

*Analyzing your own aging process:  
Is my body trying to get my attention?*

*After reading Chapter 1, you may want to look at your own aging process. Or not. This series of questions gives you an opportunity to think about your general health and vitality.*

**YOUR JOURNAL FOR SELF-UNDERSTANDING:**

1. **MUSCLES:** How strong are you? Are you having trouble opening jars? Can you get up from the floor using just your leg strength and not your hands?
2. **BONES:** How strong are your bones? Have you had a bone density test? Have you broken any bones? Do the women or men in your family suffer from osteoporosis?
3. **SENSES:** How are your vision and your hearing? Have you had your eyes and ears tested? What is the family history?

4. **CARDIOVASCULAR SYSTEM:** Are you short of breath? Has anyone died of a stroke or heart attack in your immediate family? Had an electrocardiogram or stress test?

5. **CANCER:** Have you had cancer? Has anyone in your family had cancer? What type? Have you had a mammogram or a colonoscopy?

6. **SELF CARE:** Have you established a relationship with a doctor that you can call on if you have a health issue? Are your immunization shots up to date? Do you want flu shots? When was your last check-up?

7. **EMOTIONS:** Are you experiencing too much stress? Would joining a group help you deal with a long-standing problem? Do you need to talk to a professional about your issues?

8. **FEMALE:** Have you gone through menopause? Do the women in your family have any type of female problems? Have you had a recent Pap smear test? Are you on hormones? Are you practicing safe sex?

9. **SKIN:** Are you taking care of your skin? Have you seen a dermatologist? Do you use sunscreen? Daily?

10. **TEETH:** Are you friends with your dentist? Do you have good dental hygiene habits?

11. **BRAIN:** How is your memory? Having senior moments? What is your family history? Did a close relative suffer from dementia?

12. **PERSONAL:** What have you noticed about yourself that you think may be due to aging? Truthfully.

*Review your answers.* What do you feel about the state of your health?  
What are your conclusions?

Terrific, your health is excellent. You are aging without any effort.

Or... Ahhh, I am not so sure my health is so great!

If the latter is the case, consider doing something about the warning signs or even the odd messages that your body is whispering to you. You may need to pay attention to your body. Please consult Chapter 5 to get a handle on this subject. Chapter 5 has a great deal of information on doctors, dentists, and other healthcare specialists.