

A full-page photograph of Christie Brinkley, a woman with long blonde hair, smiling and sitting on a swing. She is wearing a light-colored dress with a large floral pattern in shades of pink, orange, and green. The background is a soft-focus outdoor scene with green grass and trees under a clear blue sky.

WebMD[®]

FOCUS ON

HEALTHY AGING: MIND & BODY

FIRST PERSON

Model

Christie Brinkley

gets real about
full-body conditioning,
favorite foods, and
her fabulous life

page 16

FOCUS ON

Be proactive with chronic conditions

page 12



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Daily nutrition and exercise

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COPD and diabetes



Cover and Contents Image: Photography by Sailor Brinkley Cook; Hair and Makeup by Christie Brinkley; Wardrobe: TWRHLL by Christie Brinkley

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THE LATEST ON HEALTHY AGING: MIND & BODY

BEAT THE BLUES: FIND JOY IN GIVING BACK

Older adults are more likely to have multiple risk factors for depression, such as medical conditions, sleep problems, social isolation, and physical limitations. But there's a fun and rewarding way you can reduce your risk for depression starting today: volunteer! In a study of 2,990 older adults who still drove and still lived in their homes, those who were involved in some type of volunteering were 43% less likely than others to have depression. Giving back has great rewards.

SOURCE: *Journal of the American Geriatrics Society*

7 to 9 How many hours of sleep you need every night for optimum health.

SOURCE: National Institute on Aging

1 in 7

Number of people worldwide who will be over 60 by 2030.

SOURCE: WHO

ROLL UP YOUR SLEEVE

That RSV vaccine that your doctor recommended really works. Based on data from the last RSV season, the vaccine is 80% effective against RSV-related hospitalization and death in older adults. That's a highly effective vaccine—even more effective than the flu shot. The results come from an analysis of more than 28,000 medical records of older adults from various backgrounds. The study also found that the shot was 77% effective against ER visits and 73% effective against hospital admission in people with compromised immune systems.

SOURCE: *The Lancet*

REMEMBER THE GOOD OLD DAYS

Are you nostalgic? New research shows that both younger and older adults who are nostalgic have more close friends and work harder to maintain their friendships over time. That matters because friendships are critical to your health and overall well-being. The laughter, support, and relief from social isolation that close friends provide truly does your body good. Don't think you're so nostalgic? You may find yourself growing more nostalgic as you age, the study found, which might remind you just how valuable your friends are, so keep them close.

SOURCE: *Cognition and Emotion*



KLAUS VEDFELT/VIA GETTY IMAGES

STATS & FACTS

By Sonya Collins
Reviewed by Neha Pathak, MD,
WebMD Lead Medical Editor



1 in 4

Number of adults over age 60 who got the RSV vaccine last season.

2

How many days per week you should do muscle-strengthening exercise.

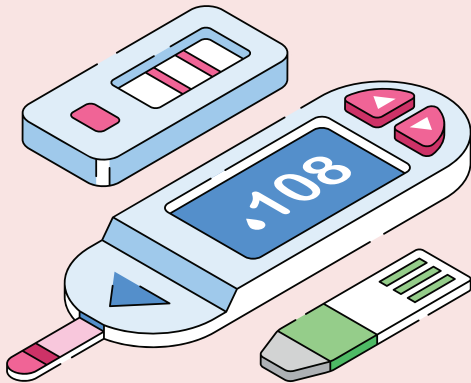


4 in 5

Number of adults over age 60 who have two or more chronic health conditions, such as COPD, heart disease, asthma, or diabetes.

3 in 4

Number of adults age 60 and over who say they are happy, making 60-plus the happiest age group.



2 in 5

Number of adults over age 60 who have obesity, which raises your risk for many chronic health conditions like diabetes and heart disease.



1 in 4

Number of older adults who fall every year. Staying fit and active prevents falls.

150

Number of minutes of moderate physical activity adults over 60 need every week—that's 30 minutes a day, five days a week.





Don't let **RSV** cut short your cherished moments.

Anyone can get RSV. But older adults, including those with certain underlying conditions, are at an increased risk of severe infection from RSV.

What is **RSV**?



