

# Essentials for Healthy Aging

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# Objectives

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1. Normal physical changes with aging

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2. Lifestyle strategies to maintain healthy aging

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3. Recommendations for health screening and vaccination



***Normal aging***



# As we grow older...

- ▶ Brain
- ▶ Eyes, ears
- ▶ Heart
- ▶ Digestive system
- ▶ Muscles
- ▶ Bones, joints
- ▶ Skin



— Eyes, ears

Muscles, bones, joints

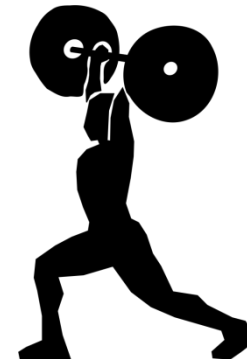


*Lifestyle strategies for  
healthy aging*

# 1. Regular exercise

## ► Aerobic and anaerobic exercises

Aerobic Activities	Muscle-Strengthening Activities
<ul style="list-style-type: none"><li>■ Walking or hiking</li><li>■ Dancing</li><li>■ Swimming</li><li>■ Water aerobics</li><li>■ Jogging or running</li><li>■ Aerobic exercise classes</li><li>■ Some forms of yoga</li><li>■ Bicycle riding (stationary or outdoors)</li><li>■ Some yard work, such as raking and pushing a lawn mower</li><li>■ Sports like tennis or basketball</li><li>■ Walking as part of golf</li></ul>	<ul style="list-style-type: none"><li>■ Strengthening exercises using exercise bands, weight machines, or hand-held weights</li><li>■ Body-weight exercises (push-ups, pull-ups, planks, squats, lunges)</li><li>■ Digging, lifting, and carrying as part of gardening</li><li>■ Carrying groceries</li><li>■ Some yoga postures</li><li>■ Some forms of tai chi</li></ul>







## Adults need a mix of physical activity to stay healthy.

### Moderate-intensity aerobic activity\*

Anything that gets your heart beating faster counts.



AND



\* If you prefer vigorous-intensity aerobic activity (like running), aim for at least **75 minutes a week**.

If that's more than you can do right now, **do what you can**. Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**

# Exercise benefits

- ▶ Lower risk of cardiovascular diseases, hypertension, Type II diabetes, cancers
- ▶ Reduce depression and anxiety
- ▶ Build stronger muscles, bones
- ▶ Reduce risk for falls
- ▶ Cognitive health
- ▶ Improve sleep

