

'Golden' Tips for Health Care - Everyone Needs to Know

1. Proper nutrition - Ensure hygiene

People in general are transitioning from infectious diseases to non-communicable diseases such as cardiovascular disease, diabetes, cancer, gout... One of the main reasons is [improper nutrition](#). Therefore, family meals have an extremely important role and need to be ensured, full of nutritional ingredients.

According to nutrition experts, each type of food contains nutrients with different proportions, so it must be scientifically, rationally and diversely coordinated with foods to provide the body with all the necessary nutrients. balance all 4 food groups: carbohydrates, proteins, fats, vitamins and minerals.

It is recommended to use a combination of both food of animal origin and food of plant origin in each dish and each meal to have a reasonable diet rich in nutrients and improve health.

Besides, do not forget to ensure hygiene and safety in selecting, processing and preserving food to have safe meals for the family such as choosing fresh food, food of clear origin, preserving food safety, and keeping food safe. Properly store food according to each type, limit eating food that is cooked many times to ensure food safety, reasonable nutrition, deliciousness and safety.

2. Be physically active if possible - [Practice safe sex](#)

Insufficient physical activity is one of the risk factors leading to increasing diseases such as obesity, weakened immune system.... It is also the main risk factor leading to diseases. not infectious. Physical activity is not only intense or methodical exercise, but also body movements that consume energy such as when working at the office, walking, doing housework... That's why with People who do not have time to dedicate time to exercise should do as much physical activity as

possible in a day to help keep the body healthy and increase metabolism.

Using condoms to prevent sexually transmitted infections (STIs) and HIV is one of the [slogans of Safe Sex](#). Sexually transmitted diseases place a great burden on relationships, affecting the health of people and families. Chlamydia, gonorrhea and syphilis or some other sexually transmitted diseases are diseases that can be treated with antibiotics, but due to shyness, lack of regular reproductive health check-ups and antibiotic resistance, They are becoming more and more difficult to treat and common.

3. Consciously participating in traffic - Comply with the law:

Every day Hospitals receive dozens of cases due to traffic accidents from mild to severe. That is why, obeying the Traffic Law such as always wearing a helmet when riding a motorbike, wearing a seatbelt if riding a car and not driving after drinking alcohol or beer, obeying traffic signals... including trauma emergencies and reduce the social burden as well as protect human health. In which, the number of deaths when riding a motorbike is due to head injuries accounting for a large proportion. So wearing a helmet correctly can significantly reduce the risk of death, the risk of serious injury.

4. Don't smoke - Use alcohol and beer sensibly - [Manage stress](#)

Smoking is harmful to health not only for smokers but also for those around, so there are many campaigns to ban smoking and urge people not to smoke in public places. In addition to affecting health, tobacco also causes economic damage to the family and society. If you smoke, quit smoking as soon as possible to help reduce the risk of diseases such as pneumonia, lung cancer, cardiovascular, skeletal system....

In most Societies, drinking culture is probably indispensable in exchanges. Therefore, it also brings many consequences to health and society such as alcohol poisoning, alcoholism or alcohol withdrawal syndrome, nerve damage... Chronic diseases such as heart disease, blood pressure, etc. cirrhosis, pancreatitis ... can develop in people who drink a lot of alcohol and beer for many years in addition to increasing the risk of acute health conditions such as injuries, traffic accidents. Many tragic cases occurred due to drunkenness while driving or fighting each other.

Stress is getting more and more attention from the community because the typical cases of stress lead to tragic consequences, stress also [affects the body's organs](#) and reduces the quality of life. At the Emergency Department, cases of suicide are no longer strange, many manifestations of Stress are ignored by the community leading to depression, long-term stress reduces the immune system, cardiovascular disease, high blood pressure, diabetes ... Stress needs to be treated by the patient, but also needs family and society's attention and reasonable control.

5. [Periodic health check](#) - Vaccination - Make a personal health record

Medical experts say that in preventive medicine, early diagnosis and detection of diseases play a very important role, especially in cancer, with other diseases as well. Periodic health examination helps to diagnose dangerous diseases early such as: Diabetes, cirrhosis, cancer, high blood pressure, kidney failure, cardiovascular diseases, endocrine disorders and even mental disorders... so that patients can receive timely treatment to help burden the disease.

