



Freyja Medical Clinic

570 Price Av., Suite 100, Redwood City, CA

Tel (650) 701.1882 Fax (650) 701.1886

www.Freyjaclinic.com

For Women Ages 65 and Older: Staying Healthy

Routine Health Care

All women ages 65 and older should have a physical exam yearly.

Medications

Sometimes staying healthy includes taking medication. When you visit your doctor, it's a good idea to bring a list of all the medications, vitamins and natural remedies you may be taking.

When taking medications:

- Be sure to take them as they have been prescribed.
- Do not skip dosages.
- Create a system to remind yourself to take medications at the right time.
- Do not stop taking the drug without talking to your doctor, even if you are feeling better.

Hormone Replacement Therapy

After menopause, many women take hormone replacement therapy. This replaces the estrogen their body is no longer making.

The major benefits of hormone replacement therapy are that it prevents osteoporosis.

Like most treatments, hormone replacement therapy is not free of risks. The risk of cancer is increased.

You should keep taking hormone replacement therapy if it has been prescribed to you. If you choose to stop taking it, tell your doctor.

Diet

A well-balanced diet is key to good health. Poor nutrition increases your risk of vitamin deficiency and related problems.

Include foods high in fiber in your diet. Drink eight glasses of water a day to prevent constipation.

Exercise

Regular exercise is one of the best things you can do to promote better health. Exercise can help to:

- Lower your blood pressure and cholesterol level
- Lower your risk of heart disease, stroke, and type 2 diabetes
- Strengthen your heart, lungs, and bones
- Keep a healthy weight
- Keep your joints flexible and muscles strong
- Give you more energy
- Reduce stress, anxiety and depression
- Improve balance

Harmful Things

Quitting smoking and cutting back on drinking alcohol has benefits at any age. Alcohol use can be a problem in older women.

Using tobacco increases a woman's risk of chronic health problems and premature death.

When older smokers quit, they increase their life expectancy, reduce their risk of heart disease, and improve lung function and circulation.



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Mental Health

As people age, they go through life changes that can affect their mental health.

Depression is a medical disorder, like diabetes, high blood pressure or heart disease. Many women ages 65 and older face situations that can trigger depression, such as:

- Retirement
- The deaths of spouse and friends
- Chronic illness
- Being alone
- Concerns about finances

If you're feeling down most of the time, this may signal depression. Talk about it with your doctor.

Abuse

Sometimes older women are victims of abuse or domestic violence. Neglect also may occur.

Don't let the abuse go on. Seek help from someone you trust.

Injury Prevention

Falls and injuries can pose a serious health risk for women ages 65 or older.

Sexuality

Changes brought about by aging or illness can affect sexual response in both men and women.

Women also may enjoy sex more at this stage of life.

A woman aged 65 or older may have a healthy interest in sex.

Keep in mind the need for safe sex doesn't stop. You still need to prevent sexually transmitted diseases.

Using a latex condom when you have sex and finding out about your partner's sexual history will help.

Finally ...

The changes that aging brings are a natural part of life. Take note of the changes in your body. Talk with your doctor about them. Have routine screening tests.

Your lifestyle plays a large part in keeping you healthy and active. Take care of yourself — mind and body —to stay healthy and active for a long time to come.

(Adapted from the American College of Surgery handout)