

McMaster
OPTIMAL AGING PORTAL



LABARGE
Optimal Aging
INITIATIVE

Your source for healthy aging information you can trust

New Video Posts: Our video posts feature McMaster experts discussing a wide range of topics related to healthy aging.



Click on: [Is love good for your heart?](#)

Strong relationships don't just feel good; they're linked with longevity and having better heart health. People with strong social ties have a 50% greater chance of living longer, while loneliness is associated with a noticeably higher risk of heart disease and stroke. Learn how stress, connection, and relationship quality all interact to affect your cardiovascular health.

New Hitting the Headlines:

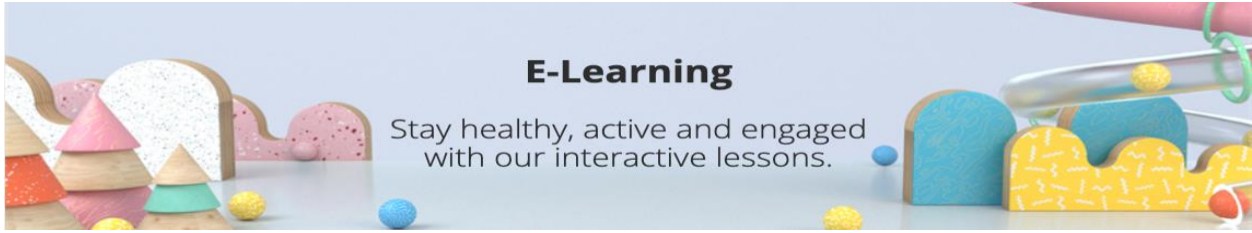
Click on: [Nutrition Month: Small changes, big impact after 55](#)

March is Nutrition Month—a perfect time to reflect on how the foods we eat support healthy aging. While there's no single “superfood” that guarantees good health, consistent, balanced eating habits can make a meaningful difference in how we feel today and, in the years, ahead.

New Evidence Summaries: We summarize - in plain language - the key messages from recent high-quality research evidence. Click on link below:

[Medical Nutrition therapy can improve blood sugar levels in adults living with prediabetes](#)

The American Journal of Clinical Nutrition (2023)



E-Learning

Stay healthy, active and engaged with our interactive lessons.

Lesson of the Week Are you cannabis curious? Many older adults are turning to cannabis for recreational use and to treat pain, sleep and more, but is it safe? Learn more about how it affects older adults, the risks, and how to talk to your healthcare provider. [Read more](#) or [start lesson](#).

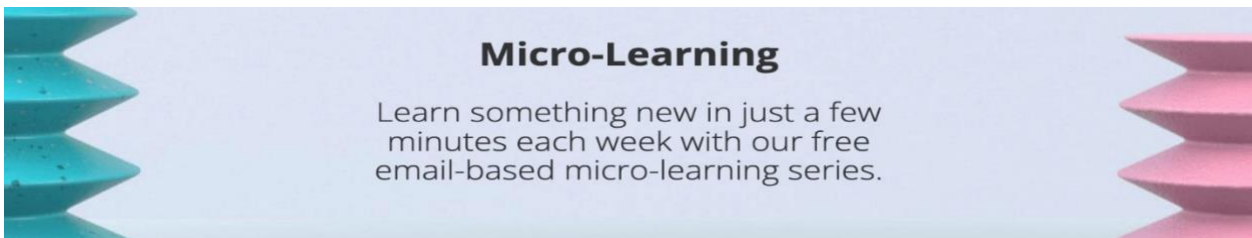
Do you have a lifelong learning mindset? If so, explore our collection of lessons on [mental health](#), [exercise and mobility](#), [brain health](#), and [medications and substances](#). Most can be completed in 15 minutes, and your progress is saved, so you can return to where you left off if you're short on time.



[Minding our mouth health: 3 oral hygiene-related strategies](#)

Research points to strategies that aim to improve our oral hygiene and other aspects of our health.

In Case You Missed It Understanding acid reflux and GERD: If heartburn is more than an occasional nuisance, it may signal a condition called gastro-esophageal reflux disease or GERD. Learn what causes acid reflux, how to recognize warning signs, risk factors for older adults, and practical steps to reduce symptoms. [Read post](#).



Micro-Learning

Learn something new in just a few minutes each week with our free email-based micro-learning series.

Bite-sized lessons. Big impact on knowledge. Topics include delirium, mild cognitive impairment, dementia, dementia risk reduction, anxiety disorders, depression, and our newest series about **polypharmacy**. [Get started!](#)

Looking for something specific? [Search](#) or [Browse our content](#).