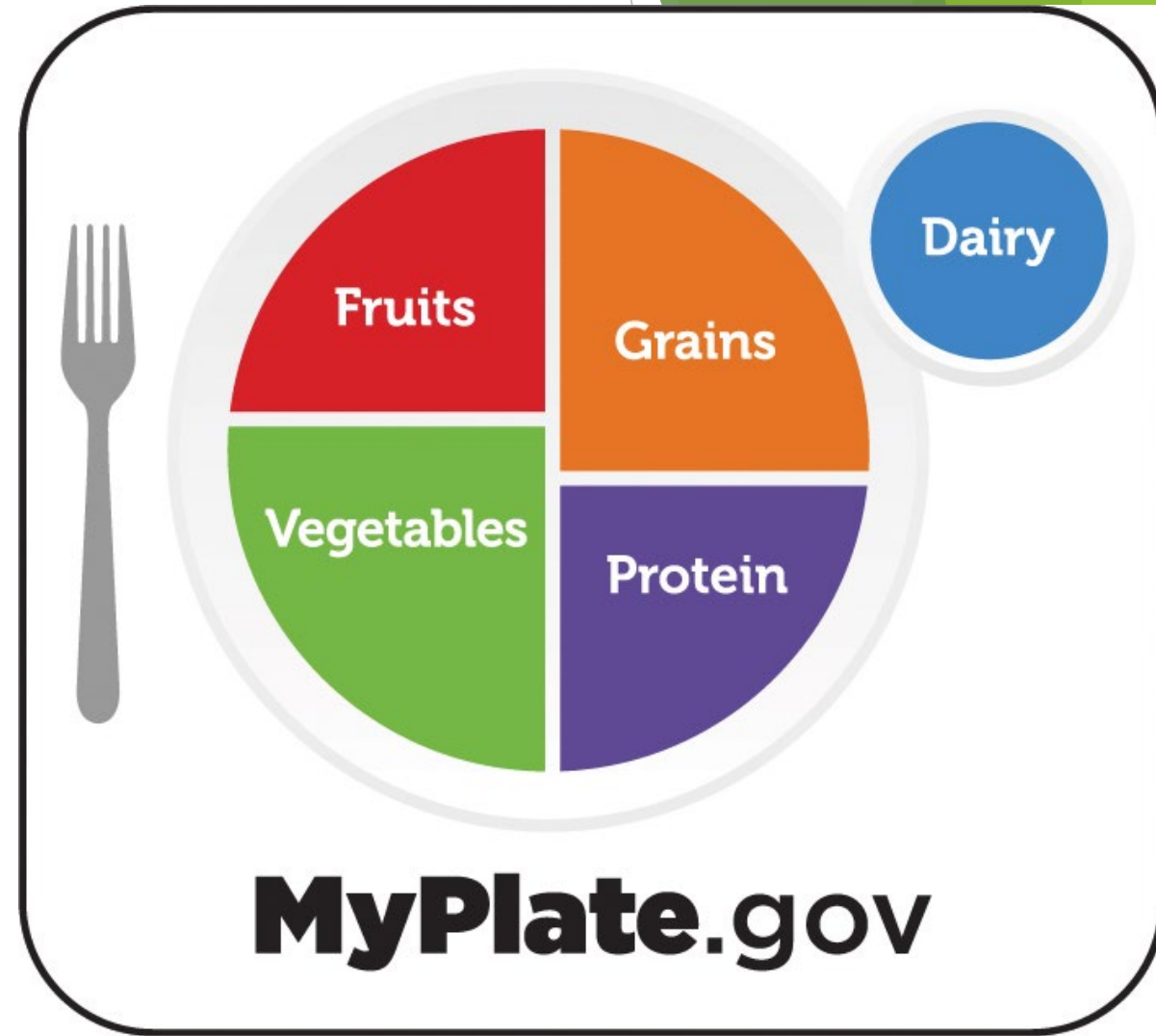






## 2. Healthy diet

- ▶ Nutrient-dense foods and beverages, stay within calorie limits
- ▶ Limit foods and beverages higher in added sugars, saturated fat, and sodium
- ▶ Limit alcohol
- ▶ Stay hydrated
- ▶ Mediterranean, DASH, MIND diet





