



September is Healthy Aging Month: Tips to Stay Well at Any Age

(SALEM, OHIO) – September 20, 2021 – Growing older is a natural part of life, but making healthy choices can help slow some of the effects of time.

“While it’s easy to focus on the negative aspects of getting older, how we feel as we age is largely influenced by our lifestyle,” said Alexis Hill, D.O., an Internal Medicine physician affiliated with Salem Regional Medical Center’s (SRMC) medical staff and SRMC Primary Care – Lisbon. “As a new season begins, it’s a great time to remember that it’s never too late to make changes that can help you to maintain your health throughout all stages of life.”

Alexis Hill, D.O., is an Internal Medicine physician affiliated with Salem Regional Medical Center’s (SRMC) medical staff and SRMC Primary Care – Lisbon.

Dr. Hill offers these tips for healthy aging:

Keep Moving:

In addition to benefiting your overall health, regular physical activity can help prevent chronic conditions like heart disease, high blood pressure, stroke, diabetes and even some cancers.

“Exercise also strengthens muscles and bones, which can reduce your risk of osteoporosis and fall-related injuries as you age,” said Dr. Hill, who suggests most adults strive for at least 150 minutes of moderate-intensity aerobic activity each week, such as brisk walking.

She advises that you talk with your doctor before starting a new exercise program.

Eat & Drink Healthy:

Eating a healthy, well-balanced diet helps your body get the nutrients it needs as you age and can lower your risk of developing chronic diseases such as high blood pressure, diabetes and heart disease.

“Include a variety of fruits, vegetables, whole grains, lean meats and low-fat dairy products in your meals; and limit foods that are high in processed sugars, saturated and trans fats, and salt,” Dr. Hill said. “In addition, drink plenty of water instead of sugary drinks to stay hydrated and maintain your energy level.”

Get Regular Check-Ups:

Dr. Hill encourages you to see your primary care provider for regular health exams and screenings, which can help prevent diseases or detect them in their early stages, when they are easier to treat. You should also talk with your provider about the immunizations recommended for you, such as the flu and pneumonia vaccines.

She also recommends those who have been enrolled in Medicare Part B Medical Insurance for longer than 12 months to take advantage of the Medicare “Annual Wellness Visit” with their provider.

“During the ‘Wellness Visit,’ your provider will work with you to create or update a personalized disease prevention plan based on your current health and risk factors,” she explained.

Get Enough Sleep:

According to Dr. Hill, most adults should strive for between 7 and 9 hours of sleep per night.

“Poor sleep habits have been linked to memory loss and concentration problems, depression and a greater risk of falling. If you are having trouble falling asleep, staying asleep or feel excessively tired during the day, talk with your health care provider about ways you can improve your sleep,” she advised.

Keep Your Mind Stimulated:

Staying mentally active is one of the keys to keeping your mind sharp as you age. Give your brain health a boost by learning a new skill, reading, playing games, and staying socially engaged with family and friends.

Alexis Hill, D.O., Internal Medicine, sees patients ages 18 and older at SRMC Primary Care – Lisbon, located at 38506 Saltwell Road in Lisbon. Appointments with Dr. Hill can be scheduled by calling 330-424-1404.