

Letter to the Editor

Secrets of Attaining Old Age

Counting from the day I became a healthy zygote (fertilized ovum) in my mother's womb, I have attained 94 years of life.

That long life has brought me much happiness, especially in my work and in going out with friends to visit exotic places and good restaurants to enjoy fine food. Most importantly, I have used my hands and brain to stay busy reading and writing, and doing physical exercise regularly since my youth.

After retirement from university work at the age of 60, I began following a regular exercise regimen: getting up in the morning at about 5 a.m., taking an outdoor walk for 10-15 minutes, and warming up by kicking my legs and swinging my arms for 10-15 minutes before diving into the swimming pool. Nowadays, however, I have reduced my leg and arm exercises and swim time to only 15 minutes or so. After a shower, I practice ankle (Achilles tendon) and abdominal muscle exercises for about 10-15 minutes.

As for food, I eat well and drink red wine occasionally in the belief that it contains resveratrol, an antioxidant chemical that cleanses lipids from blood vessel walls.

Owing to my lifestyle, I might live for another 4-5 years.

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