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HEALTH CARE & AFFORDABILITY

- **HEALTH EDUCATION SERIES**

- **Heritage Roots Coalition Presentation**

- *@Home 2 Suites by Hilton South Edmonton*

- **5th July 2025**

- **Dr. Oye Soyeye**

- BSc(Hons) MD MMed CCFP FCFP

- ***Specialist Family Physician. Assistant Clinical Professor***

- *Faculty of Medicine and Dentistry*

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- ***Vice President***

- *Synergy Medical Clinic/Synergy Medical Plus*

- *Sherwood Park. AB*

- **Board Director**

- *Shepherds Care Foundation. Edmonton. AB*

Health Care & Affordability- Seniors Care

- 55
- 60
- 65 +



Health Care & Affordability

INTRODUCTION

Health is Wealth.

Enjoying Your Golden Years.

Short Term and Long Plans.

Time to Take Care of Yourself and Your Partner.

Health Care-Affordability, Accessibility, Adaptability

Canadian System, Nigerian System, Belief System

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BACKGROUND, RESEARCH, STATISTICS ET AL:

Minorities have Limited Access to Primary Care Services and Prevention-Doctors etc.

Race-Pivotal Role in Accessing Healthcare-at times not affordability

Systemic Racism, Bias, Discrimination, Distrust. Blacks vs Blacks.

Communication Barriers

Emergency Visits, Primary Care Visits-Limited Access to Primary and Preventative Care

Patient Provider Relationships -Leading to Poor Health Outcomes

Cultural and Religious Needs

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RESULTS & OUTCOMES

Compliance to treatment etc

Inadequate Care, Misleading

Complications

Death

Distrust of Healthcare System sometimes misled

Alternative Treatment resulting in Harmful Treatments-in house

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The Good News is that:

Black and Minorities are standing up for themselves

UP!!! By having: social involvements

Advocacy groups

Various Black Associations

Creating:

More Information and Awareness

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PART ONE

HEALTHCARE

AFFORDABILITY

ACCESSIBILITY

AVAILABILITY



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- ACCEPTABILITY
- ALWAYS –
- Delicate Balance
- Complex
- Challenging



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- There is a lot involved:
- Cost associated with healthcare, medications-out of reach for many
- What do you choose- Medications, Basic Needs ??



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- Quality Care
- Nutritious Food
- Clean Environments
- Preventative Services



RESOURCES AVAILABLE-PROVINCIAL, MAYO GROUP ETC

AHS-Alberta Health Services

Wide Range of Resources and Programs to support seniors to maintain health and wellbeing, financial assistance, healthcare services and community based programs

Financial Assistance

Alberta Seniors Benefit-for low income seniors-living expenses

Coverage for Seniors Program-Prescription drugs and other health related services

Dental & Optical Assistance-Basic

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Seniors Home Adaptation
and Repair Programs
(SHARP)-Low interest
loans to finance home
repairs and adaptations

Seniors Property Tax
Deferral Program-for
eligible seniors

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Health Care Services:

Comprehensive Community Care for the Frail Elderly

Home Care

Acute Geriatric Unit and Inpatient Geriatric Consultation Services

Seniors Mental Health Program

Seniors Health Clinic- health assessments, education, support

Family Caregiver Centre

Health Link 24/7 health advice and information



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- Community Based Programs
- Seniors Day Programs-Recreation, Group Exercises, Health Support, Rehabilitation-seniors to stay active and socially engaged
- Move 'n' Mingle Encourages physical activity and social interaction among seniors
- Supportive Living Accommodation (Formerly Senior Lodges)-offers housing and support for low income seniors
- Continuing Care Provides various levels of support to help seniors maintain active and fulfilling life.



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- Other Resources
- Alberta Healthy Living Program offers various programs and resources to promote healthy living among all Albertans including seniors
- Canada Pension Plan (CPP) and Old Age Security (OAS)-provide financial support to seniors in retirement
- Guaranteed Income Supplement (GIS) provides additional financial support to low-income seniors

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QUESTIONS????







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- **PART TWO**
- **GERIATRIC SYNDROMES**
- **Conditions that plague most seniors!!!**
- Term used to describe unique health conditions peculiar to seniors
- Usually Acute (Immediate, Sudden) or Chronic (Ongoing) or Mixed(Both)
- Multifactorial-Does not fit into discrete organ based categories
- **COMMON 10 SYNDROMES:**




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- **Dementia-the fearful one-associated with Cognitive Deficits,Frailty-Mobility, endurance, physical, muscle strength, nutrition**
- **Mental Health-Depression, Sleep Disturbances, BPSD**
- **Functional Decline-Delirium, Pressure Wounds Ulcers**
- **Incontinence**
- **Vertigo, Hearing**
- **Falls, Gait Instability, Poor Balance-walking cane, walker, scooter**
- **Spontaneous Bone Fractures**
- **FTT-Failure to Thrive**
- **Neglect & Abuse, Nutrition**
- **Vision**