The Immunization Program is one of the health sector's achievements and one of the most effective health interventions. Thus, vaccines help

children and those at risk to prevent disease, reduce the burden of disease for families and the whole society, prevent the risk of disease spreading, and protect public health.

Personal health records are an important solution for management to make policy and plan as well as implement health interventions, such as vaccination, nutrition activities, medical examination and treatment. .. Most of the General Hospitals have established a Centre for high-quality health care and family medicine, began to [build personal and family health records](#), initially helping to better manage disease groups, mortality, diseases have family factors, related to living environment, water source and other factors.

6. See your doctor right away if you have health problems

Many parents, when themselves or their children have abnormal health symptoms such as fever, cough, runny nose, often go to the pharmacy to buy medicine for themselves according to the experience of others when they see similar symptoms. similar, commonly antibiotics. This makes the disease can be complicated, aggravate and cause bacteria to multiply, leading to serious drug resistance.

Therefore, to ensure the health of himself and his family, when you or your loved one have health problems, you must immediately see a doctor for examination, advice and prescriptions, especially antibiotics. use, must have a clinical examination and follow the treatment regimen of the doctor. You should also choose for your family a family doctor for long-term, comprehensive and lifelong health management follow-up.

7. Take time to take care of your brain

The brain needs to be challenged regularly. Studies show that, for the elderly brain to slow down aging, puzzle games are very suitable. Continuing to study, research, and create will stimulate the brain in a positive way. Video games also have the same effect to create challenges that help the elderly brain not to age. Avoid falling into the rut of habit. Let's [constantly exercise your mind](#) to be happy especially when touching Senior Citizen age.

8. [Body care](#)

Don't let your body retire even if you don't work anymore. In the past, all attention was focused on work. Now that you're retired, take the time to exercise, cook delicious meals, garden, grow flowers... Use your time to fix unhealthy habits that have bad consequences for your body. . Plan and do things that benefit your body. [Keeping busy and active](#) - Not only will the mood be better, but the elderly are likely to live longer, healthier lives.

9. Positive thinking

If you have a positive attitude towards the aging process, they can live up to 75 years. Studies show that a positive attitude has a positive effect on the body, repels stress, and positively affects an individual's behavior.

10. Controlling the treatment of disease

Nowadays people, especially elderly , often have diseases. Be a wise, understanding patient. Research shows that patients who don't question their doctors or don't understand treatments or manage medications have an increased risk of complications and death. Give yourself the opportunity to learn about your own body and understand how to work well with your doctor to make you healthier and live longer.

11. Regular health check

When you are young or working, you often avoid going to the health check-up, the reason is often just because you are too busy. But now

you should use the advantage of time for [care, prevention, and regular checkups](#). While it will make you impatient because you have to go through many tests and tests, appointments with your doctor can help detect the disease early and then can be treated with the highest success rate. Follow your doctor's instructions and advice.

12. Use caution when using hormone therapy

Some people believe that changes in hormones are the cause of ageing. The truth is more complicated than that. Therefore, before seeking hormonal therapy, it is advisable to consult with your doctor.

13. Use your time effectively

Retirement means being in charge of all your time and having time to do what you want. But there are a few potential dangers associated with this, such as being sedentary and spending too much time watching television. According to a study in the US, the average retiree sits in front of the TV for 4 hours a day. It was a stagnant, sedentary time. This is the time to do things that are healthy for your brain and body like exercising, socialising, cooking, and doing other things you love. Take control of your time and use it to make yourself healthier and happier.

14. Maintain social life

Before retiring, even long before, many people plan their finances for retirement, but forget to prepare themselves for the next social life in the new period. Leaving a dynamic work environment where people interact with each other throughout the day to stay at home is a huge change. Therefore, creating new social relationships and maintaining them on a regular basis will be beneficial to the health of the retired person. By interacting with people, an individual will better manage emotions, stress, maintain good habits such as taking care of themselves, living more in moderation...

