



HEALTH AND WELLNESS FOR SENIORS

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OBJECTIVES

- Educate on the importance of healthy aging.
 - Improving physical health
 - Tips to getting active and fit
 - Importance of getting rest
 - Strengthening mental and emotional health
- Prevention and management of chronic diseases.
- Reducing the risk of health problems
- Improving habits to lead to an optimal life.



OUTLINE.

Introduction

What is Health

What is Healthy Aging.

Health Challenges with aging

Wellness : The key to healthy Aging.

The 7 dimensions to wellness.

References

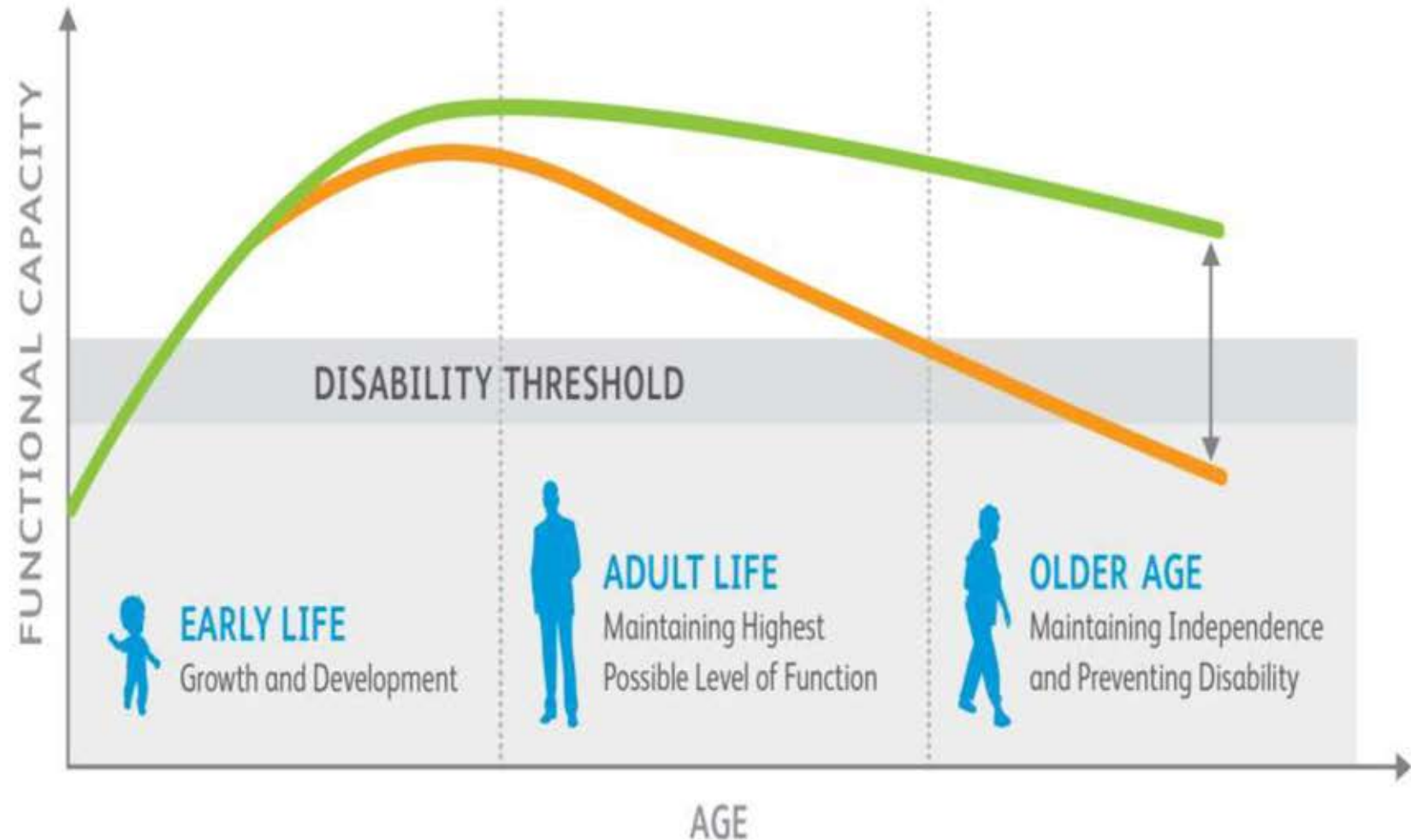
HEALTHY AGEING

WHO defines healthy ageing as “the process of developing and maintaining the functional ability that enables wellbeing in older age.”

