

Risk Factors for the Development of Diseases in Old Age and their Prevention

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Abstract

Risk factors for various diseases surround us throughout life, and the older a person gets, the more they appear. The most common risk factors for any age include sedentary lifestyle, smoking, alcohol abuse, obesity, frequent stress and lipid metabolism disorders. Heart diseases, oncology, diabetes mellitus and others are most common among the elderly, and new positions are added to the list of risk factors. The following are the main factors that are peculiar only to the elderly.

Keywords: risk factors, elderly people, disease prevention, age-related diseases.

Conduction. There are about 600 million people worldwide who are over 60 years old. Over the years, the human body begins to work differently than in youth. With age, people become more and more at risk of various "age-related" diseases. But many diseases can be prevented and their number can be reduced.

The elderly are characterized by:

1. Diseases of the cardiovascular system and brain.
2. Decreased immunity.
3. Disorders of the digestive system.
4. Diseases of the musculoskeletal system.
5. Sleep disorders.
6. Slowing down of thought processes.

There are factors on which health and longevity depend. These include: motor activity, rational nutrition, observance of the daily routine and hygiene of rest, work that brings satisfaction, the presence of a life goal, normal sleep, hygiene of everyday life, the ability to manage emotions and maintain optimism, a happy marriage, rejection of bad habits, hardening, etc.

Motor activity

A sedentary lifestyle or insufficient motor activity - inactivity - contributes to poor health, increases the risk of developing and aggravates many diseases (atherosclerosis, obesity, hypertension, diabetes mellitus, osteoporosis), especially in the elderly, and leads to a decrease in life expectancy. The lifestyle of most centenarians is characterized by a high level of motor activity and labor activity. The combination of active work and recreation, mainly in the fresh air, is the key to a long full life. With the help of physical exercises, you can change the state of the body as a whole and affect its individual functions.

The work of the cardiovascular and nervous systems improves, the phenomena of hypoxia decrease, resistance to stress and colds increases. Elderly people need to remember that excessive physical activity can negatively affect their health and cause serious complications, therefore, before starting classes, it is necessary to consult a doctor.

Rational nutrition

Rational nutrition plays an important role in the comprehensive prevention of premature aging. His character sometimes depends not only on the vital activity and efficiency of the body, but also on the life expectancy of a person. An elderly person needs fewer calories than a young one, which is associated with a decrease in physical activity and metabolism. Due to the decrease in physical activity in old age, the amount of carbohydrates in food should be reduced, especially easily digestible sweets and foods that easily turn into fat when consumed excessively. Sugar and sweets should not exceed 80-100 g in the daily diet, and with a tendency to fullness - 30-40 g. The nutrition of an elderly person should be full, regular and varied. Monotonous food quickly becomes boring, leads to a decrease in the secretion of digestive juices and a decrease in the digestibility of nutrients. The digestibility of food also depends on the diet. Food should always be taken at a certain time, 3-4 times a day. This teaches the body to the rhythm, promotes a good appetite and assimilation of food.

Labor activity

It should be noted that work is a source of creative and physical strength of a person, a source of longevity. Centenarians are active people, they are characterized by a high vitality, which is achieved by any creative work. The more active a person's nervous system is, the longer he lives. A person necessarily needs a fruitful and creative life, constant, albeit very strenuous work, this is one of the prerequisites for longevity.

According to the general biological law, aging affects the least and later captures the organ that works the most.

Maintaining mental activity

The human brain at an older age needs training to maintain its working capacity. Provided that physical health is preserved, there is little evidence that mental abilities fade in old age. Older people need more time to memorize new material. Expanding their individual horizons brings life satisfaction to older people. In order to organize further education, elderly people can use libraries (newspapers, periodicals, audio materials, books, computer assistance, Internet access).

Older people have a lot of experience and practical skills that they can share. After retirement, they have the necessary free time to participate in the volunteer movement. And public, charitable organizations, churches, political parties need volunteers and involve them in their activities.

Stress

With age, resistance to stress decreases. A maximum of positive emotions is needed for a person in order to prevent diseases of the cardiovascular system, nervous system, etc.

Everyone often experiences a state of tension under certain circumstances. But not the circumstances, but the reaction to them is the cause of stress. Stress is a part of our lives. A state of stress is not always bad. When doing important work, we experience stress, it prepares us spiritually and physically, helps us to make extra efforts and cope with difficulties. However, if a person experiences too much negative stress, it will not benefit health, because it can be a source of numerous unpleasant experiences and diseases. It is impossible to avoid stress, but it is possible and necessary to reduce the degree of their negative impact on health. You can make your attitude to what is happening more calm and, accordingly, reduce the impact of stress on health.

Bad habits

Smoking, alcohol abuse dramatically accelerate the aging process.

It has been proven that people even over 80 years old, after quitting smoking, can feel the following benefits: clean lungs, easier breathing, easier course of respiratory diseases.

Alcohol abuse shortens life and, contrary to the opinion that exists among people who drink alcohol, rarely makes life easier and brightens up. Thus, the longevity of a person depends mainly on the lifestyle and activity of the person himself. A healthy lifestyle, being in demand in the family and society is what is necessary to preserve health and well-being in old age.

The majority of older people around the world continue to work, making a significant contribution to the economic prosperity of their country. In addition, elderly people make a significant contribution to the life of society in agriculture, in housework, in caring for other family members. It is necessary to emphasize the role of the elderly as the main guardians of the spiritual and moral values of their people, ensuring the continuity of generations and their inseparable connection.

In order to consider longevity as an achievement of human civilization, social progress, it is necessary to consider elderly people as a special group, as carriers of knowledge and experience, and not as a burden that brings only costs to society. Aging is inevitable, it affects each of us – young or old, men or women, rich or poor, regardless of where we live, but each person ages differently. Aging is a long process, and we are able to slow down its development. Passively getting used to the idea of old age, we allow our body to become decrepit. However, even in a situation where it seems that nothing can be done anymore, an active life position is necessary.

The task of society is to make the life of elderly people full and active, not forgetting that older people are intermediaries between the past, present and future, despite the fact that their experience is the basis of existence in any society. The elderly today, thanks to the increase in the level of education and the improvement of medical care, make an invaluable contribution to the development of society. By encouraging the participation of older people in the life of society, there is an opportunity to use their knowledge and experience, providing older people with access to adequate medical care, to help them maintain independence until old age.

It is not for nothing that the 21st century is considered the century of the demographic revolution, when the number of elderly people is growing rapidly, and humanity faces new challenges in the field of healthcare, employment, social security and economic development

Conclusion. It is possible and necessary to deal with risk factors. The formation of a healthy lifestyle minimizes the likelihood of many non-communicable diseases in youth, and is also a good prevention of the progression of diseases such as diabetes mellitus, hypertension and many others in old age. It is important to pay attention to elderly people, help them financially, seek medical help in a timely manner, and provide them with all the necessary medicines. And most importantly, do not let them feel helpless and unnecessary. The duration and quality of life of our old people largely depends on the younger generation.

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