RSV is a type of respiratory virus that can cause infections of the lungs and respiratory tract



RSV infection can cause serious complications such as **pneumonia**



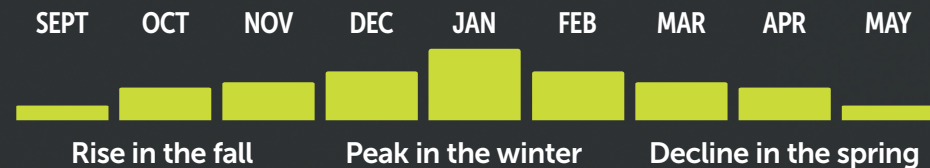
RSV infections can increase the risk of **hospitalization** for adults 60 and older with diabetes, asthma, COPD, or CHF

COPD=chronic obstructive pulmonary disease;
CHF=congestive heart failure; RSV=respiratory syncytial virus.

When is **RSV** season?

The seasonality of RSV can vary. Factors such as geographic location, population density, or even climate can impact RSV activity.

But for the majority of the United States, RSV cases tend to:



Don't take a chance. Ask your doctor today if you're at risk for severe RSV. See how to start the conversation on the next page. >



Learn about RSV prevention.
Scan the QR code to visit **RSVandMe.com**

60+ with certain underlying conditions?

It's time to talk to your
doctor about **RSV**.

GET THE CONVERSATION STARTED WITH THESE HELPFUL QUESTIONS:

- As someone 60+ with an underlying condition, should I be concerned about RSV?
- What is my risk of complications due to RSV?
- How could RSV impact my underlying condition?
- What can I do to help prevent RSV?



It only takes a minute. Discuss your risk and ask about RSV prevention at today's appointment.

Learn about RSV prevention.
Scan the QR code to visit **RSVandMe.com**



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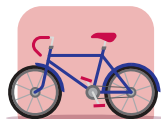
YOUR HEALTH AFTER 60

These habits will keep you in top form for your next chapter

By Sonya Collins

Reviewed by Neha Pathak, MD, WebMD Lead Medical Editor

A healthy lifestyle is now more important than ever—to avoid chronic diseases or stay strong while living with one. These habits can go a long way in keeping you strong as you age. How many do you already practice?



DO CARDIO 3 TO 4 TIMES A WEEK

A cardio workout is anything that gets your heart pumping faster—brisk walking, biking, dancing. “Cardiovascular activity lowers blood pressure, reduces stroke risk, and improves mood,” says Kenneth Koncilja, MD, a geriatrician at Cleveland Clinic in Ohio.



DO RESISTANCE EXERCISE 3 TO 4 TIMES A WEEK

Resistance exercise means lifting weights or your own body weight, for example, with push-ups and squats. “This helps prevent muscle loss, loss of function, and eventually, loss of independence,” Koncilja says.



GET PLENTY OF PROTEIN

You need protein to help you hold on to muscle, too. Aim for at least 1 gram of protein per kilogram of body weight per day. If you weigh 150 pounds, that’s 68 kilograms, so you need 68 grams of protein. Focus on lean protein from a variety of sources.



MAKE DRINKING A RARE THING

Drinking and aging don’t mix. Both raise your risk for numerous health conditions. You can’t choose your age, but you can choose when to drink. “View it as a rare treat,” Koncilja says, “not a weekly or daily necessity.”



STREAMLINE YOUR MEDICATION LIST

Older adults are more likely to take medicines they no longer need. This can cause side effects or dangerous interactions with the prescriptions you do need. “Ask your doctor the plan for deprescribing unnecessary medications,” Koncilja says. “Both you and your provider should know why you are on each medication and the reason why you’d come off it in the future.”



RETHINK SCREEN TIME

While screen time might seem like a harmless pastime, Koncilja says, “It’s more likely to sedate rather than activate the brain.” Try to swap some screen time for more stimulating activities like reading a book or taking a walk.

THE IMPORTANCE OF PRIMARY CARE

Your first stop for treating and preventing illness

By Rachel Reiff Ellis

Reviewed by Neha Pathak, MD, WebMD Lead Medical Editor

You wake up with a fever and a sore throat. Who do you call? Answer: Your primary care physician. A few months later, it's time for your annual physical, flu shot, and prostate exam. Now who do you call? You guessed it—also your primary care physician.

A primary care physician (PCP) is the “point person” for your overall health. You see them for annual checkups, immunizations, and for treatment for illness and injury.

“Primary care is your first contact of care,” says Kathleen N. Mueller, MD, an integrative medicine specialist and board member of the American Academy of Family Physicians. “It's the person you should go to first to find out what's going on with you and also for prevention and wellness promotion.”

THE ROLE OF THE PCP

PCPs can provide a broad range of care, from diabetes to thyroid issues, orthopedic injuries, skin problems, depression, and more. And if your issue needs more specialized care, they know who to refer you to.

