

# Preventive Care for Healthy Ageing

## Health tips for elderly

### Vaccination

- Seasonal influenza vaccination
- Pneumococcal vaccination

### Chronic disease identification

- Hypertension - check every year
- Diabetes Mellitus - check every year for high risk group
- Hyperlipidaemia - check every year for high risk group

### Healthy lifestyle

- No smoking and drinking
- Balanced diet
- Regular physical activities
- Optimal body weight  
(Body Mass Index 18.5 - 22.9Kg/m<sup>2</sup>)

### Cancer screening

- Cervical cancer - pap smear
- Colorectal cancer - faecal occult blood test

### Functional disability monitoring

- Fall
- Hearing and visual impairment
- Urinary incontinence

### Dental care

- Daily oral hygiene
- Assess the functions of eating ability and oral hygiene ability

### Medication reaction

- Understand side effects and interaction of medications

### Mental health awareness

- Depression and cognitive impairment

Please consult your family doctor for details of the health tips.



基層醫療  
PRIMARY CARE



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