

Don't smoke - you'll stay healthy in your old age

Just don't smoke. Each smoked cigarette reduces our lives by five and a half minutes. This is probably reason enough to quit this addiction. There are about 4,000 in tobacco smoke substances, 40 of which are carcinogenic. Nicotine kills antioxidants, which is why smoking cigarettes accelerates the development of atherosclerosis. Women who smoke go through the menopause about 2 years earlier. Nicotine also accelerates the development of osteoporosis (after 10 years of addiction, bone density is 2% lower than in non-smokers). Smoker's skin ages faster. As proven by American scientists, quitting smoking is worthwhile at any age. After 3-9 months, cough, shortness of breath and breathing problems disappear. 5 years of abstinence reduces the risk of a heart attack in half compared to a person who still smokes. After 10 years, the risk of lung cancer is half that of a smoker and the risk of a heart attack is the same as a person who has never smoked.

Nerves in check

Fight your stress. The stress hormones that our ancestors released in response to danger were neutralized during a fight or flight. Currently, we stress for mundane reasons and we usually cannot react to it. The body's levels of adrenaline, glucose, free fatty acids and triglycerides increase. If these substances are not neutralized, they will adversely affect the functioning of our body. We don't have an opportunity to fight and flee (fortunately, I guess), so try to avoid stress. And if we find ourselves in a crisis, let's just take a break, breathe deeply, count to 10, or analyze the situation by asking ourselves many times, "And what will happen then?" which would make us so nervous. " Let us remember that there is no hopeless situation.

Bright head will add life

Train your mind. Ian Deary from the University of Edinburgh was researching 80-year-olds. In childhood, each of them solved the so-called intelligence tests (IQ). Those who once achieved very good results, i.e. a high IQ, in old age coped much better with the problems of everyday life, lived longer and in better health. So let's train the mind: let's solve crosswords, puzzles, tests and constantly deepen our knowledge by reading, watching interesting TV programs, participating in all kinds of meetings with interesting people.



Make it before the disease

Research yourself. Each disease weakens our vitality. Regular preventive examinations allow to detect many diseases at such a stage of their development that they are usually easy to cure. Therefore, we must not forget about the pressure test (at each visit to the doctor), taking the ECG (once every 1-3 years), determining the level of cholesterol (once every 2 years) and blood sugar (once every 1-3 years). Women must remember to regularly examine their breasts (monthly - self-examination, and every 2 years - ultrasound or mammography) and cytology (once a year), and men - to check the prostate gland (every 2 years).

Pleasures until old age



speeds up metabolism, strengthens muscles, allows you to sleep better, satisfies the need for closeness, relieves tension and improves mood.

Don't avoid sex. The more positive stimuli we provide to the body, the greater the chances of reaching old age. And such a positive stimulus is sex, says Dr. David Weeks of the Psychiatric Clinic of the Royal Hospital in Edinburgh. He studied 70-year-olds who had been celibate for some time, and their peers who had regular partners and made love systematically. According to the scientist, the latter were on average 5 years younger than their birth records. Sex has a beneficial effect on the mature body: it oxygenates it,