

Ageing successfully

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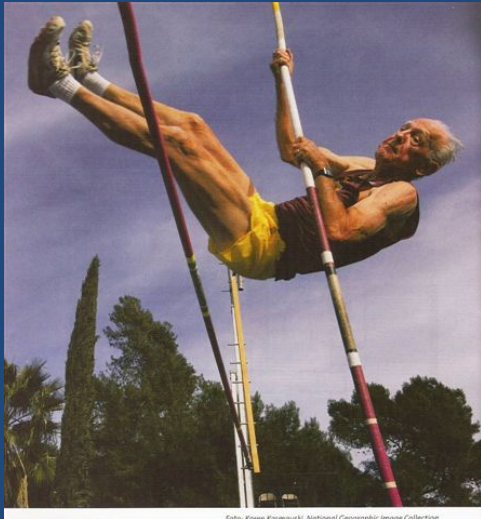
Hornsby Ku-ring-gai Hospital



Ageing successfully in the absence of the Fountain of Youth



Examples of successful ageing



What do these people have in
common?

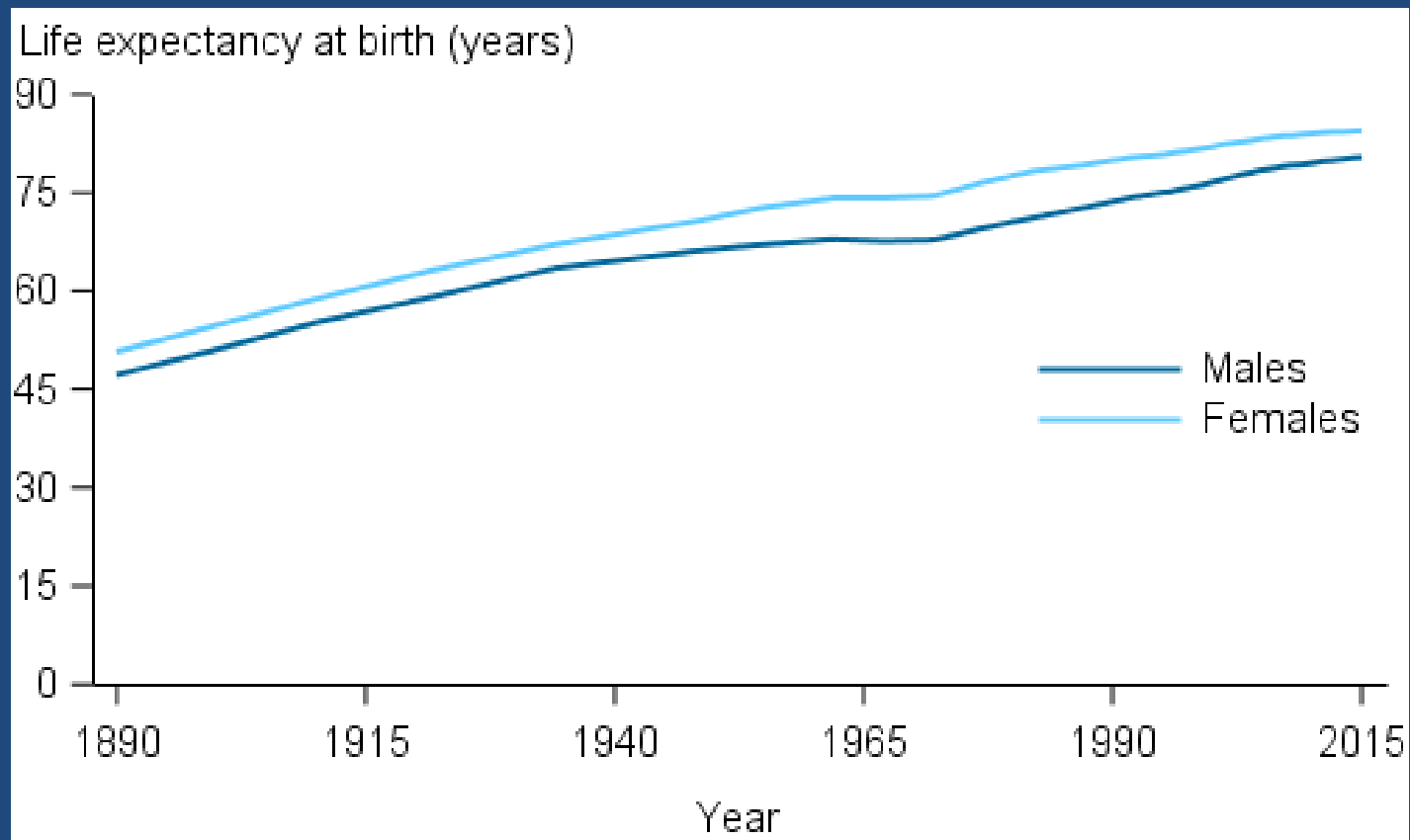
What do these people have in common?

