

IN THIS BROCHURE

You will find snapshots of advice given to us from our Super Seniors and tips on how to live a long, healthy life!

THE HEALTHY AGING STUDY

The Genome Sciences Centre at the British Columbia Cancer Agency is collaborating with the University of British Columbia and Simon Fraser University to conduct an ongoing study on Healthy Aging. It is possible that exceptionally healthy seniors or people over 100 have an inherited trait that has contributed to their long-term good health and has helped to decrease their risk of developing age-related diseases. Thus, the goal of this study is to identify genetic factors associated with healthy aging and resistance to age-related diseases, to ensure that individuals live to the upper end of that life span in good health with a good quality of life. The participants in this study are all 85 years of age or over and have never been diagnosed with any major age-related diseases such as cancer, cardiovascular disease, pulmonary disease, diabetes or dementia.

OUR TEAM

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<http://www.bcgsc.ca/project/healthy-aging-study>

**AN
ESSENTIAL
GUIDE TO**

*Healthy
Aging*

**CANADA'S MICHAEL SMITH
GENOME SCIENCES CENTRE**



EMOTIONAL

- Don't sweat the small stuff, learn to move on
- Be positive and optimistic
- Have a happy disposition
- Go with the feeling, not the cause
- Have a pet to love you!

"Never go to bed angry"



SPIRITUAL

- Everything happens for a reason
- Not just about a drive to live but having a calling or purpose
- Accept everything that comes your way and adjust, be open

*"Change your thoughts,
change your life"*

PHYSICAL

- **Keep active: Give yourself 2-3 things to do each day**
- **Don't abuse your body: No drugs, no smoking, little to no alcohol**
- **Know where your food comes from**
- **Eat regularly, moderately and be disciplined with your diet**
- **Cherish your body and keep fit**
- **Don't eat too much sugar or salt**
- **Good genetics**

*"Enjoy the moment, enjoy life
- enjoy it all!"*

MENTAL

- **Have the courage to make big moves**
- **Take care of yourself, recharge your battery and get proper rest**
- **Look after your brain (it's your body's master organ)**
- **Keep the mind active (ie. play bridge, chess, etc)**

"When you see the things you see in war everything makes life so much more worth living"

SOCIAL

- **Keep in touch with and visit family, friends and associates**
- **Do good for others (ie. volunteer) but also look after yourself**
- **Be friendly to everyone you meet, kindness doesn't cost anything**
- **Find someone to love**

"A Happy Marriage goes a long way!"

ENVIRONMENTAL

- **Travel, go outside and see as much of the world as possible**
- **Keep interested in the world around you**

"Consider life as an adventure"

