

Health

The Centers for Disease Control and Prevention states that five strategies have proven effective in improving the health of older adults:

- **Healthy lifestyles.** Their research has shown that behaviors such as being physically active, eating a healthy diet and not smoking are more influential than genetic factors in helping older people avoid the deterioration traditionally associated with aging.
- **Early detection of diseases.** Screenings to detect chronic diseases early when they are most treatable can save lives.
- **Immunizations.** They especially recommend that older adults receive immunizations for flu and pneumonia.
- **Injury prevention.** Falls are the most common cause of injuries to older adults. Of the more than one-third of adults aged 65 or older who fall each year, about 20-30 percent suffer injuries that decrease mobility and independence.
- **Self-management techniques.** Taking part in available programs that teach techniques can reduce both the pain and costs of chronic disease.

The following resources will give you a wide range of information about health issues that most commonly affect older adults.

Medicare <http://www.medicare.gov>

Find out everything you need to know about Medicare here. You can compare drug, health and medigap plans here and even enroll when you become eligible.

Delaware Health & Social Services, Division of Services for Aging and Adults with Physical Disabilities <http://www.dhss.delaware.gov/dhss>

From the main page of Delaware Health and Social Services, select Aging and Physical Disability Services for good information about Health and Wellness. Topics covered include: Physical Activity, Nutrition, Prevention Strategies and Health and Wellness links.

National AARP <http://www.aarp.org/health>

This is a comprehensive resource about a wide range of health issues. From this page, you can get information on Medicare and Medicaid, Health Insurance, Conditions and Treatments, Healthy Living, Drugs and Supplements, Brain Health and Longevity and Health Products.

National Institute on Aging <http://www.nia.nih.gov>

You will find factual and complete information on health topics from A-Z. After accessing the site, click on Senior Health.

American Heart Association <http://www.heart.org>

This is a great resource for information on heart health and various conditions affecting the heart. The tab for Getting Healthy takes you to a wealth of material about nutrition, physical activity, weight and stress management, fats and oils. There are even heart healthy recipes to try.

Chronic Diseases

Go to the web sites for any of the groups dealing with specific diseases for more information on signs, preventative measures, treatments and new research. Among these sites are:

American Cancer Society	http://www.cancer.org
American Diabetes Association	http://www.diabetes.org
Arthritis Foundation	http://www.arthritis.org

Joint Replacement

<http://www.JointReplacement.com>

National Kidney Foundation

<http://www.kidney.org>

National Osteoporosis Foundation

<http://www.nof.org>

Real Age

<http://www.realage.com>

This is an educational site with scores of information about healthy living. It was created by two noted health care professionals, Dr. Mike Roizen and Dr. Mehmet Oz. The latter is widely viewed on his popular Dr. Oz show. Upon accessing the web site, you can take the Real Age test. After answering a number of questions about current habits and lifestyle, you are informed of your "real age" compared to your biological age. A recommended regimen is provided to help you improve your "real age". You can sign up to receive daily bulletins from Real Age, containing a continuing series of articles about health issues.