Another bonus to PCP care is accessibility, says Yul D. Ejnes, MD, an internal medicine doctor at Brown Health Medical Group in Rhode Island and board member of the American Board of Internal Medicine.

“We make sure our practices are set up so that people can get access to us in a relatively quick amount of time, as opposed to having to wait weeks or months to get seen,” Ejnes says.

A PCP's job is to continually steer you toward your healthiest you, either by treating illness or providing preventative care to keep you from getting sick. And the benefits of this model are big.

“We know that people who have a primary care provider have longer lives,” Mueller says. “There's less maternal mortality, less infant mortality, less use of emergency rooms and urgent cares, and overall, generally better health.”

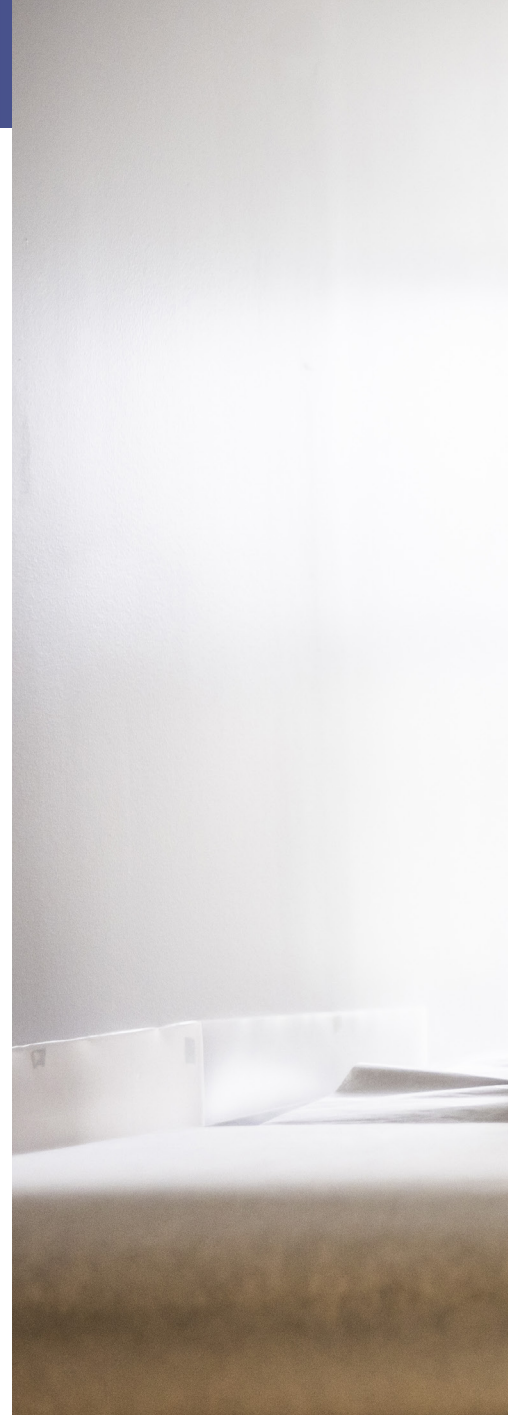
GETTING TO KNOW YOU

Medical care from a PCP is particularly valuable because—ideally—they learn

your lifestyle and health patterns over time.

“It's having that knowledge, not just about your medical conditions, but what you do for a living or how well off you are in terms of economics,” Ejnes says. “You learn a lot about people seeing them for a blood pressure check every six months.”

The relationship you build with your PCP, especially if it's long term,





goes beyond a medical knowledge of lab results and supports whole health.

“If I know your history, if I know your mom, or I take care of your dad and I know your family history and I know you and what you need from me, it’s going to be way easier for me to help guide you through the system and also give you the most appropriate care,” Mueller says. “It’s that trusted relationship that really helps people to make a change to be healthier.”

WHO ARE PCPs?

These are some of the doctors you might see for primary care:

- + **Internal medicine doctors (adults)**
- + **Family medicine doctors (all ages)**
- + **Pediatricians (birth to 21)**
- + **Geriatricians (65 and older)**
- + **Obstetricians/gynecologists (women’s health, pregnancy)**

BE PROACTIVE WITH CHRONIC CONDITIONS

Make health a priority as you age

By Rachel Reiff Ellis **Reviewed by** Neha Pathak, MD, WebMD Lead Medical Editor

Nearly 95% of Americans ages 60 and older have at least one chronic condition, while 79% have two or more. Luckily, there are preventative habits and smart management practices you can start today to help you age well, even with chronic conditions.