**NUTRIENT-DENSE**

Plain Shredded Wheat



Plain, Low-Fat Yogurt With Fruit



Low-Sodium Black Beans



Vegetable Oil



Sparkling Water



**TYPICAL**



Frosted Shredded Wheat



Full-Fat Yogurt With Added Sugars



Regular Canned Black Beans



Butter

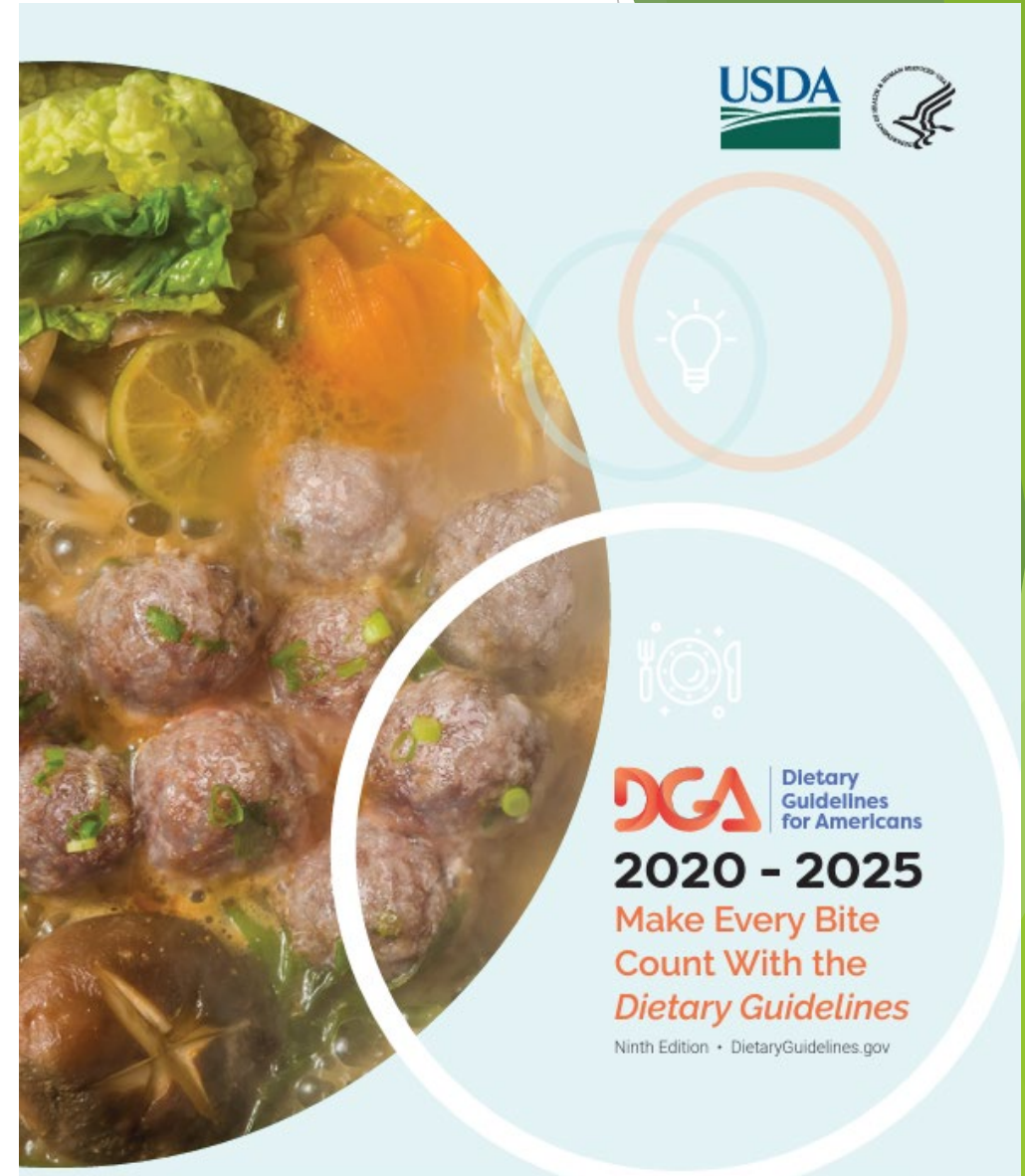


Soda



# Healthy diet benefits

- ▶ Reduce risk of cardiovascular disease, diabetes, hypertension, certain cancers
- ▶ Slower cognitive decline
- ▶ Weight loss
- ▶ Healthier gut microbiome



# Supplements

- ▶ No evidence to support routine use:
  - Multivitamin, vitamin D, omega 3 fatty acids
- ▶ Herbal supplements- no clear benefit
- ▶ Get the nutrients you need from food, rather than a pill



### 3. Mental wellness

- ▶ Reduce stress, increase emotional stability
- ▶ Prayer, meditation
- ▶ Exercise
- ▶ Psychotherapy, antidepressant medications





# Depression, anxiety, stress associated risk

- ▶ Heart disease
- ▶ Cognitive decline, dementia
- ▶ Digestive disorders
- ▶ Headaches
- ▶ Sleep disorders

## 4. Social activities

- ▶ Leisure activities and hobbies
- ▶ Music, theater, dance, sports clubs, book clubs
- ▶ Church activities
- ▶ Volunteer activities
- ▶ Stay connected with family and friends



# Social activities benefits

- ▶ Improve physical and psychological well-being
- ▶ Improve quality of life, self-esteem
- ▶ Reduce loneliness
- ▶ May help reach exercise goals





## 5. Quality sleep

- ▶ 7-9 hours of sleep per night
- ▶ Bedtime routine
- ▶ Good sleep hygiene
- ▶ Avoid long nap late afternoon
- ▶ Avoid large meal, caffeine or alcohol late in the day
- ▶ Exercise
- ▶ Assess for sleep disorders



# Quality sleep benefits

- ▶ Improve memory and concentration
- ▶ Improve mood
- ▶ Lower risk of cardiovascular disease, hypertension, diabetes