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- QUESTIONS???
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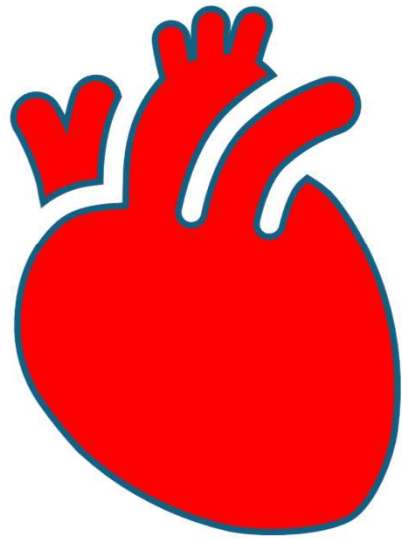


- **PART 3**
 - **5 MOST COMMON CONDITIONS IN BLACK SENIORS/ELDERLY**
 - Could be more severe in black people compared to other ethnic groups
 - **Hypertension. Heart Disease. Stroke**
 - **Diabetes and Kidney Disease**
 - **Glaucoma and Cataract-Visual Disturbances-Yearly Optometrist Check**
 - **Osteoarthritis and Related Musculoskeletal Disease**
 - **Cancer-Breast Cancer, Colon Cancer, Prostate Cancer.**
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- Hypertension
- Silent Killer-Most times no symptoms!!!
- Sometimes Headache
- +ve Family History
- Good Better Best
- 120-130-140/60-80-90
- Lifestyle Modifications and Medications
- Side Effects



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- Heart Disease
- Most times occur as complications to other diseases
- Atrial Fibrillation
- Hereditary and Genetic Diseases
- Shortness of Breath SOB/Dyspnea
- Both Leg swellings
- Chest Pain
- You need Lab Tests/X rays/Echocardiogram
- Good news manageable when detected on time



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- Diabetes Mellitus
- Excessive Urination, Thirst. Weight loss sometimes, Visual Disturbances, Poor Erection, Yeast Infection
- Lab Fasting Sugar more than 7mmol/l, Random more than 11mmol/l 2 hours after meal.
- Treatment Diet/Exercise/Medications

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Kidney Disease

Acute from Infection, Hypertension, Diabetes, Trauma etc

Chronic from Heart Disease, Liver Disease, Diabetes, Kidney Stones, Genetic/Hereditary etc

Symptoms take time to develop-Leg swelling, Bloating, Itchy Body

Blood in Urine

Annual Lab-Creatinine, GFR (Glomerular Filtration Rate), Urea, HBP



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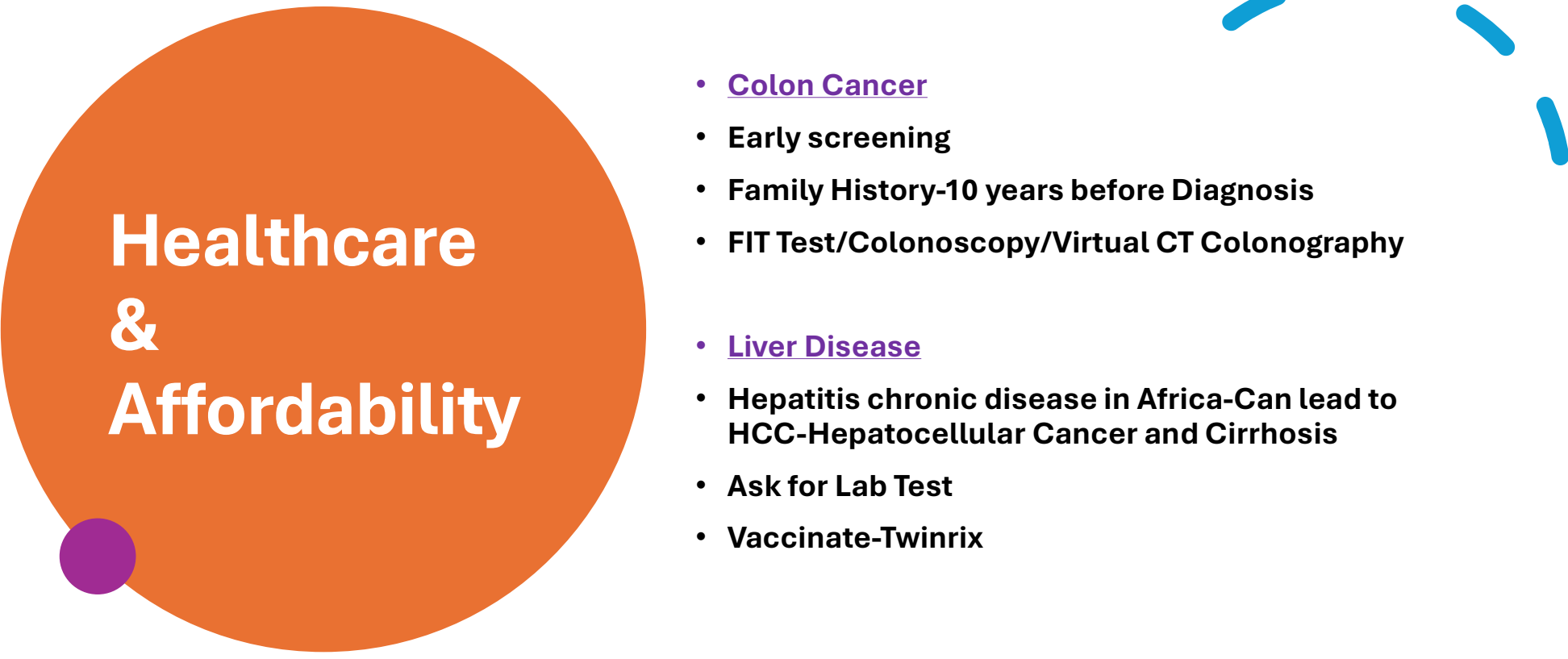
- **Osteoarthritis-OA-Old Age Joint Disease**
- **Pain and Stiffness early morning**
- **Joint swelling**
- **OTC, Salve**
- **Exercise**