WHAT TO WATCH FOR

According to the National Council on Aging, the most common chronic condition in older adults is high blood pressure (hypertension). High cholesterol is close behind. Obesity, arthritis, heart and kidney disease, diabetes, heart failure, depression, and dementia (including Alzheimer's disease) round out the top 10.

"All of these medical issues can snowball into bigger problems without regular check-in with a health care provider," says Tanya Gure, MD, section chief of geriatrics at The Ohio State University Wexner Medical Center in Columbus.

If you haven't already, now's the time to hone your diet, move your body, get good sleep, and practice stress-relief strategies.

"I recommend maintaining a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats," says Maria Teresa Anton, MD, an endocrinologist at Pritikin Longevity Center in Miami, FL.

Your body needs specific activities to stay strong and healthy, including cardio (walking, swimming), strength training, and balance and stretching moves.

"The importance of having a regular exercise routine

cannot be overstated," Gure says. "It is the magic bullet in preventive care and essential to successful aging."

CATCH ISSUES BEFORE THEY START

Make an appointment for an annual physical with your doctor and stick to it. Many of the most common chronic conditions start slowly with warning signs you may not notice or recognize. Regular screenings at these exams can find issues early and help you course correct with lifestyle changes or treatment.

Your doctor will keep tabs on your blood pressure, cholesterol, and diabetes at these visits. Other clinics will be key for eye care, ear care, and cancer screenings, too.

"Cancer screenings are vital for aging patients as the risk of developing certain cancers increases with age," Anton says. "Early detection through regular screenings—colonoscopy, mammogram, Pap smear, lung cancer screening, prostate screening—can identify cancer at more treatable stages, improving the chances of successful outcomes."

You should see an eye doctor every other year before 65 and at least once a year after that.

Common eye conditions that crop up with age include glaucoma, cataracts, and macular degeneration.

Screening for hearing loss not only helps catch problems early but also helps prevent other issues hearing loss can lead to, such as depression, Anton says.

"Hearing screening is crucial for aging patients as it helps detect early hearing loss, which can improve com-



LJUBAPHOTO/VIA GETTY IMAGES

munication, prevent social isolation, and enhance overall quality of life,” she says.

Women over 50 should also focus attention on their bone health to help prevent osteoporosis.

“Bone density screening may start in middle age for women and men if there are risk factors that might cause increased bone loss, like smoking, steroid use, or hormone problems that can affect bone metabolism,” Gure says.

AT RISK

Tanya Gure, MD, shares factors that increase your chances of worsening chronic conditions—or getting one.

- + **Obesity**
- + **Poor diet**
- + **Sedentary lifestyle**
- + **Misuse of alcohol, marijuana, or illegal drugs**
- + **Using tobacco**
- + **Lack of preventative care**

