

SUCCESSFUL AGING

Part One: Taking Control of Your Health

By

Jagdish Vasudev

I am neither a Professor nor a Medical Professional, but in the interest of sharing knowledge, I am sharing with you my thoughts on the basic personal issues which are essential in *"Taking Control of your Health"*. These issues will lead us to *Successful Aging*, the road towards enjoying *"Golden Years"*.

Following three basic principles will assist us to enjoy our *"Golden Years"*.

1. Taking Control of Your Health,
2. Positive Attitude and
3. Better Communication

Let's briefly discuss the three principles mentioned above.

Taking Control of Your Health:

The best way to deal with your health problems is by becoming a partner with your Medical Professional. Understand what the problems are and how the prescribed medications are going to work, including side effects. A useful website to understand the medical issues is www.webmd.com. In addition to medications, understand what YOU need to do to supplement the beneficial effects of medications. Maintain a daily routine of exercise for at least 20 minutes and watch your calorie intake. www.myfitnesspal.com is a very useful website to monitor your daily calorie intake; it includes many Indian foods such as Chapati, paratha, Chicken curry, etc. It also gives you the fat and protein content of every food item. Nutrition and portion control play a very important role in managing healthy life.

Positive Attitude:

Nobody likes sickness but how to deal with it is important. If one of the spouses becomes ill or is suffering from a chronic disease (Diabetes, High blood pressure, etc.), the other spouse becomes a "caregiver". It is the responsibility of the caregiver to support and encourage the patient to deal with the sickness by maintaining positive attitude and normal life style. Isolation is to be avoided at any cost.

Better Communication:

What is important is to have open communication between husband and wife and with your close friends. It becomes very critical when one of the spouses is suffering from chronic illness. If Husband and wife form a team and handle the health issues *together*, they will be on the road to *Successful Aging*.

If you have any comments or need additional information, please contact me on jagvasudev@gmail.com