aging body often presents symptoms more subtly than its younger self. For example, when a 50-year-old has a heart attack, she'll probably feel chest pain or discomfort. Thirty years later, it's more likely she'll notice confusion, fatigue, and sudden shortness of breath. It's that change that often results in less effective treatment in older patients: A Harvard study of 776 heart attack patients found that people over age 75 were 50% more likely to receive clot-busting drugs after the crucial first-hour window than their younger counterparts. Researchers say doctors were too slow to spot the signs. Also, certain symptoms that may have been innocuous when you were younger could now indicate something more serious. (If you're a bit confused at 30, it may be due to lack of sleep. At 65, it could signal pneumonia, a thyroid disorder, or a heart attack.) For help in reading warning signs, see "What's Normal, What's Not," at left.Be Drug SmartBy 65, Beers estimates that most people are on seven or more meds, raising the risk they'll ingest a dangerous combo. Plus, docs are prescribing drugs that shouldn't be given to seniors. A large Duke University study found that more than half of patients 65 and older were given a drug deemed potentially unsafe at their age. As we get older, kidney and liver functions decrease, allowing meds to linger in the body longer, perhaps causing dangerous side effects. For instance, an 8-hour sleeping pill can last 96 hours in an older patient, leading to grogginess and falls. To help avoid mishaps, review your Rx, OTC, and supplement list with your doctor and ask if any of your meds are on the Beers List, a compilation of drugs possibly unsafe for seniors. For extra protection, do the same with a geriatric-trained pharmacist. Find one at Commission for Certification in Geriatric Pharmacy.What's Normal, What's NotDon't be quick to brush off symptoms as simply a part of growing older. Some outwardly normal health shifts are not to be ignored. VisionNormal: Needing to wear reading glasses and requiring more light Not Normal: Having cloudy, spotty, or blurred vision; seeing a rainbowlike glare when looking into the light; or losing peripheral vision Possible sign of: Cataracts, glaucoma, or age-related macular degeneration HearingNormal: Not hearing high pitches as easily Not Normal: Having trouble hearing or understanding people; constant ringing in the ears Possible sign of: Earwax buildup, hearing loss, or allergies DigestionNormal: Not tolerating certain foods, such as dairy products, as well Not Normal: Suffering from heartburn, constipation, or diarrhea more than twice a week Possible sign of: Acid reflux, a side effect of a prescription medication, irritable bowel syndrome, or a gastrointestinal infection MemoryNormal: Taking longer to learn new things; occasional forgetfulness Not Normal: Forgetting important tasks such as paying bills or going to appointments Possible sign of: Dementia SleepNormal: Waking up more frequently at night Not Normal: Taking longer than 30 minutes to fall asleep; feeling sleepy during the day; severe snoring Possible sign of: A sleep disorder such as sleep apnea; depression; anxiety; or kidney diseaseSharon Liao is a former associate editor with Prevention. She lives in Brooklyn, NY.Watch Next Spirits & Liqueurs Liqueur Distillery Location: Canada The capital of a vast tobacco and sugar-cane growing district, Santiago is the second-largest city in the Dominican Republic. It lies deep in the lush Valle del Cibao, meaning "rocky land," the words the T  no Indians used to describe the lush Cordillera central mountain range that covers a great deal of the landmass of the country.This sprawling, fertile land contains the highest peaks in the Caribbean, including Pico Duarte, towering to a height of 3,087m (10,130 ft.).Far removed from the beach resorts, Santiago is often called "the most Dominican of cities," its full name being Santiago de los Treinta Caballeros. Home of the best makers of rum, tobacco products, and textiles in the West Indies, it is also known as the cultural center of the Dominican Republic.Since it doesn't depend on tourism, Santiago is also a center of industry, manufacturing leather goods, shoes, furniture, and even cement. Lush tropical forests, great spots for ecotourism, surround the city, the towering mountains protecting it from those hurricanes that plague coastal areas.The best time to visit is during the month of February (dates vary) when one of the most exciting Carnivals in the Caribbean takes place. At this celebration, the streets are filled with loud music, colorful parades, and locals in bizarre Carnival masks.With a population approaching the one million mark, the rapidly expanding city is the wealthiest in the D.R.The original Fortaleza (garrison) was founded in 1495. The settlement on the banks of the Rio Yaque del Norte was named for the famous pilgrimage city of Spain, Santiago de Compostela, lying in Galicia. The founder was Bartholomew Columbus, the brother of Christopher Columbus. In 1562 an earthquake struck, and after that, the town was moved and rebuilt. | OpinionFeb 4, 2008See all 6 photosRacing actors fascinate me.;There's something in the makeup of a great actor that can make him uniquely suited to racing.;Some are legend: Paul Newman, James Dean, James Garner.;I wrote a book about the cars and bikes Steve McQueen owned, raced, and/or put into his films.;There were others a bit less noteworthy,;such as Bruce Jenner and Gene Hackman.;But at any level, their focus, drive, and ability to get "up" for an acting performance has served all of them well on the racetrack.;To this list, I add a new name: Patrick Dempsey.I first met Dempsey about five years ago at the LA auto show, before he became an American heartthrob on "Grey's Anatomy." He impressed me as a genuine enthusiast, quite unaffected, and just a good guy. Patrick;has now been voted one of the sexiest men alive, or some such, yet he's still a genuine enthusiast, quite unaffected, and just a good guy.;We've run into each other a bunch lately, most recently up in the SPEED broadcast booth at Barrett-Jackson a few weeks back.;We talked cars and racing -- no sex symbol stuff involved.; He's got great cars, too, including a Porsche 356 Cabriolet, a Panoz Esperante, and a Jaguar XK140.Patrick began racing at grassroots levels and is on a smart path that's well paced with his experience.;Two years ago, he stepped to the Grand-American Koni Challenge series and has done pretty well at the wheel of a Mustang.;At the end of last year, he moved up another notch, into Grand-Am's GT class.;A weekend ago, he achieved one of his major goals, competing in the Rolex 24 at Daytona, aboard Hyper Sport's Mazda RX-8.; In was an inauspicious finish (39th overall, 24th in class) and he learned what it's like to leave the pits on cold tires;and clout the wall.;But otherwise, he drove his heart out, appeared the total team player, and seemed ever more pumped up to compete. No dilettante racer this.Dempsey's next goal is, of course, to win a race, and he has his sights set on Le Mans; curiously, the same venue that so captivated McQueen.;And when he makes it there, I'll be on hand to watch, help, and cheer.;This guy is one of the good ones, and I look forward to his becoming a respected, legit racer.;See all 6 photosShare on FacebookShare on Twitter





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