

09 APR 2004

Siti Hasmah-health

SITI HASMAH SHARES HER SECRETS ON HEALTHY AGEING

KUALA LUMPUR, April 9 (Bernama) -- Tun Dr Siti Hasmah Mohamed Ali, wife of former Prime Minister Tun Dr Mahathir Mohamad, says there is no method of reversing ageing but is confident that the process can be delayed.

Sharing her secrets before a packed ballroom at the Malaysian Conference on Healthy Ageing, Siti Hasmah said that people could live longer, healthier lives and have everlasting health but they had to make changes and take charge of their health.

She said there were some very ordinary things that people could do to preserve relative youthfulness and most of these were simple common care of the body.

"While for men, baldness is practically unmanageable, but for other parts of the body, it can benefit from simple healthy living such as regular hours, enough sleep, moderation in eating and watching your weight, avoiding alcohol and smoking and regular exercise," she said.

The three-day conference is organised by the Malaysian Healthy Ageing Society in collaboration with the Faculty of Medicine and Health Science, Universiti Putra Malaysia (UPM).

A medical doctor herself, Siti Hasmah said proactive measures should be taken to age well and ageing well was ageing without or with minimal disease and infirmity.

On the other hand, stress management is one of the key components in successful ageing, and there are various methods to cope with stress, where meditation is one the methods that may help slow the ageing process.

"If you can, try not to worry too much, but otherwise you can consciously lift the corner of your mouth by smiling, or maintaining a half-smile when possible," she said, adding that a smile came spontaneously for politicians.

Even though the effort would not stop the wrinkling and the droop, it was likely to slow down the process, she said.

Learning to relax is another ingredient for graceful healthy ageing and it can be stimulated by listening to music and meditation. Hence enrolling in dancing classes is also advisable.

Besides its ability to destress and relax the mind and body, it could also keep the participants fit, create a chance to socialise and bring back happy memories which would light up one's eyes and bring smiles to one's face, she said.

Hence, she added, graceful and healthy ageing depended a lot on one's attitude towards ageing, the lifestyle that one adopted and the determination of each and every one to embrace healthy ageing by taking pro-active measures to age well.

-- BERNAMA

SNS RUM IDA AZZ SRI