

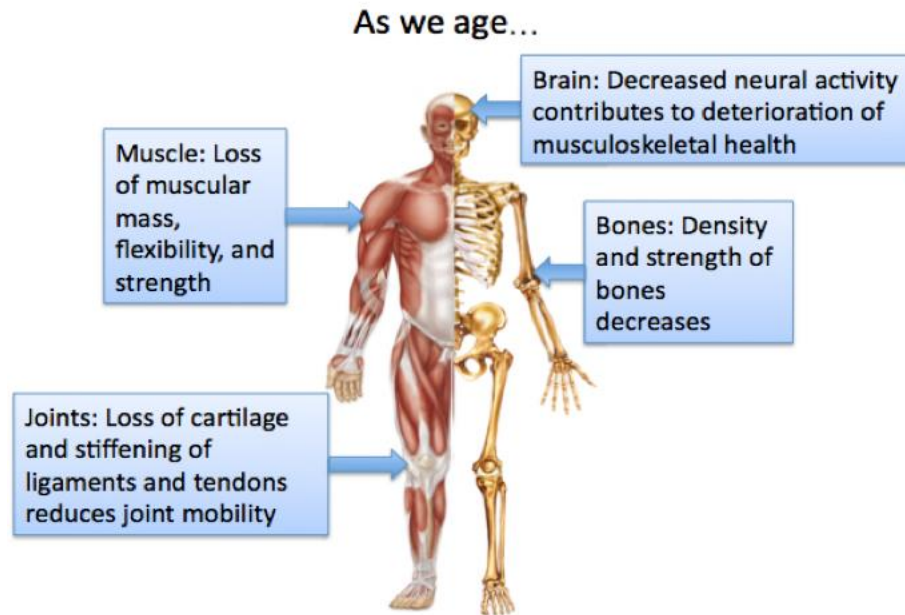
Successful Aging

K. Bruce Simmons, MD
Clinical Assistant Professor of Medicine
Upstate Medical University

There is a lot you can do to stay physically and mentally fit as you age

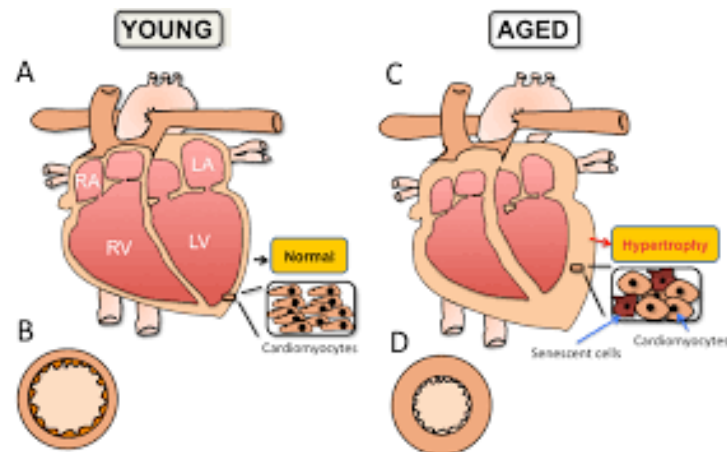


Your Body Changes As You Age



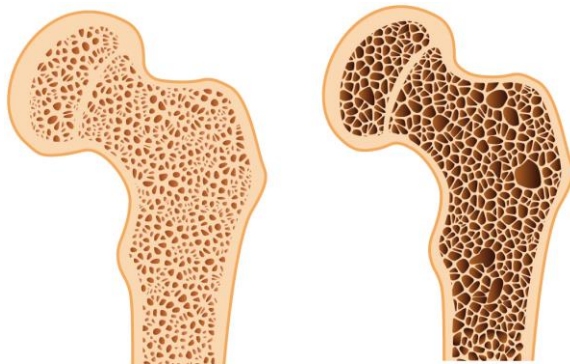
Heart and Body Vessels

- Heart becomes less efficient and has to work harder
- Blood vessels get stiffer
- Blood pressure often goes up



Bones, Muscles and Joints

- After age 25 – 35 your bones shrink in size and density
- You become more susceptible to fractures
- Muscles tendons and joints generally lose some strength and flexibility as you age



Healthy bone

Osteoporosis

Brain and Nervous System

- The number of cells decreases and the brain become less efficient, but in some areas the number of connections between cells increases, perhaps helping to maintain brain function.
- Reflexes become slower
- Tend to become less coordinated and have more problems with balance

Sleep

- Sleep needs change little throughout adulthood. If you always needed 6 hours you probably always will.
- As you age you sleep less soundly so you will need to spend more time in bed to get the same amount of sleep.



