



## Aging and Preventive Health 衰老和预防保健

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# Age-related health issues

## 与年龄有关的健康问题

- Do age-related health issues really exist?
- 与年龄有关的健康问题真的存在吗？
- Global studies indicate that certain illnesses or ailments may be revealed at certain ages.
- 全球研究表明，某些疾病或失调可以在一定年龄段显露出来。
- Unhealthy lifestyles can affect us later in life.
- 不健康的生活方式可以影响到我们以后的生活。



# Delayed health effects

## 长期的健康影响

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- The delay can be:
- 延期有可能是
  - Days or weeks  
几天或者是几个礼拜
  - Months or years  
几个月或者是几年
  - Several decades  
几十年
- A healthy lifestyle is no guarantee for a healthy future.

健康的生活方式是不能保证一定是健康的未来。

*However...*

*但是*

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

健康的生活方式可以帮助减少未来的健康问题的风险！



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

## 是否有“典型”的与年龄有关的健康问题？

Health issue 健康问题	Age at which symptoms are revealed 症状在什么年龄显露			
	<20	20-40	40-60	60+
Hearing Loss听力损失	X*		X	
Type 2 Diabetes 2型糖尿病	X**		X	
Heart and Vascular Diseases 心血管疾病			X	
Prostate Cancer 前列腺癌			X	
COPD & Pulmonary Affections 慢性阻塞性肺病和肺病			X	
Muscular Skeleton Diseases Muscular 骨骼疾病			X	
Alcohol & Drugs Abuse 酒精和药物滥用	X	X	X	X
Overweight 超重	X	X	X	X
Stress 压抑	X	X	X	X
Burn Out / Depression 崩溃	X	X	X	X
Injuries 受伤	X			

X: Age at which the health issue is typically revealed 健康问题在该年龄段显著

X\*: Hearing loss due to usage of headphones 听力损失因为听耳机

X\*\*: Young children are becoming increasingly diagnosed with Type 2 Diabetes 年轻的孩子们越来越多确诊为2型糖尿病

# How to avoid health issues in the future

## 如何避免将来的健康问题

- The older you get, the more health issues can develop or be revealed.

年纪越大，健康问题越容易显现。

- Can we stay young forever? **NO!**

我们能永远保持年轻吗？ **不可能!**

**But...** it is never too late to take actions for healthy aging!  
但是.....采取行动来对抗健康老龄化永远不会太晚!

**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.

**提示:** 做对自己很重要的预防性措施的工作，。你更容易，如果你专注于一个自己非常感兴趣的行动，你就会很容易成功。

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

**做好一件事 做 几件事但效果一般要强**



# Other considerations for Healthy Aging

## 健康老龄化其他考虑因素

### Age group: <20 years old

### 年龄组: <20岁

- Prenatal care  
产前检查
- Childhood immunizations  
儿童免疫
- Develop safe habits  
养成安全习惯
- Learn responsibilities and self-discipline  
了解责任和自律
- Basic personal hygiene (dental, hand washing, etc.)  
基本个人卫生（刷牙，洗手等）
- Importance of exercise  
基本个人卫生（牙科，洗手等）
- Nutrition fundamentals  
营养基础知识
- Learning to manage emotions  
学会管理情绪
- Driving safety  
驾驶安全



# Other considerations for Healthy Aging

## 健康老龄化其他考虑因素

### Age group: 20-40 years old

年龄组: 20-40岁

- Nutrition  
营养
- Exercise  
锻炼
- Stress management  
压力管理
- Basic personal hygiene (dental, hand washing, etc.)  
基本个人卫生 (刷, 洗手等)
- Driving safety  
驾驶安全
- Substance abuse  
物质滥用
- Time management and organization  
时间管理和组织
- Immunizations  
预防接种
- Continue to develop safe habits  
不断形成的安全习惯
- Management of personal responsibilities  
个人责任管理
- Work-life balance  
工作与生活的平衡
- Know your numbers on cardio vascular, diabetes, prostate, hearing, stress, etc.  
知道自己心血管, 糖尿病, 前列腺癌, 听觉, 压力等你的数据



# Other considerations for Healthy Aging

## 健康老龄化其他考虑因素

### Age group: 40-60 years old

### 年龄组：40-60岁

- Know your numbers on cardio vascular, diabetes, prostate, hearing, stress, vision, etc.  
知道自己心血管，糖尿病，前列腺癌，听觉，精神紧张，视觉等数据
- Aging parents and elder care  
年迈的父母和长辈照顾
- Exercise、  
锻炼
- Nutrition  
营养
- Immunizations  
预防接种
- Stress management  
压力管理
- Basic personal hygiene (dental, hand washing, etc.)  
基本个人卫生（刷牙，洗手等）
- Substance abuse  
物质滥用
- Management of personal responsibilities  
个人责任管理





# Other considerations for Healthy Aging

## 健康老龄化其他考虑因素

### Age group: 60+ years old

### 年龄组：大于60岁

- Know your numbers on cardio vascular, diabetes, prostate, hearing, stress, vision, etc.  
知道自己心血管，糖尿病，前列腺癌，听觉，精神紧张，视觉等数据
- Dealing with loss  
减重
- Exercise  
锻炼
- Nutrition  
营养
- Immunizations  
预防接种
- Basic personal hygiene (dental, hand washing, etc.)  
基本个人卫生（刷牙，洗手等）
- Substance abuse  
物质滥用
- Management of personal responsibilities  
个人责任管理



# Conclusion

## 结论

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- Getting older means a bigger chance that age-related **health issues** will be revealed.  
变老意味着与年龄有关的健康问题有更大的机会暴露出来。
- Your **current** lifestyle has a big impact on your **future** health.  
你现在的的生活方式对你未来的健康有很大的影响。
- In every age group there are **opportunities** to make the right decisions for healthy aging.  
在各年龄组有机会，应对健康老龄化做出正确决策。
- You don't need to work on all preventive actions at once.  
你不需要一下子采取所有的预防措施。
- Focus on **one action** and get the benefits of **multiple positive side effects!**  
专注于一个动作，并得到多重利好！

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## HEALTHY AGING

健康老龄化

**It's in your hands!**

这是在你的手中！

**Start *TODAY.***

从**今天**开始



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