HEALTH AND WELLNESS FOR SENIORS

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OBJECTIVES

- Educate on the importance of healthy aging.
 - Improving physical health
 - Tips to getting active and fit
 - Importance of getting rest
 - Strengthening mental and emotional health
- Prevention and management of chronic diseases.
- Reducing the risk of health problems
- Improving habits to lead to an optimal life.



OUTLINE.

Introduction

What is Health

What is Healthy Aging.

Health Challenges with aging

Wellness: The key to healthy Aging.

The 7 dimensions to wellness.

References

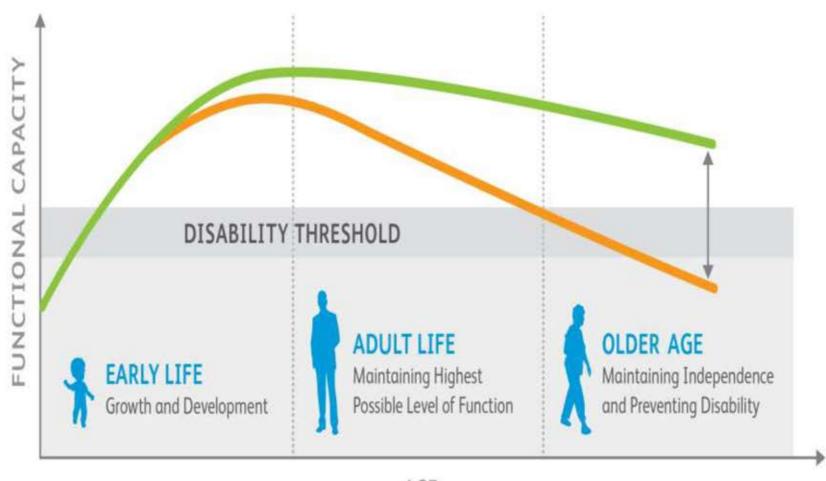
HEALTHY AGEING

WHO defines healthy ageing as "the process of developing and maintaining the functional ability that enables wellbeing in older age."

Functional ability is about having the capabilities that enable all people to be and do what they have reason to value.

Health and Aging

Aging in better health across the life course can reduce disease and disability in older age.



AGE



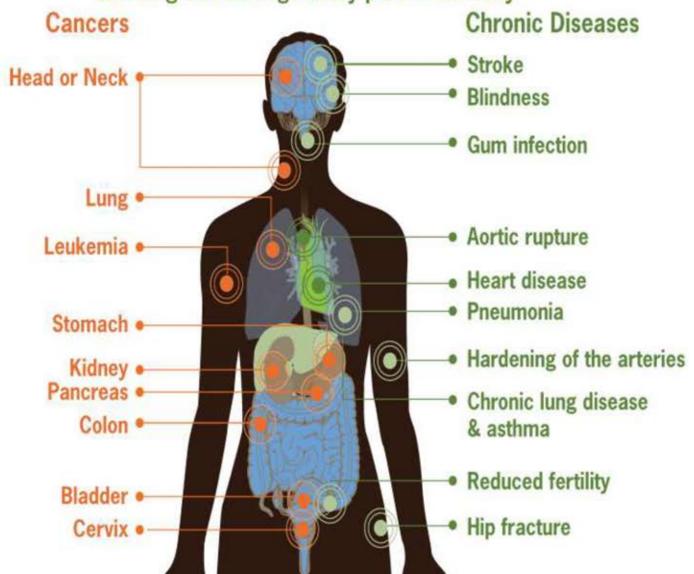
We can't avoid the aging process.

 But we can all age with an able and disease-free body.



Risks from Smoking

Smoking can damage every part of the body











Brain Headaches, Blackouts, I

Headaches, Blackouts, Delusions, Paranoia, Forgetfulness, Impaired Judgement, Decline in IQ, Dementia, Epiletic fits, Wernickes disease (due to vitamin deficiency), Haemorrhage, Peripheral neuritis, Korsakoff's psychosis & Death

Lungs

A small amount of alcohol escapes unused via breath 2-4%

Liver

Fatty cells, tissue scarring, jaundice, hepatitis, irreversible cirrhosis - the liver breaks down 90% of alcohol consumed

Kidneys

A small amount of alcohol escapes unused via urine 2-4%

Pancreas

Bad digestion, malnutrition, early diabetes

Sweat Glands

A small amount of alcohol escapes unused via sweat glands 2-6%

Sex Organs

Male

Depressed testicular production, inpotence, breast growth due to female hormones not broken down by liver

Female

Failure to ovulate, spontaneous abortion

Nervous System

Peripheral neuritis - degeneration of the nervous system supplying limbs

Gullet

Throat

Corrosive effect - risk of cancer

cancer - 40x if smoker

Pressure on portal circulation- risk of

haemorrage. Increased incidence of

Muscles

Degeneration, weakness, pain

Heart

Weak & "fatty" heart, weakening of heart muscles, high blood pressure. Anaemias due to decreased absorption of vitamins.

Stomach

Gastritis, peptic ulcer (direct corrosive effect)

Fingers

Pins & needles

Intestines

Inflammation (corrosion from alcohol)

Nervous System

Malfunctions, skakiness, tremors

Bones

Degeneration - risk of fracture

Health Effect of Alcohol

Consequence



heart diseases



diabetes



fatty liver



stomach ulcer

1.5 billion people in the world are overweight

OBESITY



Prevention



health



sport



walks in the open air



daily regime



alcohol restriction

Reasons



binge eating



no activity



genetic predisposition



medicines



unhealthy diet



stress



endocrine disorders



age

Health Screening Tests

BLOOD PRESSURE SCREENING

- Have your blood pressure checked at least once every 1 years.
- If you have diabetes, heart disease, kidney problems, or certain other conditions, you may need to have your blood pressure checked at least once a year.

DIABETES SCREENING

- If you are age 60 or older and in good health, you should be screened for diabetes every 3 years.
- If you are overweight and have other risk factors for diabetes, ask your provider if you should be screened more often.



Environmental Wellness

 Understanding how your social, natural, and built environments affect your health and well-being

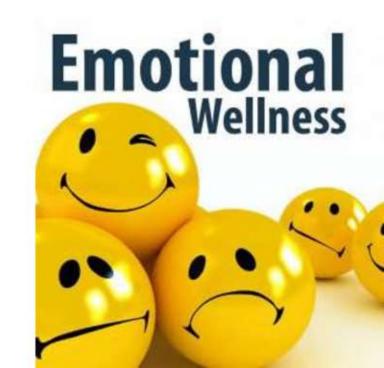
 Being aware of the unstable state of the earth and the effects of your daily habits on the physical environment



Emotional Wellness

- Understanding and respecting your feelings, values, and attitudes
- Appreciating the feelings of others
- · Managing your emotions in a constructive way

Feeling positive and enthusiastic about your life



Vocational Wellness



 Preparing for and participating in work that provides personal satisfaction and life enrichment that is consistent with your values, goals, and lifestyle

 Contributing your unique gifts, skills, and talents to work that is personally meaningful and rewarding Thank You