



Better care for your aging parents.

notes

Eight Common Ailments We Develop as We Age

While an individual can age and remain healthy, some ailments are directly linked to age-related change. Those conditions include:

- Vision changes/cataracts:** Before an individual turns 50, his eyes have begun to change. As they age, the eyes become less able to produce tears, the retinas thin, and the lenses gradually turn yellow and become less clear.
- Hearing loss:** Gradual hearing loss that occurs from aging is called presbycusis and is thought to run in families.
- Arthritis:** This chronic disease is an inflammation of the joints. The most common type is osteoarthritis, and although it can occur in any joint, it most often affects the hands, knees, hips or spine.
- Sleep changes/disorders:** Typical changes an older person experiences include getting sleepy earlier than usual, trouble falling asleep, not sleeping soundly and waking early.
- Osteoporosis:** As many as half of all women and a quarter of men older than 50 will break a bone due to osteoporosis.
- Cardiovascular diseases and stroke:** With age the heart becomes less efficient and must work harder to circulate blood throughout the body.
- Diabetes:** There is no cure, but people with diabetes can live a healthy life by controlling their glucose levels.
- Cancer:** People over 50 should have tests on a regular basis to screen for specific cancers.

For more information on these questions and what to expect, access the Parentgiving Learning Center.