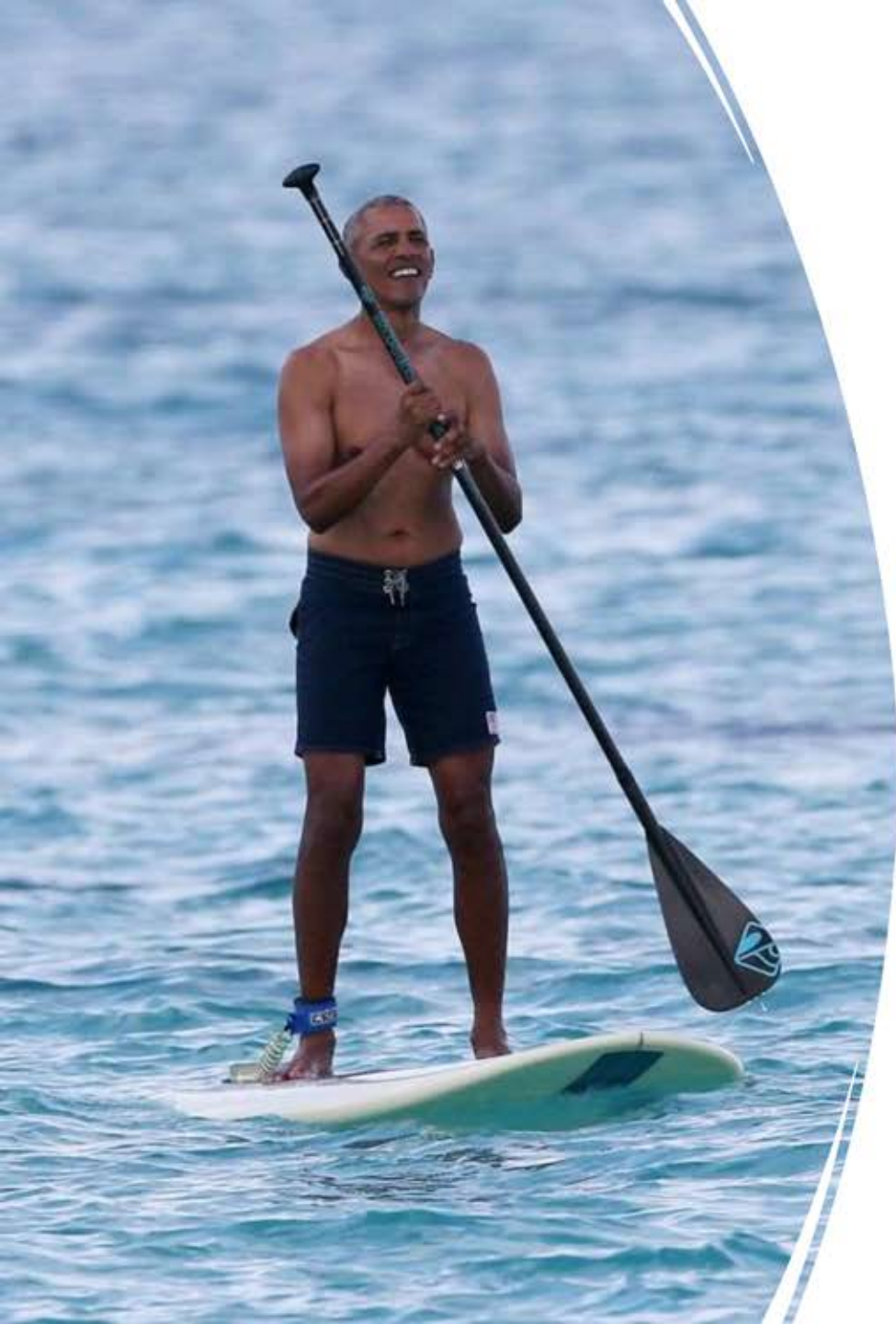
Functional ability is about having the capabilities that enable all people to be and do what they have reason to value.

