


[QUIZZES](#) | [TOOLS](#) | [EXPERTS](#) | [BLOG](#) | [MY NEWSLETTERS](#) |

 [Search](#)
[{ HEALTH CENTERS }](#)
[A-Z REFERENCE](#)
[NATURAL HEALTH](#)
[EVERYDAY CARE](#)
[FAMILY HEALTH](#)
[CALENDAR](#)
[NEWS](#)

advertisement

[Home](#) » [Health A-Z](#) » [Health Centers](#) » [50+ Health](#)

Thursday, September 6, 2012

Patient Guide
[50+ Health Home](#)

[Top Conditions](#)

[50+ Wellness](#)

[News & Information](#)

[Resources](#)
50+ Health Center
[Family Health Guide](#)


advertisement

AdChoices

Top 25 Healthy Aging Tips

Prescriptions for Staying Well at 50 and Beyond

By Linda Wasmer Andrews, Special to Lifescript
Reviewed by Edward C. Geehr, Lifescript Chief Medical Officer
Published September 1, 2012

 [RATE](#)

4

0

advertisement

Healthy aging tip #13: Choose fish for your skin.

Omega-3 fatty acids in oily fish or supplements can help control inflammation and improve skin conditions, according to Julia Hunter, M.D., a dermatologist in Beverly Hills, Calif.

"In your skin, inflammation breaks down collagen, enlarges pores and contributes to rosacea, psoriasis, eczema and aging," she says.

For women past childbearing age, the benefits of eating at least two servings of fish per week outweigh the potential risks of mercury contamination, according to the American Heart Association. But to be on the safe side, you may want to avoid species that tend to contain high levels of mercury, including swordfish, king mackerel or tilefish.

Fish-oil supplements may also be helpful, but ask your doctor before taking them, the AHA recommends.

Healthy aging tip #14: Discuss hormone therapy with your doctor.

Many post-50 women are leery of menopausal hormone therapy (MHT), a



ALSO SEE

[Here's To You, Mrs. Robinson](#)
[7 Scrumptious Anti-Aging Recipes](#)
[Aging Gracefully in a Beautiful World](#)
[Mediterranean Diet Can Boost Longevity](#)
[Fit at Any Age](#)
VOCUS

News
and
Social Media
Monitoring

[Request Demo Now](#)
Health Tools
[Health Quizzes](#)

By Specialty
By State
By Doctor's Name
By Insurance
By Symptom/Condition



TODAY'S TOP CLICKS ON LIFESCRIPT

[Most Popular](#)
[Top News](#)