

MAIN STREET NEWSLETTER



MAIN STREET
— MEDICAL SUPPLY —
BRINGING HEALTH & WELLNESS HOME

January 2025

WWW.MAINSTREETMEDICALSUPPLY.COM



Aging: Am I doing this right?

What Is “Normal” aging? As we head into 2025 a little older, a little wiser, we might wonder which changes are “normal” and what is an early warning sign of something else. Aging is a natural part of life, but it can sometimes feel confusing to know what’s normal and what might be cause for concern. At Main Street Medical Supply, we’re here to help make sense of these changes and support the aging process with products and advice tailored to your needs.

Memory

It’s normal for memory to slow with age—like occasionally forgetting names or details—but dementia is not a typical part of aging. Staying mentally active and engaged can help keep the mind sharp. If your recall is slowing down, it’s natural. If you simply cannot remember important events and occasions perhaps a discussion with your doctor is called for.

In This Issue

Aging: Am I doing this
right?

Newsletter Highlight

Main Street Medical Supply

phone

254-831-3093 Belton

817-736-2373 Granbury

email

care@mainstreetmedicalsurgery.com

address

1225 N Main Street Belton TX 76513

1333 N Plaza Dr #102 Granbury TX

76048

01/02

Hearing and Vision

As we age hearing higher-pitched sounds becomes harder, and distinguishing words can feel more challenging. Similarly, vision changes like difficulty seeing in low light or sensitivity to glare are common. Regular eye exams can catch conditions like cataracts or glaucoma early. Around age 60, people might get cataracts, glaucoma, diabetic retinopathy, or macular degeneration. These eye problems are common in older adults. Regular eye exams with dilation can catch these conditions early. Night vision also gets worse and glare becomes a bigger problem. These changes in vision can affect seniors' ability to drive safely, especially after dusk. With age, hearing high-pitched sounds is more difficult. This also makes words harder to understand because consonants (like k, t, s, p) are actually high-pitched. Vowels are lower-pitched and easier to hear, but the consonants help people identify words. There's no need to yell, just pronounce your consonants more clearly.

Bones, Joints, and Mobility

Years of wear and tear can lead to joint stiffness, arthritis, and even height loss. Exercise, mobility aids, and tools like supportive cushions can reduce pain and keep seniors moving comfortably.

Bladder Health

Weaker bladder muscles and more frequent urination are normal, but incontinence isn't. Often, it's caused by treatable issues like UTIs or medication side effects. Addressing these with a doctor and using discreet aids when needed can make a big difference.

Understanding these changes is the first step toward aging with confidence and independence. Our expert team is here to recommend solutions like mobility aids, cushions, skin care products, and much more to make aging easier. Stop by your local Main Street Medical Supply store to learn how we can help!



Newsletter Highlight

New from Stander is the Walker-Rollator Tray Accessory!

- Cup Holder: The 4-inch diameter cup holder stores cups, mugs, bottles, and other beverages
- Tablet Holder: The 10-inch slot helps to keep tablets or phones upright to watch your favorite shows hands-free
- Storage Strap: Easily remove the tray and hang at the side of your walker with the storage strap
- Compatibility: Works with your Stander EZ Fold-N-Go Walker or EZ Fold-N-Go Rollator

Just \$49