Health and Aging

Aging in better health across the life course can reduce disease and disability in older age.



Source: Adapted from Kalache, A., Kickbush, I. A Global Strategy for Healthy Ageing. World Health, 1997 50(4)-5.



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- We can't avoid the aging process.
 - But we can all age with an able and disease-free body.



Risks from Smoking

Smoking can damage every part of the body

Cancers

Head or Neck

Lung

Leukemia

Stomach

Kidney

Pancreas

Colon

Bladder

Cervix

Chronic Diseases

Stroke

Blindness

Gum infection

Aortic rupture

Heart disease

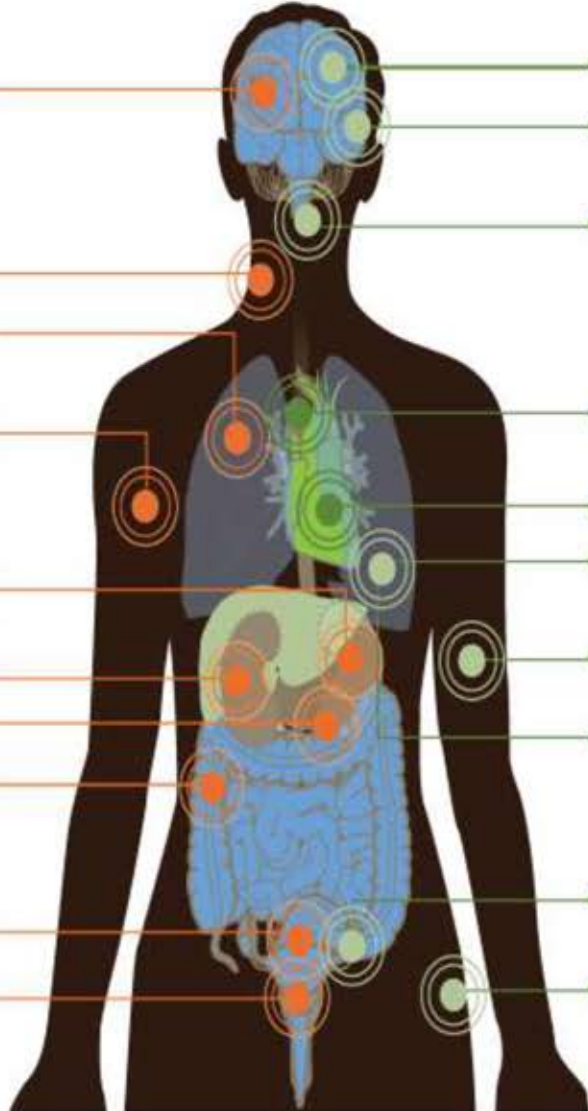
Pneumonia

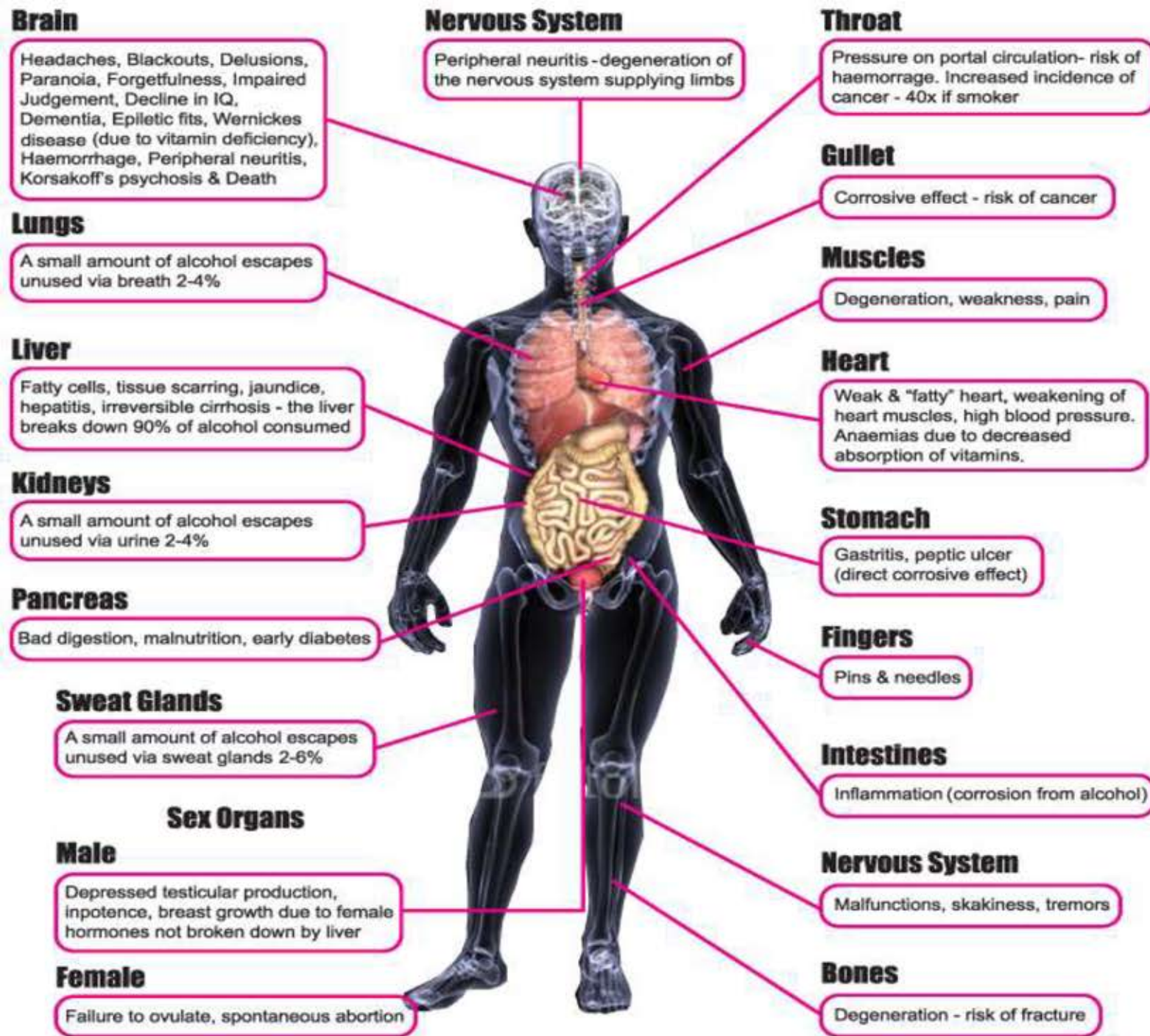
Hardening of the arteries

Chronic lung disease
& asthma

Reduced fertility

Hip fracture





Health Effect of Alcohol

OBESITY

Consequence

-  heart diseases
-  diabetes
-  fatty liver
-  stomach ulcer

1.5 billion people in the world
are overweight

Prevention

-  healthy diet
-  sport
-  walks in the open air
-  daily regime
-  alcohol restriction

Reasons

-  binge eating
-  no activity
-  genetic predisposition
-  medicines
-  unhealthy diet
-  stress
-  endocrine disorders
-  age

Health Screening Tests

- **BLOOD PRESSURE SCREENING**

- Have your blood pressure checked at least once every 1 years.
- If you have diabetes, heart disease, kidney problems, or certain other conditions, you may need to have your blood pressure checked at least once a year.

- **DIABETES SCREENING**

- If you are age 60 or older and in good health, you should be screened for diabetes every 3 years.
- If you are overweight and have other risk factors for diabetes, ask your provider if you should be screened more often.

Environmental Wellness



- Understanding how your social, natural, and built environments affect your health and well-being
- Being aware of the unstable state of the earth and the effects of your daily habits on the physical environment



Emotional Wellness

- Understanding and respecting your feelings, values, and attitudes
- Appreciating the feelings of others
- Managing your emotions in a constructive way
- Feeling positive and enthusiastic about your life

**Emotional
Wellness**



Vocational Wellness



- Preparing for and participating in work that provides personal satisfaction and life enrichment that is consistent with your values, goals, and lifestyle
- Contributing your unique gifts, skills, and talents to work that is personally meaningful and rewarding



*Thank
You*