So, should we just give in to aging?

No. The effects of aging can be slowed and even reversed to some extent by lifestyle changes and attention to your overall health.

Tips To Maintain your Health



Don't leave the responsibility
for your health to others

Regular Healthcare

- See your doctor at least one a year for a check-up
- Contact your doctor without delay if you are sick.
- Check with your doctor before taking new medications, even OTC medications
- Prepare a list of issues to be discussed your appointment
- Be complete and truthful when providing information
- Bring your medications to your appointment
- Get screened as recommended



Recommended Screening

- Blood pressure check
- Cholesterol testing
- Diabetes check
- Pap smear
- Mammogram
- Prostate cancer check
- Colon cancer
- Bone density
- Hearing and vision check
- Depression
- Dental check-up



Keep Up with Vaccinations

- Get a flu shot every Sept. or Oct. before flu season begins
- Pneumonia vaccination
- Tetanus booster every 10 years
- Shingles vaccination



Healthy eating and regular physical activity are keys to good health at any age. They may lower your risk for obesity, type 2 diabetes, coronary heart disease, cancer, and other chronic diseases. They may even help ward off depression and keep your mind sharp as you age

What You Weigh

As you age:

- Maintaining a healthy weight or losing weight becomes more difficult
- Metabolism slows and you burn fewer calories
- Calories that were once burned are stored as fat, especially if you become less active



Health Risks of Being Overweight or Obese

- type 2 diabetes
- high blood pressure
- high blood cholesterol
- coronary heart disease
- stroke
- some types of cancer
- gallbladder disease

If you already have one or more of these conditions a modest weight loss (5 to 10 percent of your body weight) could help you feel better or need less medicine.

If you need to lose weight, make sure that you reduce your total calories, but do not reduce your nutrient intake.

Health Risks of Being Underweight

- poor memory
- weakened immune system
- osteoporosis (bone loss)
- decreased muscle strength
- lowered body temperature
- constipation

Healthy Eating & Physical Activity Go Together

- **Do not skip meals.** Skipping meals may cause your metabolism to slow down or lead you to eat more high-calorie, high-fat foods at your next meal or snack.
- **Eat breakfast every day.**
- **Select high-fiber foods** like whole-grain breads and cereals, beans, vegetables, and fruits.
- Have three servings of vitamin D-fortified low-fat or fat-free milk, yogurt, or cheese every day. Milk products are high in calcium and vitamin D and help keep your bones strong as you age. Or take a calcium and vitamin D supplement.
- **Drink plenty of water or water-based fluids.** You may notice that you feel less thirsty as you get older, but your body still needs the same amount of water to stay healthy.

Exercise Counteracts the Effects of Aging

- Many changes in our muscles and bones result more from inactivity than aging
- Less than 10 percent of Americans participate in regular physical exercise
- The most inactive age group is over 50 years of age

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



AND



Tight on time this week? Start with just 5 minutes. It all adds up!

Exercise can:



Increase
or maintain
muscle strength



Improve balance,
coordination and
mobility



Improve confidence
to move about
independently



Reduce risk
of falling



Improve mood and
overall well-being

Walking Is An Excellent Way To Exercise

- Strengths muscles
- Helps prevent weight gain
- Lowers risk of heart disease, stroke, diabetes and osteoporosis
- Improves balance and lowers the likelihood of falling



Take Steps to Walk Safely

- Discuss a walking program with your doctor
- Begin slow and build up to 20 – 30 minutes a day
- Wear the right shoes
- Find a friend to walk with
- Don't let a cane or walker prevent you from walking
- Aim for the right pace. You should be able to carry on a conversation while you walk

Your Brain Needs Exercise Too!!!

Some research suggests that regular exercise, proper diet and staying intellectually active can contribute to keeping your brain from showing the effects of aging.



