

Introduction Ode to Aging Unfortunately everyone will grow old eventually Aging is the body's way of growing old gracefully Aging help the body accumulate damage to its cells, tissues and organs Healthy lifestyles of balanced diet, rest and exercise improve the body system The life span of a person is related to any infection Children and adults must have good adequate nutrition Hereditary conditions may affect the persons death age Chronic illnesses also play a part in his demise Very often a persons life span is abruptly cut off by accidents Pulmonary emboli and pneumonia in old age may be present Death comes to those who are smokers or have chronic lung disease Ischemic heart disease is common in older patients especially those with diabetes Cerebrovascular disease is common in the elderly Diabetes leads to renal impairment and neuropathy Fractures, injuries and falls occurs frequently in the old A healthy lifestyle with good diet and exercise may keep death on hold -An original poem by Kenneth Kee Interesting Tips about the Aging A Healthy Lifestyle 1. Take a well Balanced Diet 2. The maximum life span for humans is currently maximized at approximately 120 years Average lifespan in a population is lowered when: a. Infant and child mortality is frequently linked to infectious diseases or nutrition problems. b. Accidents and age-related chronic disease such as cancer or cardiovascular disease play an increasing role in mortality. Extension of lifespan can often be achieved by: a. Improved medical care, b. Vaccinations, c. Good diet, d. Exercise e. Avoidance of bad habits such as smoking. 3. Keep bones and body strong Bone marrow produces our blood Eat foods rich in calcium like yogurt, cheese, milk, and dark green vegetables. Eat foods rich in Vitamin D, like eggs, fatty fish, cereal, and fortified milk. Eat food rich in Vitamins B and C such as green vegetables and fruits Zinc and other minerals are important to the body 4. Get enough rest and Sleep Avoid stress and tension 5. Exercise and stay active. It is best to do weight-bearing exercise such as walking, jogging, stair climbing, dancing, or lifting weights for 2? hours a week. One way to do this is to be active 30 minutes a day at least 5 days a week. Begin slowly especially if a person has not been active. 6. Do not drink more than 2 alcohol drinks a day for a man or 1 alcohol drink a day for a woman. Alcohol use also increases the chance of falling and breaking a bone. Alcohol can affect the neurons and brain cells. 7. Stop or do not begin smoking. It also interferes with blood supply and healing. Chapter 1 Aging Aging is the process where the human body accumulates damage to its cells, tissues and organs as it grows older. This accumulated damage is believed to be the result of oxidation damage to the cell contents from free radicals. Just like any machine the human body is subjected to wear and tear and termination will occur at the end of life. Average and maximum lifespan The maximum life span for humans is currently maximized at approximately 120 years Average lifespan in a population is lowered when: 1. Infant and child mortality is frequently linked to infectious diseases or nutrition problems. 2. Accidents and age-related chronic disease such as cancer or cardiovascular disease play an increasing role in mortality. Extension of lifespan can often be achieved by: 1. Improved medical care, 2. Vaccinations, 3. Good diet, 4. Exercise 5. Avoidance of bad habits such as smoking. Maximum lifespan is determined by the rate of aging inherent in its genes and by environmental factors. CONTENT Introduction 1 Aging Process 2 Physiology of Aging and Its Effects 3 Vital Signs and Immune System 4 The Skin and Senses-Vision and Hearing 5 Bones-Osteoarthritis Osteoporosis 6 Heart, Lungs and B

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