

ASHBY ADVISOR

Third edition
December 2005

Here are some more myths about aging that have been debunked by researchers:

- You can't teach old dog new tricks. Actually, older people are good learners because they have broader knowledge to begin with.
- Intense exercise is dangerous. Tufts University researchers have found that people who push themselves as they age are the most likely to be able to live independently.
- Older people lose their senses of taste and smell.
- There may be a slight loss of some taste bud function, but it does not interfere with the ability to eat a good diet.
- Older people need less sleep.
- It's all-downhill after a heart attack. In fact, cardiac rehabilitation programs have gotten many people on the road to good health.
- Sex is over after 60. The percentage of people who view their partners as romantic and/or physically attractive may actually increase with age.