



## Aging and Preventive Health

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# Age-related health issues

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- Do age-related health issues really exist?
- Global studies indicate that certain illnesses or ailments may be revealed at certain ages.
- Unhealthy lifestyles can affect us later in life.



## Delayed health effects

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- The delay can be:
  - Days or weeks
  - Months or years
  - Several decades
- A healthy lifestyle is no guarantee for a healthy future.

*However...*

- A healthy lifestyle can help **reduce the risks** for health issues in the future!



# Are there 'typical' age-related health issues?

Health issue	Age at which symptoms are revealed			
	<20	20-40	40-60	60+
Hearing Loss	x*		x	
Type 2 Diabetes	x**		x	
Heart and Vascular Diseases			x	
Prostate Cancer			x	
COPD & Pulmonary Affections			x	
Muscular Skeleton Diseases			x	
Alcohol & Drugs Abuse	x	x	x	x
Overweight	x	x	x	x
Stress	x	x	x	x
Burn Out / Depression	x	x	x	x
Injuries	x			

*x:* Age at which the health issue is typically revealed  
*x\*:* Hearing loss due to usage of headphones  
*x\*\*:* Young children are becoming increasingly diagnosed with Type 2 Diabetes

## How to avoid health issues in the future

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- The older you get, the more health issues can develop or be revealed.
- Can we stay young forever? **NO!**

**But...**it is never too late to take actions for healthy aging!

**Tip:** Work on one preventive action that is most important to you. You are more likely to be successful if you focus on one action that you enjoy the most or like the best.

**It is better to do one thing well than several things second-rate.**



## Other considerations for Healthy Aging

### Age group: <20 years old

- Prenatal care
- Childhood immunizations
- Develop safe habits
- Learn responsibilities and self-discipline
- Basic personal hygiene (dental, hand washing, etc.)
- Importance of exercise
- Nutrition fundamentals
- Learning to manage emotions
- Driving safety



## Other considerations for Healthy Aging

### Age group: 20-40 years old

- Nutrition
- Exercise
- Stress management
- Basic personal hygiene (dental, hand washing, etc.)
- Driving safety
- Substance abuse
- Time management and organization
- Immunizations
- Continue to develop safe habits
- Management of personal responsibilities
- Work-life balance
- Know your numbers on cardio vascular, diabetes, prostate, hearing, stress, etc.



## Other considerations for Healthy Aging

### Age group: 40-60 years old

- Know your numbers on cardio vascular, diabetes, prostate, hearing, stress, vision, etc.
- Aging parents and elder care
- Exercise
- Nutrition
- Immunizations
- Stress management
- Basic personal hygiene (dental, hand washing, etc.)
- Substance abuse
- Management of personal responsibilities





## Other considerations for Healthy Aging

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### Age group: 60+ years old

- Know your numbers on cardio vascular, diabetes, prostate, hearing, stress, vision, etc.
- Dealing with loss
- Exercise
- Nutrition
- Immunizations
- Basic personal hygiene (dental, hand washing, etc.)
- Substance abuse
- Management of personal responsibilities



## Conclusion

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- Getting older means a bigger chance that age-related **health issues** will be revealed.
- Your **current** lifestyle has a big impact on your **future** health.
- In every age group there are **opportunities** to make the right decisions for healthy aging.
- You don't need to work on all preventive actions at once.
- Focus on **one action** and get the benefits of **multiple positive side effects!**

# HEALTHY AGING

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It's in your hands!  
Start **TODAY.**



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