

Frequently asked questions

Q: As I age, what habits should I adopt to improve my heart health and live healthier?

- A:**
- 1. Maintain a healthy weight** – Even losing 10-15 spare pounds can help your heart.
 - 2. Be active each day** – Walking is often a safe way to begin. Check with your doctor before starting an exercise program.
 - 3. Eat heart-healthy foods** – Eat foods that are high in fiber or have healthy fats. Stock up on fresh fruits and veggies, fish, beans, nuts and whole grains.
 - 4. Don't smoke or use tobacco.**
 - 5. Live a balanced life** – Get at least 7-8 hours of sleep a day. Take time to relax and have fun every day.
 - 6. Limit sugar and soft drinks** – Sugary foods and drinks raise the risk for weight gain, high blood fats, and high blood sugar.
 - 7. Get regular health exams.**

Q: Can you prevent Alzheimer's disease?

A: While there isn't a cure for Alzheimer's disease, doctors have found that high blood pressure, high blood sugar, and high blood fats can increase your risk.

Q: How can I prevent falls?

A: As you age, your sight, hearing, balance and strength may not be as sharp and can lead to a higher risk of falls. Here are few things you can do to prevent falls:

- 1. Strengthen your bones** – Have your bone density checked, get plenty of calcium and vitamin D, and stay active.
- 2. Check your eyes** – Your vision can gradually decline as you age, making it harder to get around safely.
- 3. Understand medications you're taking** – Some medicines can make you dizzy or drowsy. Check with your pharmacist about possible side effects as it relates to balance.
- 4. Make your home safer** – Install handrails, keep cords away from walk areas, use nightlights, and improve your lighting.

Source: Health Shelf