## 6. Cognitive exercises

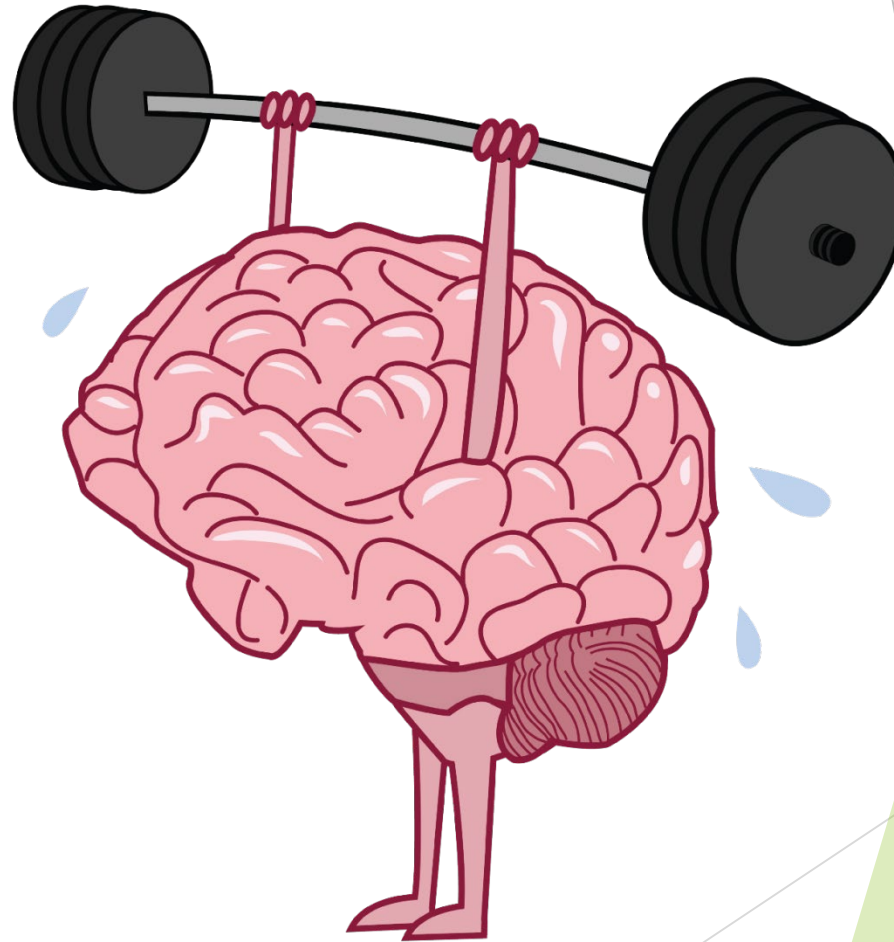
- ▶ “Brain fitness”
- ▶ Reading, crossword puzzles, wordsearch, Sudoku
- ▶ Learning new skills
- ▶ Paid or volunteer work
- ▶ Apps- Lumosity, Brain HQ





# Cognitive exercise benefits

- ▶ Improve cognitive functioning
- ▶ Improve memory
- ▶ Increased visual and auditory processing speed

