

SCOTTSDALE

M A G A Z I N E™

October 2006

GENERATIONS:

Spanning the Ages

60+

Doctor's Orders

Many diseases and ailments associated with aging are caused by youth's lifestyle choices. Smoking, lack of exercise, an unhealthy diet and poor attention to body changes contribute to problems at this stage in life. However, with good eating habits in your younger years, good genes, good medical care and good luck, life beyond 60 will hopefully lead to a more gradual transition to slowing down. After age 65, an annual physical exam is recommended. Sensory decline is normal, and vision, hearing and sense of smell take a noticeable nosedive. Regular dental, eye and hearing exams, in addition to those annual screenings adopted in your 40s and 50s become important steps in caring for your health. Keep active, walk daily and watch your weight — doctor's orders!

While the risk for most types of cancer is behind you now, under our great Arizona sun active adults who golf, exercise outdoors, walk regularly and swim are still at risk for skin cancer. One gadget on the market is the UV Hawk, \$50, which measures the intensity of UV light with built-in sensors that provide quick readings of the UV index, taking into account the user's skin tone. Additional features include SPF settings, a thermometer and a sun exposure limit alarm; available at smarthome.com.