Maintain Your Brain

- See your doctor regularly because health problems like high blood pressure, diabetes, depression or poor diet can make it hard to keep your mind sharp
- Exercise at least 30 minutes , 3 times a week. Exercise increases blood flow to the brain, which helps keep the brain healthy
- Sleep for 7 – 8 hours a night
- Reduce stress, exercise , prayer and meditation are good stress relievers

More for your brain...

- Use your brain. Read. Do crossword puzzles. Take a class. Learn a new language.
- Socialize. Stimulate your brain by joining a club, volunteering, being active in your church or senior center.
- Eat right. B vitamins found in fruits and vegetables are good for your brain. Fish are high in omega-3 fatty acids that your brain needs. Avoid a lot of saturated fats found in fried foods, butter, cheese, beef and pork.

Tips for Safe Physical Activity

- Ask your health care provider about ways you can safely increase the amount of physical activity you do now.
- Take time to warm up, cool down, and stretch.
- Start slowly and build up to more intense activity.
- Stop the activity if you experience pain, dizziness, or shortness of breath.
- Drink plenty of water.
- When you are active outdoors, wear lightweight clothes in the summer and layers of clothing in the winter.
- Wear sunscreen, sunglasses, and a hat for sun protection.
- Wear shoes that fit well and are right for your activity.

Getting Active

- You may benefit most from a combination of aerobic, strength, balance, and flexibility activities.
- Build up to 30 minutes or more of moderate-intensity cardiovascular or aerobic activity on most, preferably all, days of the week.
- Try to incorporate balance and flexibility activities into your daily workout as well. Work toward doing strength exercises on 2 or 3 days a week.

- **Aerobic activities** use your large muscle groups and increase your heart rate. They may cause you to breathe harder. You should be able to speak several words in a row while doing aerobic activities, but should not be able to carry on an entire conversation. Examples of moderate-intensity aerobic activities include:

- walking briskly
- water aerobics
- tennis
- housework or gardening
- active play with children or grandchildren
- dancing



Strengthening activities require your muscles to use force against a resistance, such as gravity, weights, or exercise bands.

Examples of strength training activities include:

- lifting weights
- household or garden tasks that make you lift or dig
- pushing a lawn mower



Doing strengthening activities regularly may help you:

- Keep your muscles and bones strong as you age
- Increase your strength and independence.
- Reduce your need for a cane.
- Reduce the risk of bone fractures and other injuries, or recover faster if you are injured.
- Maintain or lose weight because muscle burns more calories than body fat.

Balance activities typically focus on the muscles of your abdomen, lower back, hips, and legs. They require you to control your body as you move through space to avoid falls. Examples of balance activities include:

- walking heel to toe in a straight line
- standing on one foot
- standing up from a chair and sitting down again without using your hands
- Tai Chi
- rising up and down on your toes while standing and holding onto a stable chair or countertop

Doing balance activities regularly may help you:

- Stay steady on your feet.
- Reduce the risk of a fall or injury.

Flexibility activities help increase the length of your muscles and improve your range of motion. Stretching is an example of a flexibility exercise.

Doing flexibility activities regularly may help you:

- Maintain the movement of your muscles and joints.
- Prevent stiffness as you age.
- Prevent injuries.
- Lower your stress.

Weight-bearing activities require your bones and muscles to work against gravity. They include any activities in which your feet and legs are bearing your total body weight. Examples of weight-bearing activities include:

- walking
- tennis
- climbing stairs

Doing weight-bearing activities regularly may help you:

- Build and maintain bone mass.
- Reduce the risk of bone fractures.

Falls

- The odds of falling each year in the United States are 1 in 3.
- Even though most falls aren't serious they are still the leading cause of and injury-related death among older adults

Avoid Falls and Fractures

- Staying active reduce risk of falls by improving strength, balance , coordination and flexibility
- Have your doctor refer you to an exercise program or physical therapy if you are having problems already
- Wear proper shoes. Avoid high heels. Floppy slippers or stocking feet.
- Remove home hazards in your home (boxes, electrical cords, carpets that have rolled edges, loose rugs, etc.
- Light up your living space
- Use assistive devices (grab bars, handrails, shower seats)

What are the benefits of exercise on physical health?



Reduced risk
cardiovascular disease



Strengthens bones
and muscles



50% lower risk
of type 2 diabetes



Helps to
control weight



Improves
sleep



Improves energy
levels



30% lower risk
of dementia



Prevents
cognitive decline

Questions or Comments?