

# BEING A HEALTHY SENIOR



**Joe Hache**



# Table Of Contents

<b>01</b>	<b>Introduction</b>
<b>03</b>	<b>The Prevalence of Arthritis in Seniors</b>
<b>08</b>	<b>Senior Health And Cancer</b>
<b>13</b>	<b>Seniors And Alzheimer's Disease</b>
<b>20</b>	<b>The Significance of Diabetes in Seniors</b>
<b>25</b>	<b>Senior Health And Joint Replacement</b>
<b>30</b>	<b>Senior Health And Obesity</b>
<b>35</b>	<b>Heart Healthy Checklistfor Senior Health</b>
<b>40</b>	<b>Mental Health In Seniors</b>
<b>46</b>	<b>Healthy Eating Habits for Seniors</b>





# Table Of Contents

**51** The Importance of Physical Fitness for S...



# Introduction

## Did you know:

Nearly 60 million individuals in the United States annually report symptoms and diagnoses of arthritis. Of this population of individuals with arthritis, 80% are above the age of 45, and nearly 50% are over the age of 65.

Cancer is a type of disease characterized by the uncontrolled growth and spread of abnormal cells. It can affect people of all ages, but certain types of cancer are more common in older individuals.

It's been identified that nearly 6 million people in the United States live with Alzheimer's above the age of 65. Around 300,000 in the United States have early-onset Alzheimer's, which develops before the age of 65.

Diabetes is a significant medical problem that presents major implications for an individual's health. Though individuals of all ages can develop or be born with diabetes, older adults and seniors are among some of the most at-risk populations.

Seniors are often faced with the choice of seeking out joint replacement surgery. This is due to the increased risk of bone and joint degeneration and the subsequent development of arthritis in many senior individuals.