

HOW TO LIVE LONGER AND HEALTHIER

Women and Ageing

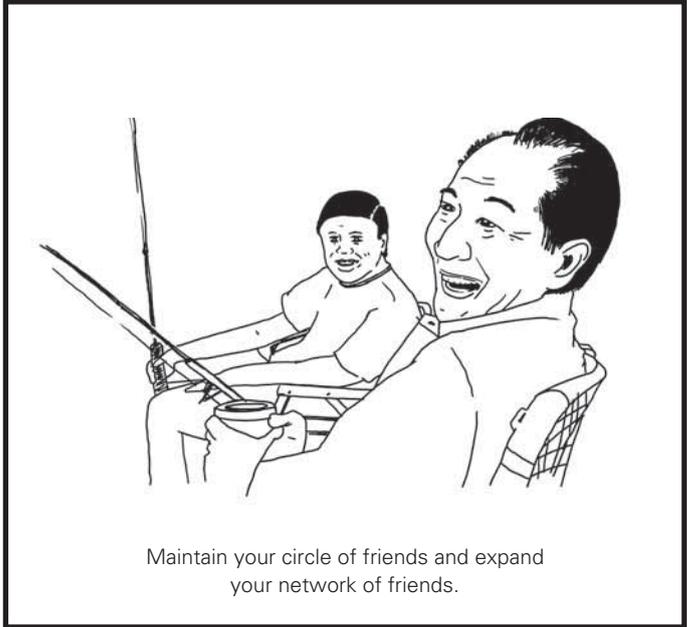
Singaporeans are living longer. Since 2006, Singaporean men can expect to live to 82 years averagely. The average Singaporean woman can expect to live to 85 years. But these years may not necessarily be healthy life years. Women also tend to have more disabilities as they grow older. Hence, women need to make sure that they take stock of their own health and start to adopt some lifestyle changes to ensure that they will have more healthy life years alongside life expectancy.

Tips For a Healthier Lifestyle

- Avoid acquiring serious illness by going for health screening as and when necessary. Our Hua Mei Seniors Clinic recommends going for screening, if you are 40 years and above, and if you have a family history of chronic disease or cancer. Refer to page 15 for more details and information on recommended screening and frequency.
- Establish and develop a good relationship with your primary care doctor. Having a doctor who knows you well and knows your story including your family's history, will help to make sure you are going to have a physician who will be able to advise you better and be someone you can trust once you need more complicated medical help.
- Enjoy eating out with family and friends but eat well. You can ensure more healthy life years if you start saying 'no' to food that we know is going to cause that pain or give us reason to see our doctor again and again. You are for the most part the decision maker when it comes to

'what food to eat' and 'where to eat'. Do not relinquish this role to your children. Your children will not love us less just because we choose to eat healthily.

- Stay active and engage in meaningful and enjoyable activities. In Singapore, it is not that difficult to keep ourselves busy.
- Take care of your grandchildren or the young children of your neighbours.
- Go to the community centre nearest you and join their classes and participate in their activities. You can also join a women's club or organisation and join their classes and activities.
- Volunteer with organisations within your communities. Many of them are always trying to find volunteers who would like to help them.
- Join your friends who exercise or make new friends who like to exercise. Not all our friends and family members exercise. If you do not have friends now who exercise, join your local community club or women's club that have exercise programmes.
- Maintain a good relationship with your children. If you have very little savings and not enough money in your CPF, your children will have to step in, when necessary. It is important that you keep and maintain a good relationship with each one of them as well as their own families (children-in-law/grandchildren). Most of us do not wish to be a burden to our children. But in times of crisis and in emergency cases, you should be able to rely on them for some help. Having looked after them and protected them in their younger years, it is but fair that you seek their assistance, but only if necessary and only if you choose to do so.



- Maintain your circle of friends and expand your network of friends. Women in general are more socially inclined to seek help and assistance among close friends rather than your own families. It is good to have a circle of friends whom you know very well and can trust. Keeping this relationship intact and maintaining regular contact with friends will help a long way in ensuring that you are not going to be alone in your widowhood years, that you will have some socialisation to keep boredom and loneliness at bay or even just to have someone to keep you company as you go for that regular exercise, a learning class or even to see your primary doctor.