Key to aging gracefully

New Delhi, Jan 23, 2017: Aging is defined as a series of progressive changes with the passing of one’s lifetime. At present, India has around 11 crore people aged above 60 years.

Padma Shri Awardee Dr. K.K Aggarwal, National President Indian Medical Association (IMA) and President Heart Care Foundation of India (HCFI) and Dr RN Tandon – Honorary Secretary General IMA in a joint statement said that, “Staying healthy and maintaining overall wellbeing is important irrespective of age. Old age is a time when one undergoes major life changes both personally and professionally. How smoothly you handle these transitions is the key to staying healthy.”

“There is no fixed formula for healthy aging; it is all about optimizing your opportunities for good health so that you may be able to enjoy an independent and quality life. The best advise would be to engage in mild to moderate physical activity on a daily basis. Maintaining mental activity is just as important, keep your mind active by performing a cognitively demanding task everyday. Consume a heart healthy diet and do things that bring you joy and happiness”, added Dr. Aggarwal.

Some golden rules for healthy aging:

1. Quit smoking
2. Stay active: aim for 30 minutes of physical activity per day
3. Anticipate accidental falls and take necessary safety precautions:
4. Stay updated with immunizations and screenings
5. Maintain a heart healthy lifestyle: Reduce the amount of fat, salt and sugar consumed. Go for regular health checkups.
6. Eat well: Follow a heart healthy diet composed of fruits, vegetables, essential oils and cereals.
7. Stay mentally active: Engage in light mentally stimulating tasks, this has proven effective to reduce age related cognitive decline.
8. Sleep well: Aim for 6-8 hours of uninterrupted sleep per day.
9. Manage stress: Try exercise and relaxation techniques like yoga or meditation.
10. Get regular checkups for dental, vision and hearing health: Get regular checkups with your healthcare provider to understand how old age affects your health.
About IMA: Indian Medical Association is the only representative, national voluntary organization of Doctors of Modern Scientific System of Medicine, which looks after the interest of doctors as well as the well being of the community at large. It has its Headquarter in Delhi and State / Terr. Branches in 29 States and Union Territories. It has over 2, 53,000 doctors as its members through more than 1650 active local branches spread across the country.

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