






# Is Your Body Aging Faster Than It Should be ?



## Checks by Symptoms


Check for	Your Response	Medical Fact	Prevention
<b>Slow Walking</b> 	Yes or No	If your walking pace slows while you're in your 40s, it may be a sign you're aging faster than is typical.	To start a walking program, begin with 5 minutes a day and build up to 30 minutes. Try to work up to 100 steps a minute. (To track this, count your steps for 10 seconds and multiply by six.)
<b>Sun Spots</b> 	Yes or No	Brown sun spots most often appear on your face, hands, and arms. Most are harmless and are caused by years of being in the sun. See your doctor if they: <ul style="list-style-type: none"><li>• Are black</li><li>• Change shape</li><li>• Bleed</li><li>• Have a rough border</li></ul>	Wear sunscreen and cover up in the sun to help prevent them. Avoid being outdoors between 10 a.m. and 2 p.m., when the sun is strongest
<b>Memory Problems</b> 	Yes or No	It might take you longer to recall names or facts or remember why you went upstairs.	To help keep your mind sharp: <ul style="list-style-type: none"><li>• Eat healthy</li><li>• Stay socially active</li><li>• Exercise</li></ul>
<b>Achy Joints</b> 	Yes or No	your chances of getting osteoarthritis go up as you age. Men tend to get symptoms after age 45, and women after 55.	As little as an hour of exercise a week might help. Do flexibility, strength-training, and aerobic exercises.

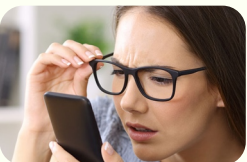
Check for	Your Response	Medical Fact	Prevention
<b>Dry Skin</b> 	Yes or No	Your skin makes less oil as you age. It can become dry and dull, especially if you're over 40.	<ul style="list-style-type: none"> <li>Take short baths or showers using warm -- not hot -- water.</li> <li>Clean your skin gently and moisturize well.</li> <li>Drink plenty of liquids.</li> <li>Don't spend a lot of time in dry air.</li> </ul>

Check for	Your Response	Medical Fact	Prevention
<b>Easy Bruising</b> 	Yes or No	Your skin gets thinner and loses fat as you get older. Your blood vessels become weaker.	If you have larger bruises on your chest, face, or back, or if you develop bruises after taking any medication, contact your doctor.

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<b>Problems Climbing Stairs</b> 	Yes or No	It could mean you'll struggle with other daily activities. You could also have pain or balance issues, or medication could be to blame.	See your doctor to rule out things like heart problems or arthritis.

Check for	Your Response	Medical Fact	Prevention
<b>Thick Waistline</b> Women >35 Inc. Men > 40 inches  	Yes or No	Body fat tends to shift to your belly as you get older. a thick waist can come with health problems like heart disease and type 2 diabetes	Regular exercise and a healthy diet are the best ways to keep your waist in line.

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<b>Hand Strength</b> 	Yes or No	You might find your hands have to work harder opening a jar, or your hold on the steering wheel isn't as firm. Your grip strength usually starts to drop in your 50s.	You can keep your hands strong by playing with clay, squishing a stress ball, or wringing water out of a washcloth. If you lose your grip strength early or suddenly, it could be a sign of arthritis, nerve damage, or another health issue

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<b>Vision Issues Near Vision</b> 	Yes or No	After 40s, you may have presbyopia difficulty in near vision. Sometimes, aging brings more serious issues like glaucoma, cataracts, and macular degeneration.	<ul style="list-style-type: none"> <li>To cut your risk:</li> <li>Wear sunglasses that protect against UVA and UVB light</li> <li>Stop smoking</li> <li>Eat healthy</li> <li>Exercise</li> <li>See your eye doctor for annual checkups</li> </ul>

**If you have any of the above mentioned symptoms, contact RDGMC OPD**