

Healthy Aging in the Year 2020 *(Interview Transcripts)*

Rasha Atallah, M.D., Family Medicine Physician, OSF HealthCare

“As people are getting older, they sometimes use their age almost as a crutch and they don’t realize that age is really nothing but a number. It doesn’t matter how old you are. It’s never too late to start taking care of your health, whether that is for exercising, eating healthy, being just more active in general – it’s never too late to start improving your overall health and improving your chronic conditions.” (:25)

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“Whether it’s your primary doctor or your specialist. Especially now during COVID, during this pandemic, people are obviously afraid to go in. But you want to make sure that you know that all of your doctors are doing the best they can to keep you safe and keep you healthy. And the most important way to do that is to make sure we are up to date and getting regular check-ups.” (:18)

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“Reading, puzzles, learn a new game. If you have someone who can teach you how to play a new game, you can even play it virtually. You can also do some math. Brush up on those skills. With the grandkids being at home nowadays, maybe join them a little bit. Sit with them. Try to help them with their homework. That might help you to brush up on some of your skills and give you some nice bonding time with the kids and the grandkids.” (:24)

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“We are going to be more cooped up inside, so we want to make sure that we get into a routine. Have something that wakes you up out of bed, whether it’s getting up to read the paper, getting up to do an exercise, getting up to call somebody. The more of a routine that you have, the less likely that you will feel down or sad or depressed especially when there’s less sunlight outside, less things that we can do in terms of activities with our friends and family.” (:24)

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“My number one advice to people as they start to age is just to stay motivated. If you are doing something that is working for you, don’t stop. Keep doing it. If there is something that you’ve always wanted to do, know that it’s never too late to start. It’s never too late to change.” (:12)