

PS2.111

What advice can we give our patients to optimize their odds of aging with better health?

Rita Gomes(1), S Pires(2), S Oliveira(3), R Silva(1)

(1) S. João de Braga Family Health Unit, Portugal

(2) Régua Family Health Unit, Portugal

(3) Minho Family Health Unit, Portugal

Corresponding author: Dr Rita Gomes, S. João de Braga Family Health Unit, Family Health Unit, Braga, Portugal. E-mail: ritamvgomes@gmail.com

Background & Aim: The world's population is ageing rapidly, which will have substantial consequences. According to WHO: "healthy ageing is the process of developing and maintaining the functional ability that enables well-being in older age".

The aim of this work is to make a literature review on key measures that contribute to healthy ageing.

Method: A search was conducted in the following databases: PubMed, Guideline finders and Trip Database, written in the English and published in the last 10 years. The following MeSH words were used: "healthy ageing". The search was conducted from July first till end of December 2015.

Results: Based on the articles searched there are many measures with potential to achieve gains in healthy ageing such as prevention of falls; vaccination; regular physical activity, eating fruits and vegetables daily, drinking alcohol moderately; never smoking; prevention of social isolation and social exclusion; prevention of elder maltreatment; public support for informal care giving and create strategies to ensure the quality of care for older people.

Conclusions: Getting older can come with a variety of health challenges. in the daily practice of family doctor there are many effective interventions that can improve health and wellbeing in elderly people.

Conflicts of interest: The authors disclose no conflicts.