

LIVING WITH AGING!

Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul. ~Samuel Ullman

WHAT TO KNOW!

- ❖ Aging is a natural process that all people go through with many being fearful of it
- ❖ The abnormal and persistent fear of aging or growing old is called Gerascophobia
- ❖ It includes worry about the losses of beauty, mobility, independence, capabilities, health, memory, friends, spouses, and one's ability to live in their home
- ❖ Great fears about aging include becoming ill, losing one's memory, running out of money, and becoming confined to a nursing home
- ❖ Perhaps the greatest fear of aging is that it ends in death
- ❖ Psychologically, people become depressed not only because of losses or changes in their bodies but also because aging reminds them of what they have not accomplished in their lives and probably will never achieve
- ❖ Many older people live in retirement communities where they are constantly reminded of the negative effects of aging such as illness, death, and inactivity
- ❖ Our society does not respect older citizens, rather, it is focused on youth and beauty and perpetuates the fear of getting old
- ❖ Often older people feel they are not valued or wanted by society anymore; they may feel that they just don't fit in
- ❖ Elderly people are often treated like outcasts because they remind others that their bodies will also age and they will eventually die
- ❖ Having a negative view on aging can lead to anxiety, depression, and a decrease in the quality of everyday life
- ❖ A MetLife study in 2006 found that most Americans fear cancer the most but older adults most fear getting Alzheimer's Disease
- ❖ Many people especially women fear losing their beauty and attractiveness as the skin on the face and hands become loose and wrinkle up
- ❖ Worrying about aging can actually worsen and aggravate physical signs such as wrinkles, dry skin, uneven skin texture, lines, and age spots
- ❖ Our society is so obsessed with youth and the fashion, dermatologic, cosmetic and plastic surgery industries have reinforced and exploited the fear of aging

WHAT TO DO!

- ❖ Change your attitude and refuse to accept that aging means decline and depression
- ❖ Accept that we are helpless to stop aging and that we can embrace it by living in the here and now and enjoying the moment
- ❖ Recognize that there are good changes that come with aging such as emotional maturity, wisdom, self confidence, self esteem, and a better life perspective
- ❖ Keep yourself physically fit with daily exercise
- ❖ Keep yourself mentally fit through mental exercises such as reading, debating, solving crossword puzzles, doing Sudoku, etc., and taking classes
- ❖ Nurture and maintain healthy relationships and keep socially active
- ❖ Make a difference by helping others and doing charitable work
- ❖ Seek professional help if you remain anxious or depressed about aging

WE CAN HELP!

Call us at **954 755-2885** or email us at **DrKimmel@aol.com**.

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