# HYGIENE MISTAKES AFTER 70

Six everyday habits studied in older adults, from Episode 8.

## WHAT THE STUDIES FOUND

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| ☐ 6 | **Skipping the back of your neck** | A lab study of people aged 26 to 75 found 2-nonenal, a chemical with a greasy, grassy smell, only in people 40 and older. *(Haze et al., Journal of Investigative Dermatology, 2001)* |
| ☐ 5 | **Skipping lotion after your shower** | In 14 Australian care homes, plain unscented moisturizer on the arms and legs twice a day meant 5.76 skin tears per 1,000 bed days, against 10.57 without it, almost half as many. *(Carville et al., International Wound Journal, 2014)* |
| ☐ 4 | **Never checking your feet** | A review of 9 trials found that a full foot care package cut falls by about 23%, while single fixes on their own did not lower falls. *(Wylie et al., Age and Ageing, 2019)* |
| ☐ 3 | **Nothing to hold by the toilet** | At 85 and older, 51.7% of bathroom injuries treated in US emergency rooms happened on or near the toilet, against 7.0% at ages 15 to 24. *(Centers for Disease Control and Prevention, MMWR, 2011)* |
| ☐ 2 | **Skipping the brush at bedtime** | In 825,003 Korean adults 50 and older followed for about 10 years, always brushing before bed went with an 18% lower risk of dementia. *(Lee et al., Yonsei Medical Journal, 2026)* |
| ☐ 1 | **Sleeping in your dentures** | In 524 people 85 and older followed for 3 years, sleeping in dentures went with about 2.4 times the risk of pneumonia. *(Iinuma et al., Journal of Dental Research, 2015)* |

## QUESTIONS TO ASK YOUR DOCTOR

- ☐ Is the change in my body odor a normal part of aging?
- ☐ Could a statin or water pill be adding to my dry skin?
- ☐ Would a podiatrist help my foot pain or thick toenails?
- ☐ Would a grab bar by the toilet make sense for me?
- ☐ Is my gum health something we should watch?
- ☐ Is it safe for me to sleep with my dentures in?

Scan to watch the episode

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Findings from published studies, not a treatment plan. Informational and educational only, not medical advice. Talk to your doctor before you change your medications, diet, exercise, or health routine.