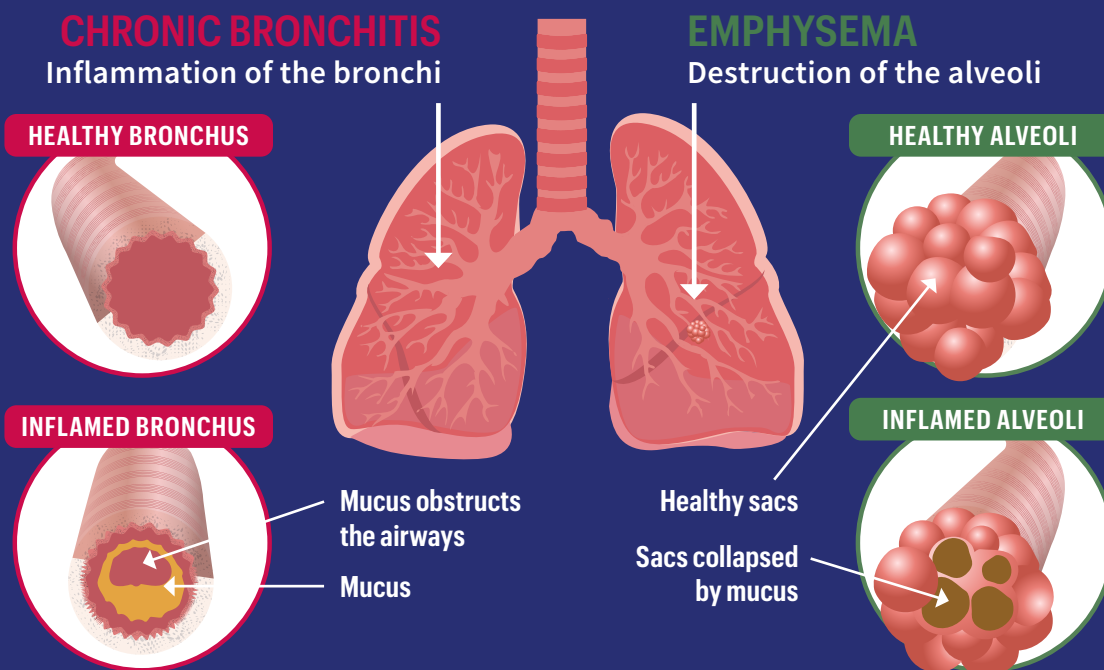
AN INSIDE LOOK

Exploring the chronic toll of COPD and diabetes

By Rachel Reiff Ellis Reviewed by Neha Pathak, MD, WebMD Lead Medical Editor

WHAT IS COPD?

Learn more about this damaging lung disease.



SYMPTOMS

Swelling and irritation block (obstruct) your airways. These symptoms typically get worse over time, especially if you still smoke or are exposed to triggers. The most common include:

- Shortness of breath or wheezing
- Cough that produces mucus
- Swelling in feet and ankles

PREVENTION

- Stop smoking
- Avoid pollutants
- Get vaccinated

HOW COPD BLOCKS AIRWAYS

The two main types of COPD are emphysema and chronic bronchitis.

- Emphysema damages air sacs (alveoli) in the lungs enough that they eventually rupture, reducing the area available for oxygen/carbon dioxide exchange during breathing. Old air gets trapped, making it hard for new air to enter.
- Chronic bronchitis causes irritation and inflammation in your airways and makes excess mucus that causes persistent coughing for several months of the year. You're at a higher risk of lung infection when you have chronic bronchitis.

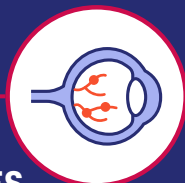
LONG-TERM EFFECTS OF DIABETES

How poorly managed blood sugar can harm your health over time and lead to chronic conditions.



BRAIN

Over time, diabetes can narrow your blood vessels, increasing your risk of stroke.



EYES

Diabetes damages blood vessels in the eye, increasing your chances of cataracts, glaucoma, and even blindness.



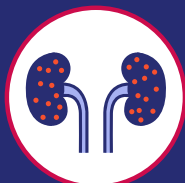
HEART

You're more likely to have coronary heart disease, angina (chest pain), and a heart attack if you have diabetes.



ORAL HEALTH

The most common oral complication of diabetes is gum disease.



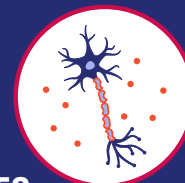
KIDNEYS

Diabetes harms the filtering system in your kidneys that gets rid of waste in your blood, making kidney problems a concern.



BLOOD VESSELS

High blood glucose levels cause fatty deposits to form inside blood vessels, which over time make them narrow and hard, slowing blood flow.



NERVES

Diabetic neuropathy is the term used for nerves damaged by diabetes, and it's most common in legs and feet.



FEET

Damaged nerves and poor blood flow can cause foot complications such as pain, ulcers, and weak bones.



A Smile *for* the Ages

At 71, model Christie Brinkley continues to embrace the magic and mystery of an extraordinary life

By Rachel Reiff Ellis Reviewed by Neha Pathak, MD, WebMD Lead Medical Editor

Long before she was a household name and face, Christie Brinkley was a young unknown American living in Paris, working toward her dream career as an illustrator and photographer. But as it often does, life had other plans for her.

One day in 1973 while walking down the Parisian streets, she caught the eye of famed photographer Errol Sawyer.

A few days later, he tracked her down and told her she was just the “sunny California girl” he needed for his next photo shoot. Curious and open to adventure, Brinkley decided to give the opportunity a chance. And the rest is history.

In the decades since that fateful encounter, Brinkley’s life has continued to unfold in remarkable and unexpected ways. Her star in the modeling

world rose quickly and shines brightly still today. She’s graced the cover of over 500 magazines, holding the record for the most *Sports Illustrated* swimsuit issue covers to date. And off the glossy pages, she’s a spokesperson, activist, mother, entrepreneur, actor, designer, author, and more.

