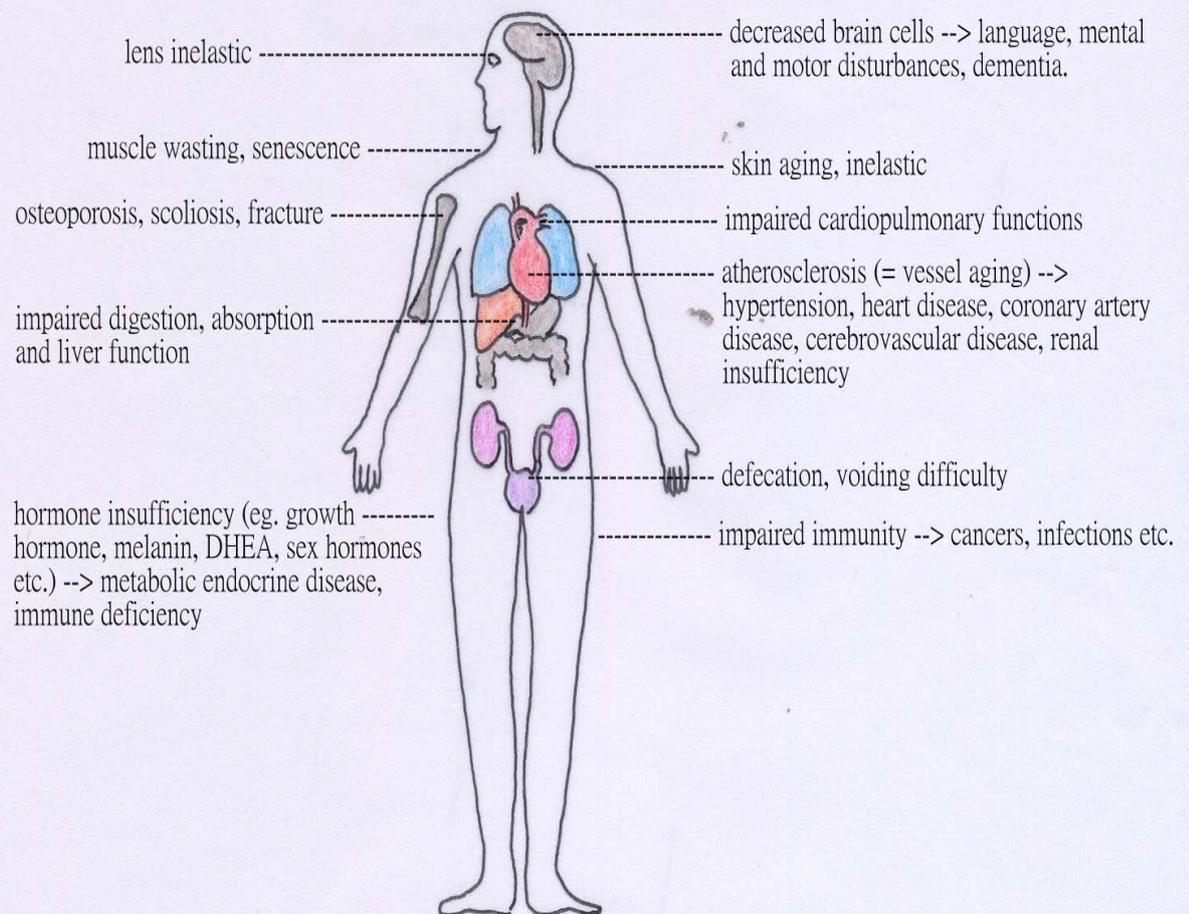


*Andrew Ying-Siu Lee, MD, PhD.*

Cure disease, retard aging --> healthy, longevity and fitness

*Manifestation of aging*



**Prevention of aging:-**

1. Age > 60 years → preventive physical check up → early diagnosis (for chronic disease or cancers) and early management.
2. genetic check up (genetic abnormality → aging and disease)
3. manage free radicals (= unpaired ions → easily react with body materials)

respiration, metabolism, irradiation, cigarette, alcohol, poisons, emotional upset etc

V

free radicals formation (eg. activated oxygen)

I

V

I

oxidize lipids and proteins in body

gene abnormality

V

I

damage cells and tissues

I

V

cancer ----→ death ← ----- aging, disease

4. manage emotion:

aging → hormonal disturbances → decreased anti-stressors → emotional upset, depression,  
apathy → impair immunity (→ cancers), accelerate aging

5. balanced diet, avoid poisons, healthy life style, emotional control, regular exercise etc.

6. improve living and social environment, hygienic habits

7. Be confident, enthusiastic, joyful, passionate and enjoy life