- They are all over 85 years of age
- They have all exceeded their life expectancy
- They are all outside and being active and engaged in activities outside normal daily activities

Life expectancy in Australia:

Men 81 years

Women 85 years



Most OECD countries have already
reached a population with more people
over the age of 65 than under the age of
15

Why?

- Better health care in early life
- Control of communicable diseases
- Addressing of vascular risk factors and cancer
- SO: vast majority of babies born now can expect to survive into old age
 - female born today could live to 100

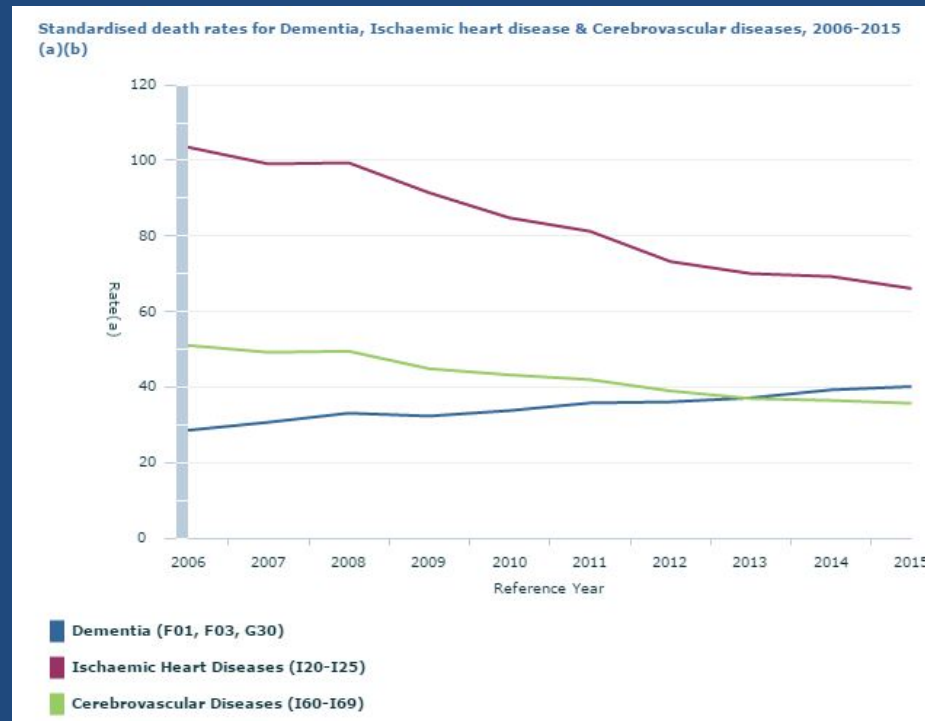
So how do we stay fit and well into
our 80s and 90s?

How do we live well until we die?

And how do we avoid the
unpleasant diseases of older age
such as dementia and stroke and
diabetes and heart disease?

Cause of death in Australia

1. Heart disease
2. Dementia
3. Cerebrovascular disease



Successful ageing

- Have the right genes: health and longevity are hereditary
- Have the right personality: be a “glass half full” person
- Be physically active
- Be mentally and socially active
- Eat and drink well
- Maintain independence
- Avoid disease

Physical activity

- 30 minutes of brisk walking, jogging, cycling, swimming, dancing 5 times a week
- Resistance training
 - gym program
 - home program of sit to stand and hand weights
- Balance training
 - Stand on one leg
 - Tandem stance and walk

Aerobic exercise



Resistance exercises



Be mentally and socially active

- Develop mental activities and social networks
- Learn a new language, play a musical instrument
- Join: Mens' sheds, "Stitch and bitch", U3A, Probus
- Become a volunteer
- Go to concerts, theatre, galleries
- Get married - men live longer if living with a wife rather than alone (and you decrease your risk of Alzheimer's disease)

Men's shed



Play a musical instrument



Eat and drink well

- Consider the Mediterranean diet:
 - High intake of vegetables, nuts, and legumes (peas, beans, lentils)
 - Use of “good” oils (olive oil) and fish
 - Less dairy and meat
- Reduce intake of saturated fats, processed foods, fast foods, packaged foods
- Low to moderate use of alcohol (2 drinks a day and 1 alcohol free day a week)
- Curcumin (turmeric) may be protective for Alzheimer’s disease

Mediterranean diet

- Click to add text



Maintain independence

- Keep driving, shopping, attending meetings and lectures
- Accept assistance only when necessary and for a limited period of time

Avoid disease

- old age is not about declining health, but about avoiding disease
 - Keep immunisations up to date eg flu
 - Treat disease once present
 - Monitor blood pressure
 - Check blood sugar levels and cholesterol
 - Don't accept disease as part of ageing

Why is it important for the younger generations that we age successfully?

Grandparents

Grandparents

- Annually almost 1 million children in Australia received some care from grandparents

SUCCESSFULLY USING GRANDPARENTS FOR CHILD CARE



Grandparents

- Grandparenting is good for cognitive function in older women – minding grandchildren predicted significantly higher cognitive function compared to those not minding grandchildren (Australian Womens Healthy Ageing Project)



It is never too late to start!

- Ruth Frith:



QUESTIONS?