But like with most notable life stories, there have also been dark chapters. Two of the



“If I could go back in time, maybe I wouldn’t repeat some of my mistakes. But then again, without those mistakes, I might have missed out on some of the magic.”

—Christie Brinkley

most momentous include surviving a near-fatal helicopter crash on the side of a mountain in Colorado in 1994, and in 2012, experiencing the deaths of both her beloved parents. The day after her father’s death, her mother had a stroke—her eighth in 10 years—and soon after, a heart attack. She died two months later.

“My mom was such a vibrant force,” Brinkley says. “Watching her go through that suffering was hard for me to take. I was scared. But just like after the helicopter crash, I came away with a profound appreciation for each and every day that we get here.”

A LIFE IN PERSPECTIVE

In her new memoir *Uptown Girl*, Brinkley weaves together the stories of her life’s loves—romantic partners (the title is a reference to the song written and performed by Brinkley’s second husband, musician Billy Joel), an exhilarating and fulfilling career, horses, art, Paris, family, and children. Underlying it all is a deep love for life itself and the possibilities it offers.

“My dad always said to me, ‘If you do one thing, just one thing, please, please turn your journals from Paris

into a book,’” she says. “So, I dug them out, along with my letters and postcards home, and I was struck by my enthusiasm. It made me happy to realize that in all the years between when I was there and the age I am now, I have a continuing thread of the same person who appreciates all the moments and sparkles and beauty still inside me. The things that mattered to me then still matter to me now.”

FINDING STRENGTH

Thirteen years after her mom’s death, Brinkley still finds guidance through her words.

“My mom used to say, ‘Getting older ain’t for sissies,’” Brinkley says. “She was a believer in living each day as though it’s your last. But in truth, you can only do so much of that before it’s dangerous. You have to find a balance.”

For Brinkley, that balance means taking care of her body, mind, and soul while also saying yes to adventure when it presents itself so she can “grab hold of that comet tail and go along for the ride.”

To be able to do both, Brinkley keeps her body strong through healthy habits such as yoga, cycling, and

full-body conditioning with her Total Gym, a personal fitness machine she both inspired and represented as spokesperson for 20 years.

“At 71, things start to stiffen up real fast when you sit there and don’t exercise, and then your problems just multiply,” says Brinkley, who says she’s “broken basically everything,” including both feet, both arms, and her back. Her right arm has a metal plate, she’s had rotator cuff surgery and her right hip replaced—a result of the helicopter crash.

“My body hurt so much at one point that I could barely do a downward dog or lift a weight,” she says. But she dedicated her time to gentle stretching and building muscle around her injuries to support healing. Through it all, she also focused on her mental health with the practices that have buoyed her for most of her life.

“I go to nature,” Brinkley says. “I’ll let my dog take me to the beach and run, or we’ll go down a trail in the woods. Just going outside and feeling the nature around you—even the little dandelions that push up through the cracks in the city sidewalks—it’s just always there for us, and we’re lucky to be in it. Even in my darkest times, I could go out and look at a sunset and feel enveloped by the beauty of the world around me.”

Another mood-booster Brinkley swears by? Smiling.

“Science has proven that smiling releases endorphins and other hormones that make you feel good,” she says. “When you smile in a crowd and other people smile back, you can make the whole room feel good by bringing that happy energy. It’s a renewable source of energy.”

BEAUTY IN AGING

Even though Brinkley started her life in the limelight at 19, she’s undaunted by the fact that she’s still in the camera’s sharp focus at 71. In an industry that’s traditionally phased out talent once they’re “of a

certain age,” Brinkley’s not interested in being corralled by a number. Media has started addressing representation in many areas, she says, but ageism is one of its very last frontiers.

“I totally bought into [ageism] thinking when I was younger,” she says. “I’d say, ‘Well, this is probably my last bathing suit cover I’m going to do,’ as if my body had an expiration date. But everyone wants to be represented, and we shouldn’t just banish people from the pages once they reach a certain age. We all read magazines to see what looks good. But if we only see it on young girls, then it makes us say, ‘Would I look silly in that, like I’m trying to look too young?’”

This philosophy is part of what inspired the “ageless beauty” of her HSN fashion line TWRHLL. The goal, she says, is to offer pieces that are timeless and classic, that women of any age will want to wear. To Brinkley, classics are an inspiration.

“I love to look at old movies and go, ‘Why does she still look so fabulous? What is it about that look?’” Brinkley says. “It’s a great white shirt, a fabulous trouser, or the way the blazer is cut. They stand the test of time.”

