

Editorial

Geriatric Health

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Editor

Health is wealth; is how the saying goes, but aging is a natural phenomena. The period starting from 70 to 79 is of utmost importance, the reason being that in this period various organs decline rapidly. It is a period of geriatric diseases such as hyperlipidemia, Arteriosclerosis, hypertension and diabetes, After 80 these diseases stabilize or may even decline that's why ten years starting from 70 to 79 are called dangerous age. There are precautionary measures to stay healthy.

Water is the best and cheapest health drink and should be drunk (at least) at the following times: first, after getting out of bed in the morning, drink a glass of water on an empty stomach. Due to sweating and urine secretion while sleeping, a lot of water is lost. The right amount of exercise is one of the cornerstones of longevity, especially for the elderly, and more attention should be paid to effective and reasonable exercise. However, after exercise, special attention should be paid to replenish water lost to sweating, which takes away electrolytes. If one doesn't pay attention, hypoglycemia (low blood sugar) after exercise may result and even cause syncope (fainting). Furthermore, it is recommended that the elderly add a pinch of salt and a little sugar to drinking water after exercise. Before going to bed at night While Sleeping, Sweat glands continue to drain water from the body. If the body's water is reduced, blood can thicken. A glass of water can help prevent this and may even slow down the appearance of aging, help against angina (pain in the chest), myocardial infarctions (heart attack) and other diseases.

A famous medical scientist in the Qing Dynasty in China called porridge "the first complement of the world". China Daily Online published a 14-year study conducted by Harvard University on 100,000 people. It found that a bowl of about 28 grams of whole grain cereal porridge a day can reduce mortality by 5 percent and the chance of getting a cardiovascular disease by 9 percent. All the volunteers were in good physical condition at the start of the study in 1984, but in the 2010 feedback survey, more than 26,000 had passed away. It was found that those volunteers who had regularly eaten whole grains such as porridge, brown rice, corn, seemed to have avoided all diseases, especially heart disease.

Milk is known as 'white blood'. Its nutritional value is well known - a lot of calcium, fat and protein. The recommended daily intake of milk and dairy products is 300 grams. It is, therefore, enough to drink 400 ml of milk a day.

Eggs can be said to be the most suitable food for human consumption. The body's absorption rate of egg protein can be as high as 98 percent. The protein contained in fish is easily digested and absorbed. The amount of unsaturated fatty acids in the fat, especially polyunsaturated fatty acids is relatively good for the body.

Apples have the effects of lowering cholesterol, losing weight, preventing cancer, preventing aging, enhancing memory and making the skin smooth and soft. The benefits of different coloured apples vary. Red apples nourish and detoxify the liver and can fight depression and yellow apples protect vision. Onions have a high nutritional value, help lower blood sugar and cholesterol, prevent cancer, protect against cardiovascular and cerebrovascular (blood vessels of the brain) diseases. Onions are also antibacterial, Help prevent colds and supplement calcium. Eat onions at least three and four times a week.

Walking has a magical anti-aging effect. When adults walk about one kilometer or more regularly for more than 12 weeks, posture is corrected, waistline reduced and the body becomes strong and tires less easily. Walking is also beneficial to treat headache, backache, shoulder pain, etc. and can promote good sleep. Experts believe that a 30 minute walk a day, five days a week, can get rid of the danger of 'adult diseases'. People who take 10,000 steps a day will have a lower chance of developing cardiovascular and cerebrovascular diseases.

Having a hobby, no matter what it is, can help the elderly maintain extensive contact with society and nature. This broadens the horizons of interest and makes them happier. Last but not least, always be in a good mood. The elderly should maintain a positive attitude, as that is extremely important to health. Common chronic diseases are closely related to negative emotions. Many patients with coronary heart diseases have angina and myocardial infarctions due to adverse emotions causing stress, sometimes resulting in sudden death. Bad tempers lead to high blood pressure. In prolonged and severe cases, this can cause stroke, heart failure, sudden death, etc. Negative emotions such as anger, anxiety and grief and cause blood sugar levels to rise, causing metabolic disorders in the body. This all goes to show how important it is to maintain a good mood.