

What human behaviors affect health (and the aging process)?

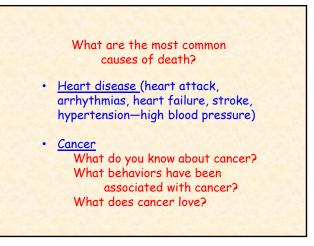
- Diet
- Over eating
- Smoking
- Excessive alcohol
- Drugs
- Accidents
- Stress
- Exercise
- Laughing
- Staying hydrated

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What happens to ones physical body as one ages? Hearing, eyesight, taste, smell: reduced Hair grays and thins

- Skin loses elasticity (wrinkles)
- Body has more difficulty absorbing vitamins and minerals; calcium
- Wear and tear on joints which can result in Rheumatism and arthritis
- Organs less efficient (lungs, kidneys)
- Testosterone and estrogen less
- · Body becomes less erect
- Tendency to gain weight in 60s and 70s but then in 80s begins to lose weight

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FUN FACTS:

What percentage of the elderly population (60+) lives in a nursing home?

5 to 6 percent

At what age does a person start to notice physical changes associated with their aging?

40 - 45

May need reading glasses, crows feet around the eyes, some graying and thinning of hair

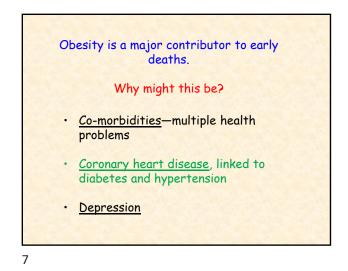
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Accidents are a major cause of deaths.

What would you guess are the causes of the most common accidents?

- <u>Falls</u> (most serious for those with osteoporosis, broken hips)
- Automobile accidents
- <u>Suffocation</u> by ingestion of food (muscles for swallowing weaker w/age)

Other major causes of death?



Behaviors believed to contribute to cancer: Physical inactivity Obesity

- Weakened immune system
- · Poor nutrition (cancer loves sugar!)

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What is meant by a chronic health condition? What causes/contributes to it?
<u>Chronic condition</u> is long lasting (years such as arthritis). An <u>acute condition</u> is short-term (e.g., the flu)
Overeating
Smoking
Drinking alcohol excessively

 "the life we live now gives shape to the life we will live in our oldest adulthood"

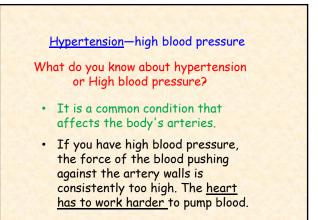
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<u>Osteoporosis</u> is a thinning of the bones, low density bones

- Lack of <u>calcium</u> in bones, associated with low estrogen (<u>menopause</u> reduces estrogen
- <u>Pregnancy</u> and <u>lactation</u> can pull calcium out of bones that affect the mother later in life while post-menopause lowers estrogen levels
- <u>Osteopenia</u>—early signs of osteoporosis
- Weight bearing <u>exercises</u> can help keep bones strong



• Uncontrolled hypertension increases the risk of <u>heart</u> <u>attack</u>, <u>heart failure</u>, <u>kidney</u> <u>disease</u>, <u>stroke</u>, <u>and cognitive</u> <u>decline</u>

 <u>Causes</u>: obesity, salt, inactivity, excessive alcohol, too little potassium

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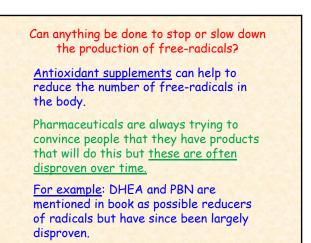
As cells metabolize or turn food into energy, there are <u>by products</u> in the form of molecules needing an electron.

These molecules, or free radicals, are then found to <u>invade and damage cells</u> by taking an electron from them

This appears to be a normal by-product of cells metabolizing food but over time is harmful and <u>results in the body</u> <u>"aging" (i.e., showing signs such as</u> wrinkled skin, etc.)

The older one is, the more free radicals in the body

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"Free radicals" have been

associated with the damage/aging

of cells that contribute to aging

and eventually lead to death.

Has anyone heard of these before?

What do you know about free

radicals?

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Proven Antioxidant supplements: Colorful fruits Vegetables Spinach and broccoli Red apples and cranberries Blueberries, cherries, grapes Chocolate Red wine

What contributes to a long life? People who live into their 90s and beyond?

- Exercise
- Limited meat
- Vegetables and fruits
- Quite time/meditation to help relieve stresses
- Support from family and loved ones even if sometimes quarrel
- Healthy behaviors/habits
- · Supportive community