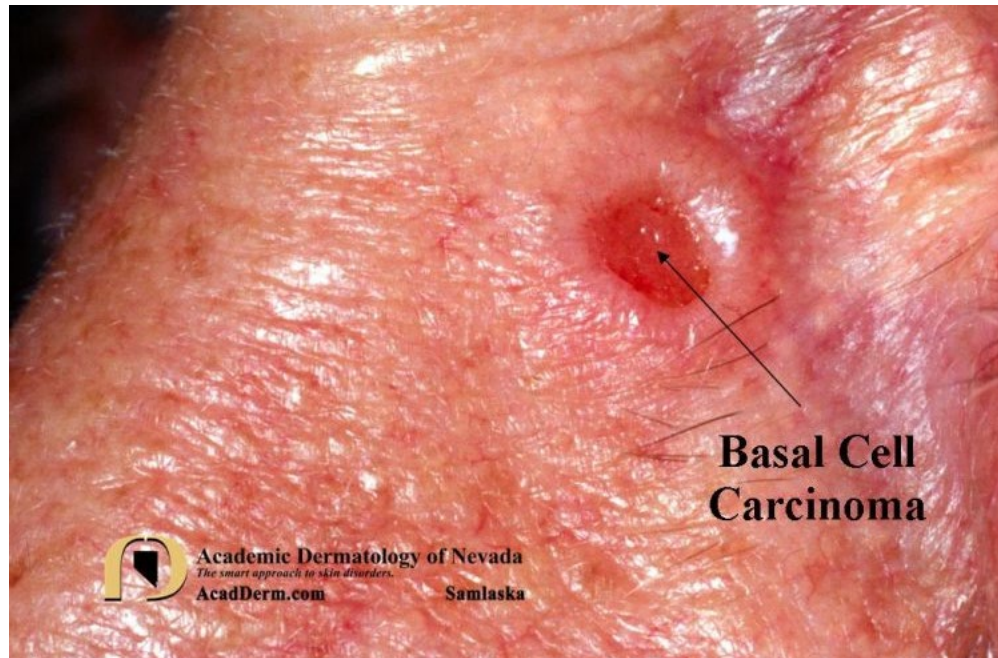
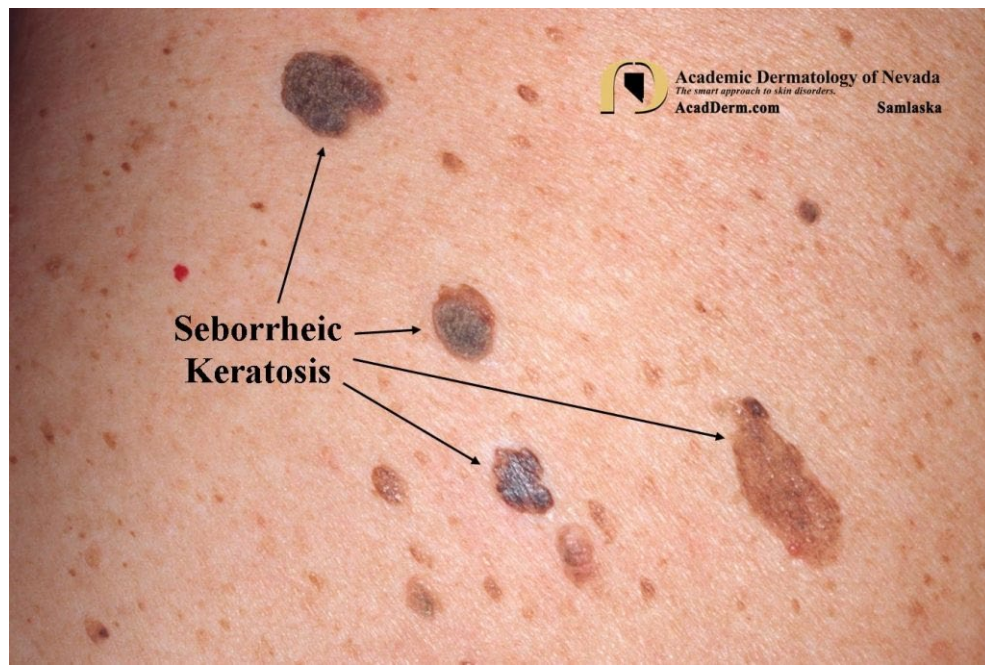


## 7. Skin care

- ▶ Limit time in the sun
- ▶ Wear protective clothing
- ▶ Use sunscreen (SPF 30+)
- ▶ Use moisturizers
- ▶ Check skin for any changes, visit doctor if any concerns









01

Exercise  
regularly

02

Eat  
healthy  
diet

03

Improve  
mental  
health

04

Connect  
socially

05

Maintain  
quality  
sleep

06

Stay  
mentally  
active

07

Protect  
the skin

Summary of lifestyle strategies  
for healthy aging

# *Regular health screening*



# USPSTF screening recommendations

<b>Breast cancer</b>	Women aged 50-74yo: biennial screening mammography.
<b>Cervical cancer</b>	Women aged 21-65yo: pap smear cytology every 3 years or every 5 years with HPV testing and cytology
<b>Colorectal cancer</b>	Adults 45-49yo (level B evidence), adults 50-75yo (level A evidence): stool-based test or colonoscopy
<b>Lung cancer</b>	Adults 50-80yo who have a 20-pack year smoking history who currently smoke or have quit within last 15 years: annual screening with low dose CT
<b>Abdominal Aortic Aneurysm</b>	Men aged 65-75yo who has ever smoked 100 or more cigarettes: one time ultrasound screening
<b>Osteoporosis</b>	Post-menopausal women younger than 65 who is at increased risk or women 65yo or older: bone density testing



