

*1st*  
**WORLD**  
CONGRESS



19 – 22 March, 2012  
**ON HEALTHY AGEING**

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Malaysian Healthy Ageing Society

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World Health  
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# **How do I, an 82 year old manage ageing?**

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# Ageing

1. Ageing is a **decremental process** where,
2. we lose our **physiological reserves**
3. in a **geometrical progression**.
4. Though it is a continual loss, God has given us, lot of **physiological reserves**.

# Ageing and my health

- **Am I in perfect health? No.**
- Reasonably in good health for an 82 year old.
- Many of **my colleagues** are dead and gone, demented, paralysed or in a home for the aged.

# List of my diseases in old age

1. Triple vessel **coronary artery disease**  
Stenting of right coronary artery done  
8 years ago.
2. Massive bleeding from stomach due to  
aspirin. Survived that.
3. **Aortic valve stenosis** - critical stenosis  
Cardiologist insists that I have aortic valve  
replacement. **“82 years is enough”**.

# My diseases in old age ctd

- 6. Osteoarthritis** of both knees.  
Anybody else, would have by now had a total knee replacement.
- 7. Degenerative joint disease of spine**

# Symptoms that trouble me

1. **Painful** and creaking joints in body
2. **Stiffness** of joints
3. **Loss of muscle power.** Can't open bottles. Can't get up from the floor.
4. Loss of postural control and **loss of balance**
5. **Loss of short-term memory**
6. **Social isolation**

# How do I overcome my health problems of ageing?

1. Simple **balanced low calorie diet**.  
Not strict about it.
2. **Brisk walking for cardiovascular fitness.**
3. Exercises for **muscle strength** and to have a good **range of motion of joints.**
4. Exercises to **control posture & balance of the body**, to **prevent falls**. Tai chi

# Overcoming my health problems ctd

## **5. Memory training daily.**

Read news paper. Close it and jot down  
25 items that I read. score 20/25  
**Fire the brain to wire the brain.**

## **6. Go out in the sun for vitamin D and to maintain sleep rhythm.**

# 7. Managing social isolation

1. **Reading** history, science, news papers
2. **Painting** in old age. self taught
3. Going to the market daily. **Meet people**
4. Cooking
5. Occasionally **entertain friends**

# Managing the spirit

**Do I walk the spiritual path? Yes & no**  
I am not deeply religious.

Walk the spiritual path in everyday life  
and see **oneness of all things.**

**A growing acceptance of life on its own  
terms.**

# Summary

- **Physical, mental and social problems do occur in old age.**
- Balancing the **body, mind and spirit** necessary
- The three have to be **in equilibrium.**
- **Daily practice** is the answer.
- **If we don't use it we lose it**

