

Common problems among elderly

Addressing common health issues among the Elderly

As you age, you are more likely to experience health-related and cognitive problems that could impact your quality of life. Healthy practices related to diet, physical activity, medication, and keeping mentally active can help in your well-being and independence.

Common Problems and their Management/ Treatment

Common issues	Management/ Treatments
<ul style="list-style-type: none"> ● Vision and Hearing Impairment: Blurry vision and trouble in adapting to different levels of light. Also, difficult to hear high-pitched sounds and follow conversations in noisy places. 	<ul style="list-style-type: none"> ● Schedule regular checkups with your physicians for advice about glasses, hearing aids, and other corrective devices. This will build your confidence and avoid any mistakes.
<ul style="list-style-type: none"> ● Joints and Muscles pain as bones tend to shrink in size and density, muscles tend to lose strength, which weakens them. This increases the possibility of fractures and other injuries. 	<ul style="list-style-type: none"> ● Both diet and exercise can help. Ensure your diet contains protein, calcium, vitamin D, and Omega-3 found in dairy products, legumes, green vegetables, fish, and eggs. Walking, jogging, weight exercises, etc can help build strong bones and reduce the rate of bone loss.
<ul style="list-style-type: none"> ● Memory Loss and Thinking Skills: The brain undergoes natural changes that can adversely impact memory and thinking abilities. 	<ul style="list-style-type: none"> ● Engaging in regular mental activity, physical exercise, staying socially active, maintaining close relationships with friends, family, and pursuing hobbies will help stimulate cognitive function. Mental exercises like puzzles, crosswords, and reading can also keep the mind sharp.
<ul style="list-style-type: none"> ● Poor Oral Health such as missing teeth, gum disease, dry mouth or tooth decay/cavity, and oral infections can make it difficult to chew and eat certain foods, leading to dietary restrictions. 	<ul style="list-style-type: none"> ● Brushing teeth twice a day with sensitive toothpaste, and using a soft toothbrush will help. Visit a dentist regularly for teeth cleaning. Keep dentures clean daily to avoid infections.
<ul style="list-style-type: none"> ● Urinary Incontinence: The urinary bladder may become less elastic as you age, resulting in frequent urination, sometimes accompanied by pain. 	<ul style="list-style-type: none"> ● Maintain a healthy weight - reduce some in case you are overweight. Avoid caffeine, acidic foods, and alcohol. Use the toilet whenever available. If necessary wear adult diapers, especially at night or when you are out of your home.

Common problems among elderly

Enjoy outdoor activities and visit parks as nature is a natural mood elevator. Meeting friends or family can reduce loneliness. Travel whenever possible. Enjoy the freedom and liberty of getting old comfortably.

To Know more:

- [What to expect as you age](#)
- [What are the most common nutrient deficiencies in older adults](#)
- [Safe environment for elderly at home](#)
- [Tips for healthy Ageing](#)
- [How to manage medications for elderly](#)

Your Health, Your Responsibility