

Be Healthy and Stay Healthy As You Age

Practice a healthy lifestyle

To stay healthy, maintain a healthy weight and eat a balanced diet. Treating some diseases (such as heart disease, stroke, cancer, and diabetes) also includes eating a balanced diet and being a healthy weight.

To get a balanced diet:

- Eat 5 servings of fruits or vegetables a day.
- Eat a diet low in saturated fats and high in fiber and whole grains.



Be active

People of all ages benefit from physical activity. Start slowly, with mild to moderate activity. Walking is good exercise.

Being active helps:

- control your weight
- keep your heart strong
- lowers your blood pressure
- decrease your risk of stroke
- keep your bones, muscles, and joints healthy
- relieve anxiety and depression



Physical activity is safe for almost everyone. If you have a chronic condition such as diabetes, heart disease or osteoarthritis and you have symptoms (chest pain or pressure, dizziness, joint pain), talk to your health care provider before starting new physical activity.

The bottom line –

Physical activity can help you feel better and enjoy life more.

Get regular check-ups and have regular screenings

Cancer screenings often find cancer earlier.

Women should have cervical cancer screening until age 65. If you are over the age of 65, talk with your health care provider about your need for continued screening.

Breast cancer screening may start for women at age 40. If you are over the age of 70, talk to your health care provider about your need for continued screening.



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Colorectal cancer screening usually starts when you turn 50. Screening options include:

- Fecal Occult Blood Testing (FOBT)
- Sigmoidoscopy
- FOBT and sigmoidoscopy in combination
- Colonoscopy

If you are over the age of 75, talk to your primary care provider about your need for continued screening.

Abdominal aortic aneurysm

If you are a man between the ages of 65 and 74 and have smoked more than 100 cigarettes in your life, you should be screened. Talk with your primary care provider about a one-time screening, which is done by ultrasound.

Postmenopausal osteoporosis

Women aged 60 at high risk for osteoporosis and women older than 65 at normal risk should be screened. Talk with your primary care provider about bone-density screening.

Immunizations

- Every year, get your flu shot in the fall.
- When you turn 65, get a pneumonia shot. (You may need a pneumonia shot at a younger age if you have certain chronic illnesses.)
- Every 10 years get a Tetanus and Diphtheria booster shot.



Stop smoking

Tobacco use is the single most preventable cause of death in the United States. Tobacco use increases your risk of heart disease and cancer. When you stop smoking, you get immediate health benefits.

Limit alcohol intake

Limit alcoholic beverages to no more than 1 drink a day for women and 2 drinks a day for men. One drink equals: 12 ounces of beer, 4 ounces of wine, 1½ ounces of 80-proof alcohol, or 1 ounce of 100-proof alcohol.



Keep a positive attitude and do things that make you happy.