

Staying Healthy As You Get Older

Description



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Looking after yourself is essential no matter what age you are. However, you may need to pay closer attention to your body as you get older because things change as you age. For example, it is likely that your bones will become thinner and more brittle. Conditions such as [osteoporosis](#) are caused by

thinning bones and decreasing bone mass. This will also make you at risk to falls which could give you broken bones. To prevent this, make sure you have a nutritious diet and a good calcium intake as well as a decent supply of vitamin D.

A healthy diet and regular exercise could lower your heart rate, but to look after yourself properly, you need to cut out bad habits too. Everyone knows that smoking is bad for you and is linked to a whole range of different health problems, including [heart disease](#), lung cancer, and bronchitis. No matter what age you are now if you stop smoking, your circulation, your lung capacity, and your energy levels will improve.

Also, don't forget to top-up with lots of water to avoid dehydration. Tea, coffee and fruit juice will help you to stay, but you should avoid sugary fizzy drinks. If you do drink alcohol, make sure you have some days in the week where you don't drink to give your liver time to recover.

Make the most of expert help, particularly your doctor. Don't be afraid to get routine tests to check your blood pressure and cholesterol levels. While high readings increase your risk factor for stroke and heart disease, any problems are reversible with medication. Many people have a [vitamin D deficiency](#) and aren't even aware of it, but vitamin D is essential and being deficient in this vitamin has been linked to health issues such as cognitive impairment, bone problems and cardiovascular disease.

Try to get outside in the fresh air for at least 15-20 minutes a day for a boost of vitamin D boost and increase your intake of eggs and oily fish or have a word with your doctor about a vitamin D supplement.

While you're getting tests and help from the doctor, you may as well get the full MOT from the GP but also make time to go to specialist doctors such as a [testosterone doctor](#) or an ear specialist for hearing tests and get your eyes checked too to make sure your vision and hearing are up to scratch.

As well as sight and sound, your other [senses could be affected by ageing](#), as you may start to lose your sense of taste meaning that flavors may not seem as distinct to you. Your senses of smell and touch may also weaken as your body takes longer to react and needs more to stimulate it.

Getting older can also cause changes in your reflexes. While dementia is not inevitable in old age, it is common for people to experience some forgetfulness as they get older as cells in the brain and nerves become damaged over time.

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