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Authors: Dr Sajedah Shaltoni (Dubai)

Promoting Healthy Active Ageing:

The key features

Ageing is one of the greatest social and economic challenges.

By 2025, aged population in developing countries will have increased to approximately 840 million representing 70% of all older people worldwide.

Prevention strategies need to be implemented in early and mid-adulthood by encouraging patients to adopt a healthier and more active lifestyle.

The comprehensive view of the family physician includes physical, mental, social and spiritual well-being. It can be done through Health promotion, Disease prevention, management of chronic disease and early diagnosis which will Promote Healthy Active Ageing.

Research indicates that adopting a healthy lifestyle is the best way to lower the chances of developing Alzheimer's; around 60% of the overall risk of developing Alzheimer's disease comes from lifestyle rather than genetic susceptibility.

Early diagnosis of cognitive impairment, at the primary health care services, will add a better quality of life to the elderly.

When we support active healthy ageing, there will be fewer premature deaths, fewer disabilities, more people enjoying a positive quality of life as they grow older and lower costs related to medical treatment and care services.

The family physician's role in developing countries in particular: to help older people remain healthy and active are a necessity, not a luxury.