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Cover

Ginkgo biloba, with its spreading, rigidly ramified branches and curiously lobed leaves symbolises longevity, hope, peace, love, life and death, yin and yang, east and west. It is the tree of Forty Gold Crowns, for the beautiful gold colour of its leaves in fall, as well as Kung Sun Shu or the Grandfather-Grandson tree because only old Ginkgo trees bear fruit: the tree planted by a man will be useful to his grandson.
The ASIAN JOURNAL OF GERONTOLOGY AND GERIATRICS is the official joint publication of the Hong Kong Geriatrics Society and Hong Kong Association of Gerontology. It is published two times a year. It publishes peer-reviewed English and Chinese articles representing the full range of medical, social, and rehabilitation sciences related to older people. The Journal is committed to the improvement of practice, extension of knowledge, as well as development, promotion and dissemination of research findings in very broad fields of gerontology and geriatric medicine. It also aims to provide linkages between regional and international research, education, and practice.

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Healthy ageing in older people

EMF Leung FRCP (Edin, Glasg, London), FHKAM (medicine), FHKCP
Co-Chief Editor

In people of advanced age, optimal health care is essential to maintain quality living. With better provision of primary care and preventive services, we can prevent ill health and unnecessary hospitalisation. Important areas for healthy ageing include increasing health knowledge of older people so that they can live in a healthy lifestyle and avoid the development of common lifestyle diseases of the elderly such as obesity, diabetes, coronary heart disease, and stroke. In addition to health knowledge, primary prevention including vaccination and fall prevention is also important.

In this issue, Auyeung et al. discussed the occurrence of influenza A related to the antigenic mismatch of vaccine and demonstrated the importance of appropriate vaccination in preventing ill health in older people. Apart from influenza vaccination, pneumococcal, tetanus, and the recently introduced Herpes Zoster vaccinations are also important in protecting their health and well-being. Leung et al. demonstrated the important relationship of health knowledge and literacy with hospitalisation. Sinha and Mukhopadhyay studied the high prevalence of metabolic syndrome in an elderly population in urban Kolkata, India, and emphasised the importance of preventive health care in older people. Suwanpasu et al. demonstrated the value of health care intervention by gerontology nurses in maintaining the well being of older people with pneumonia and hospitalisation. Ng et al. reviewed studies of advance care planning in older people in various countries. We are delighted to present diverse papers from various countries in the Asian Journal of Gerontology and Geriatrics.

REFERENCES