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- **Breast Cancer**
- **Family History**
- **Self Breast Exam**
- **Annual check**
- **Mammogram and Ultrasound**

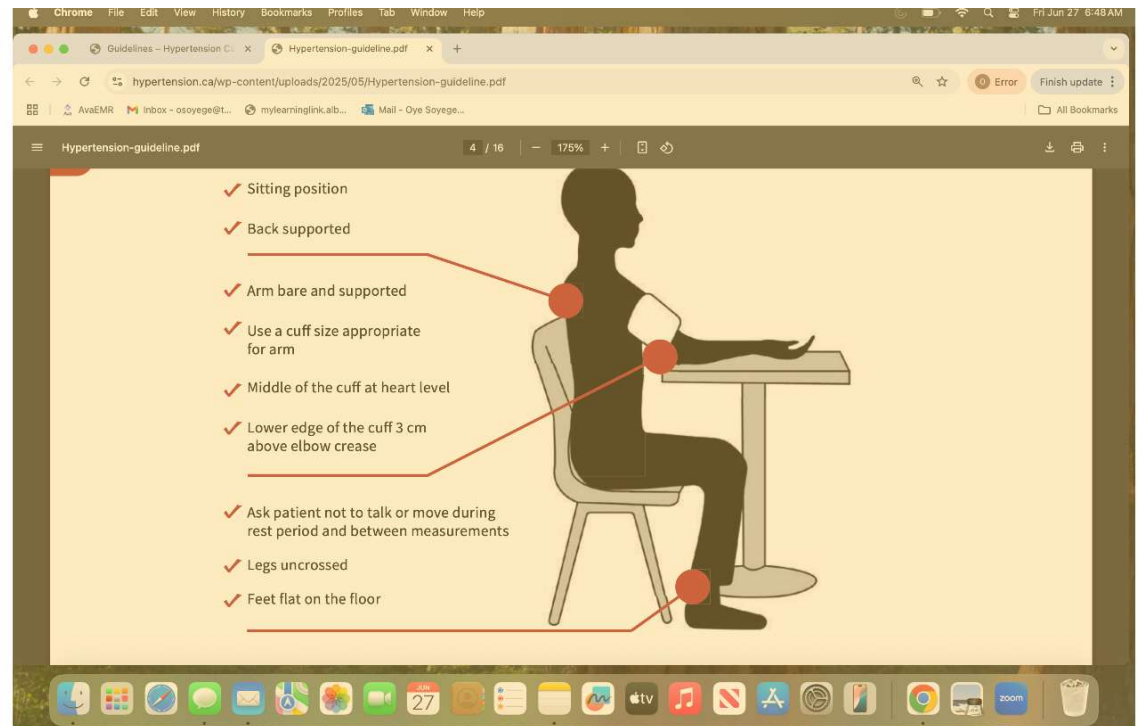
- **Prostate Cancer**
- **Family History**
- **PSA/Ultrasoun/MRI**



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- Colon Cancer
- Early screening
- Family History-10 years before Diagnosis
- FIT Test/Colonoscopy/Virtual CT Colonography
- Liver Disease
- Hepatitis chronic disease in Africa-Can lead to HCC-Hepatocellular Cancer and Cirrhosis
- Ask for Lab Test
- Vaccinate-Twinrix

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QUESTIONS???





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- FINAL MESSAGE
- **CONNECT WITH PCP-Primary Care Providers especially those in Black Community-MDs, NPs etc.**
- **SOCIAL WORKERS!!!**
- **SECOND OPINION-One time or Follow up**
- **RESOURCES**
- **My Health Alberta**
- **AI/Dr. Google/Mayo/Cleveland**
- *Be wary of What's App Information*
- *Vaccinate yourself*
- **WILL, PERSONAL DIRECTIVE, POWER OF ATTORNEY AND GOALS OF CARE DESIGNATION (Green Sleeve/Folder)**

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Thanks for your time