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LUMINARIES

Geriatrics professor gives tips on aging well



Amy Brunjes, Florida Power & Light; Dr. Juliette Lomax-Homier, Dean, FSU Fort Pierce Regional Medical Campus; and Ken Brummel-Smith, M.D., the Charlotte Edwards Maguire Professor of Geriatrics at the FSU College of Medicine and Founding Chair of the Department of Geriatrics

By Chrys Goodwyne

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Ken Brummel-Smith, M.D., the Charlotte Edwards Maguire

Professor of Geriatrics at the Florida State University College of Medicine, presented valuable tips on aging well March 21-22 in the communities of Stuart, Vero Beach and Fort Pierce.

The events were sponsored by Bud Jordan, Merrill Lynch of Stuart, Florida, and Florida Power & Light and were held at Willoughby Golf Club, Indian River State College Campus and Pointe West.

Brummel-Smith, also the Founding Chair of the Department of Geriatrics, FSU College of Medicine, also discussed nutritional, cognitive, psychosocial and societal ways to live a longer and healthier life.

The many changes of life itself, and the frequently accompanying vicissitudes of illness, functional loss, changes in the family, economic struggles and other stressors, offer opportunities to adjust and adapt.

The results of inactivity alone cause a multitude of problems as we age.

There is evidence now suggesting that high blood pressure, heart disease, obesity, stroke, dementia, depression, Parkinson's, osteoporosis and even macular degeneration all can be prevented by a diet of daily exercise.

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<http://www.tcpalm.com/specialty-publications/luminaries/geriatrics-professor-gives-tips-on-aging-well-2f5c2e48-7872-230c-e053-0100007fc80d-376058461.html>