

Press Release

ATTENTION NEWS/ HEALTH EDITORS:

Aging Well – More Than Just Maintaining Good Health

TORONTO, April 9, 2008 – Aging well is more than just maintaining good health. It includes a balance of maintaining mental and physical responsibility. The best medicine to address aging well is prevention- good nutrition, exercise, strong relationships, interesting activities, and a positive attitude can impact both the quality and length of an individual's life.

Dr. Marcia Varga, who specializes in Geriatric medicine at St. Joseph's Health Centre was the keynote speaker for a community health information lecture on Aging Well, hosted by the Kingsway-Lambton United Church Pastoral Care Committee April 9th.

Everyone wants to 'age well'. In the past, aging well was viewed as just good luck or having the right parents. However, science and medicine now tell us that, depending on the individual, we may have a fair degree of influence over how long we live and how well.

"I believe most people are doing something good for their health," said Dr. Varga, who explored ways people can expand healthy practices into new areas of their lives. These new practices may help people retain their health longer and may prevent or delay some health issues.

"Aging well means different things to different people," said Dr. Varga. "However, most people want to enjoy life with friends and family, continue their activities and interests, and have a comfortable degree of independence."

Eighteen years ago, Dr. Varga established a program for seniors at St. Joseph's Health Centre. The program's medical staff meet patients anywhere - at the hospital, in their homes or in the community. They offer a falls prevention and treatment program. Social workers are available to counsel people by phone or in their homes. The program also provides links with community resources and through outpatient services to day programs, activity programs and websites designed especially for seniors to reduce isolation and help them remain active in the community.

For more information on St. Joseph's Health Centre's Geriatric medicine program or seniors' health programs please visit www.stjoe.on.ca.

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St. Joseph's Health Centre is a full service acute care community teaching hospital in the Catholic tradition providing services in Southwest Toronto. With a vision to be Canada's Best Community Teaching Hospital, St. Joseph's is acknowledged for its commitment to community engagement and linkage that enables the delivery of outstanding quality and service to its diverse communities. The Health Centre's clinical programs include Women's, Children's & Family Health; Surgery and Oncology Services; Emergency, Critical Care and Access Services; Medicine, Ambulatory & Seniors Health; Mental Health & Addictions Services and Clinical Support Services.