The ultimate compliment is when her two daughters, Alexa and Sailor, borrow her clothes. Although they may style them slightly differently than she would, she says, they still work. Because—like Brinkley herself—the pieces are timeless.

CHRISTIE’S FAVORITE FOODS



+ Mushrooms.

I’ve discovered mushroom coffee gives me sustained energy instead of the typical mid-morning, post-coffee slump. Plus, mushrooms are anti-inflammatory.



+ Beets.

Eating a rainbow diet is important, and grating beets into my salads gets me that deep, rich, antioxidant-filled purple.



+ Dates.

When I’m craving something sweet, I’ll pry open a couple of dates and fill them with walnuts for a chewy, crunchy treat.



+ Brazil nuts.

Just five of these a day will give you a huge antioxidant boost.

DAILY NUTRITION AND EXERCISE

How to support your health and stay strong as the years go by

By Kendall K. Morgan **Reviewed by** Neha Pathak, MD, WebMD Lead Medical Editor

As you get older, staying active and eating well helps you stick to a healthy weight, lower your health risks, and generally feel better. Studies show many benefits of exercise with age, says Luigi Ferrucci, MD, a geriatrician and epidemiologist at the National Institute on Aging in Bethesda, MD.

“Those who exercise not only have better physical function, better balance, and less risk of falls, but they also tend to have less chronic disease” such as heart disease and diabetes, he says. “They have less decline of their muscle strength. So, really, exercise is key to healthy aging.”

EXERCISE GUIDELINES

CDC guidelines advise at least 150 minutes of moderate-intensity physical activity each week. Be sure to include a range of activities to get your heart and breathing rate up while also working your muscles and improving your balance.

It's OK to start small, Ferrucci says. Just taking a trip to the grocery store or working in the garden is better than sitting in the house all day, he says.

MAINTAINING YOUR STRENGTH

To stay up and about, good nutrition is essential. Pay special attention to how much protein you're getting, says Amanda Beaver, a registered dietitian nutritionist at Houston Methodist in Texas.

“When we get older, we tend to lose skeletal muscle each decade of our life,” Beaver says. “Newer research and a lot of nutrition experts are recommending a higher level of protein intake for older adults to help maintain the muscle that they have paired with strength training. Both of those really help us to hang on to the skeletal muscle that we have because it's so easy to lose it.”

BOOSTING B12

You've likely heard about the importance of calcium and vitamin D for bone health, Beaver says. But, she says, vitamin B12 doesn't get the attention it deserves.

“As we get older, our stomach doesn't produce as much stomach acid, and we

EXERCISES TO TRY

Some activities combine aerobics, muscle strengthening, and balance in one. Examples include:

- + Dancing
- + Yoga
- + Tai chi
- + Gardening

need that stomach acid to help us absorb vitamin B12,” Beaver says. “You might need a supplement to help ensure that your vitamin B12 levels don't get too low because you're absorbing less of it [from your diet] than when you were younger.”

When vitamin B12 levels drop too low, you may get anemia. Over time, it also can put your brain function at risk, she says. You get vitamin B12 in your diet in animal products, including meats, fish, eggs, and yogurt.

AZMANJAKA/VIA GETTY IMAGES



TAILORED ADVICE

Older people also tend to lose their sense of thirst, Beaver notes. Make sure you're drinking water often even if you don't feel thirsty. To learn more about your unique nutritional needs as you get older and the best ways to fill them, Beaver recommends seeing a registered dietitian or nutritionist.

"We've gone to school to understand vitamins and minerals and supplements, and we really do have an expertise in that area," she says.

NUTRITION DOS AND DON'TS

For older adults, USDA dietary guidelines suggest limiting:

+ Added sugar + Saturated fat + Salt

But make sure you're getting enough:

+ Potassium + Vitamin D + Dietary fiber
+ Calcium + Vitamin B12

YOUR MENTAL HEALTH

Stay connected and reach out for help

By Kendall K. Morgan Reviewed by Neha Pathak, MD, WebMD Lead Medical Editor

Many people ages 60 and up have at least one mental health disorder. Those mental health conditions, including depression and anxiety, come with more risk for disability and declining physical health as you age, says Judith A. Neugroschl, MD, a psychiatrist at Mount Sinai's Alzheimer's Disease Research Center in New York City.