# CDC Adult Immunization Recommendations

**Table 1** Recommended Adult Immunization Schedule by Age Group, United States, 2022

Vaccine	19–26 years	27–49 years	50–64 years	≥65 years
<b>Influenza inactivated (IIV4) or Influenza recombinant (RIV4)</b> <small>or</small>	1 dose annually			
<b>Influenza live, attenuated (LAIV4)</b>	1 dose annually			
<b>Tetanus, diphtheria, pertussis (Tdap or Td)</b>	1 dose Tdap each pregnancy; 1 dose Td/Tdap for wound management (see notes)			
	1 dose Tdap, then Td or Tdap booster every 10 years			
<b>Measles, mumps, rubella (MMR)</b>	1 or 2 doses depending on indication (if born in 1957 or later)			
<b>Varicella (VAR)</b>	2 doses (if born in 1980 or later)		2 doses	
<b>Zoster recombinant (RZV)</b>	2 doses for immunocompromising conditions (see notes)		2 doses	
<b>Human papillomavirus (HPV)</b>	2 or 3 doses depending on age at initial vaccination or condition	27 through 45 years		
<b>Pneumococcal (PCV15, PCV20, PPSV23)</b>	1 dose PCV15 followed by PPSV23 OR 1 dose PCV20 (see notes)			1 dose PCV15 followed by PPSV23 OR 1 dose PCV20
<b>Hepatitis A (HepA)</b>	2 or 3 doses depending on vaccine			
<b>Hepatitis B (HepB)</b>	2, 3, or 4 doses depending on vaccine or condition			
<b>Meningococcal A, C, W, Y (MenACWY)</b>	1 or 2 doses depending on indication, see notes for booster recommendations			
<b>Meningococcal B (MenB)</b>	2 or 3 doses depending on vaccine and indication, see notes for booster recommendations			
	19 through 23 years			
<b>Haemophilus influenzae type b (Hib)</b>	1 or 3 doses depending on indication			

Recommended vaccination for adults who meet age requirement, lack documentation of vaccination, or lack evidence of past infection

Recommended vaccination for adults with an additional risk factor or another indication

Recommended vaccination based on shared clinical decision-making

No recommendation/Not applicable

# COVID-19 Vaccine

Interim COVID-19 Immunization Schedule  
for Persons 6 Months of Age and Older



**Table 2. Immunization Schedule for Persons 18 Years of Age**

Type	Recipient Age	Product*	For Most People		Those Who ARE Moderately or Severely Immunocompromised	
			Doses	Interval Between Doses†	Doses	Interval Between Doses
mRNA vaccine	18 years and older	MONOVALENT Moderna Red vial cap with a blue-bordered label	Primary series: Monovalent			
			Dose 1 to 2	At least 4–8 weeks‡	Dose 1 to 2	At least 4 weeks
					Dose 2 to 3	At least 4 weeks
		BIVALENT Moderna Blue cap with gray bordered label	Booster dose: Bivalent			
	Dose 2 to 3		At least 8 weeks (2 months)	Dose 3 to 4	At least 8 weeks (2 months)	
	18 years and older	MONOVALENT Pfizer-BioNTech Gray vial cap with gray-bordered label	Primary series: Monovalent			
			Dose 1 to 2	At least 3-8 weeks‡	Dose 1 to 2	At least 3 weeks
Dose 2 to 3					At least 4 weeks	
BIVALENT Pfizer-BioNTech: Gray vial cap with gray-bordered label		Booster dose: Bivalent				
	Dose 2 to 3	At least 8 weeks (2 months)	Dose 3 to 4	At least 8 weeks (2 months)		
Protein subunit vaccine	12 years and older	MONOVALENT Novavax	Primary series: Monovalent			
			Dose 1 to 2	At least 3–8 weeks‡	Dose 1 to 2	At least 3 weeks
		Moderna or Pfizer-BioNTech bivalent COVID-19 vaccine should be used for the booster dose.	Booster dose: Bivalent			
			Dose 2 to 3	At least 8 weeks (2 months)	Dose 2 to 3	At least 8 weeks (2 months)
Adenovirus vector vaccine	18 years and older	MONOVALENT Janssen	Janssen COVID-19 vaccine is authorized for use in certain limited situations due to safety considerations. <sup>5</sup>			
		Moderna or Pfizer-BioNTech bivalent COVID-19 vaccine should be used for the booster dose.	Booster dose: Bivalent			
			Administer a single booster dose at least 8 weeks (2 months) after the previous dose.			

# Takeaway Points

- ▶ Aging affects our body at many levels.
- ▶ Lifestyle strategies can help you age healthier.
- ▶ Go to your doctor regularly for recommended screening and vaccination.



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Questions?

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Thank you

# References

- ▶ A and B Recommendations. USPSTF.  
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- ▶ U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2020-2025. 9th Edition. December 2020. [DietaryGuidelines.gov](https://www.dietaryguidelines.gov).
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<https://www.nia.nih.gov/health/dietary-supplements-older-adults>
- ▶ Interim COVID-19 Immunization Schedule. CDC. <https://www.cdc.gov/vaccines/covid-19/downloads/COVID-19-immunization-schedule-ages-6months-older.pdf>