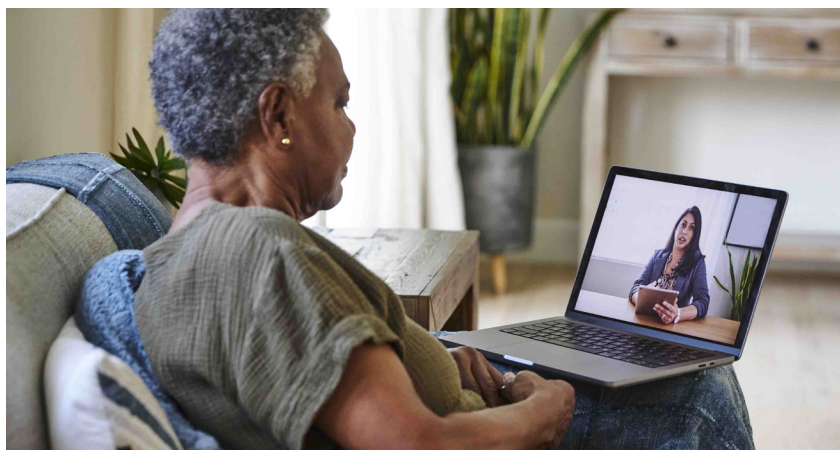
"Depression and anxiety are the most common mental health concerns in older adults, with major depression affecting somewhere between 4% and 14.5% of older U.S. adults," Neugroschl says. "But the prevalence of more mild depression is probably much, much higher."

In addition, about 1 in 3 older adults will have experienced significant anxiety, she says. Dementia or other cognitive disorders affect a growing percentage of adults over age 60, too.

REDUCING RISKS

To lower your risk for mental health concerns as you get older, take steps to improve your overall health, she says. This includes eating a balanced diet, exercising, and getting enough sleep.

Neugroschl says it's important to see your doctor regularly to catch any issues that may affect your health and mood early. For instance, she says, a "sluggish thyroid" can lead to mood changes.



SEEK SUPPORT

Don't underestimate the importance of keeping yourself socially connected and engaged with the world around you.

"Going to classes, volunteering for a cause, or pursuing a hobby can all be ways to meet new like-minded people or give your time more structure and

meaning," Neugroschl says.

When times are tough or you're feeling lonely, "don't hesitate to get some help," Neugroschl says. "Therapy, support groups, even talking to family and friends or spiritual counselors can help you get through difficult times."

ONLINE RESOURCES

For information and help with mental health concerns as you get older, explore resources at:

+ **Substance Abuse and Mental Health Services Administration (SAMHSA)** www.samhsa.gov/communities/older-adults

+ **National Council on Aging (NCOA)** www.ncoa.org/older-adults/health/behavioral-health/

+ **National Institute of Mental Health (NIMH)** www.nimh.nih.gov/health/topics/older-adults-and-mental-health

If you're in crisis, call or text the Suicide & Crisis Lifeline at 988 or chat anytime in English or Spanish at [chat.988Lifeline.org](https://chat.988lifeline.org).

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HOW MUCH DO YOU KNOW?

Take our healthy aging test to find out

By Kendall K. Morgan

Reviewed by Neha Pathak, MD, WebMD Lead Medical Editor

1. As you get older, exercise can protect you from heart disease, osteoporosis, respiratory illnesses, and depression.

☐ True

☐ False

2. Age 60 is a good time to get a vaccine to protect you against RSV, a common respiratory virus that's more dangerous for older people.

☐ True

☐ False

3. Hearing aids could lower your risk for dementia.

☐ True

☐ False

4. Staying meaningfully engaged with other people may be one of the best ways to protect your health as you get older.

☐ True

☐ False

5. Car accidents are the leading cause of injury and injury-related death for adults age 65 and up.

☐ True

☐ False



ANSWERS:

1. TRUE. Studies have shown a wide range of benefits from exercise in older people. Aim for a blend of aerobics, strength training, and balance exercises.

2. TRUE. The RSV vaccine is recommended for all adults starting at age 60. It's an especially good idea to get it promptly when other chronic health conditions increase your risk for severe RSV illness.

3. TRUE. Studies in older adults have shown hearing loss makes dementia more likely, and hearing aids can slow the decline.

4. TRUE. Social isolation and loneliness come with more risk for high blood pressure, obesity, depression, dementia, and more. Staying socially connected is key to healthy aging.

5. FALSE. Among older people, falls are the No. 1 cause of injury and injury death. Talk to your doctor about ways to protect yourself from falling.