

Your Elderly Parents Failing Health: Is It Ageing or a Treatable Condition?

As our parents age, it's common to worry about their health. But how do you know if their declining health is simply a part of ageing or if it's a sign of a treatable condition?

This article will help you understand the difference and provide tips on how to get the best care for your elderly parents.

Ageing vs. Treatable Conditions

Ageing is a natural process that happens to everyone. As we age, our bodies change and we may experience a decline in our physical and mental health. However, there are also a number of treatable conditions that can affect elderly people. These conditions can often be managed with medication, lifestyle changes, or other treatments.



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by Dr. Nicholas DiFilippo

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It's important to be able to tell the difference between ageing and a treatable condition so that you can get the best care for your parents. Here are some of the key differences:

- **Ageing:** Ageing is a gradual process that happens over time. It affects everyone, and there is no way to stop it. However, there are things you can do to slow down the ageing process and improve your overall health.
- **Treatable conditions:** Treatable conditions are specific medical conditions that can be diagnosed and treated. These conditions can often be managed with medication, lifestyle changes, or other treatments.

Common Treatable Conditions in Elderly People

There are a number of treatable conditions that can affect elderly people. Some of the most common include:

- **Dementia:** Dementia is a decline in cognitive function that can affect memory, thinking, and judgment. It is a common condition in elderly people, and it can be caused by a number of different factors, including Alzheimer's disease, Parkinson's disease, and stroke.
- **Alzheimer's disease:** Alzheimer's disease is a type of dementia that is characterized by a progressive decline in memory and thinking skills. It is the most common type of dementia, and it affects millions of people worldwide.
- **Parkinson's disease:** Parkinson's disease is a neurological disorder that affects movement. It is characterized by tremors, stiffness, and difficulty with balance and coordination.

- **Cancer:** Cancer is a disease that occurs when cells in the body begin to grow out of control. It can affect any part of the body, and it is one of the leading causes of death in elderly people.
- **Heart disease:** Heart disease is a condition that affects the heart and blood vessels. It can lead to heart attack, stroke, and heart failure.
- **Stroke:** A stroke occurs when blood flow to the brain is interrupted. This can cause damage to the brain and lead to a number of different symptoms, including paralysis, speech problems, and difficulty with thinking.

How to Get the Best Care for Your Elderly Parents

If you're concerned about your elderly parents' health, it's important to talk to their doctor. The doctor can assess their health and determine if there is a treatable condition that is causing their declining health.

If a treatable condition is diagnosed, the doctor will recommend the best course of treatment. This may include medication, lifestyle changes, or other treatments.

In addition to medical care, there are a number of things you can do to help your elderly parents stay healthy and independent. These include:

- **Helping them with daily tasks:** As your parents age, they may need help with everyday tasks such as cooking, cleaning, and bathing. You can help them by providing assistance with these tasks or by hiring a home health aide.
- **Encouraging them to stay active:** Regular exercise is important for elderly people. It can help them stay strong, improve their balance, and

reduce their risk of falls. Encourage your parents to get regular exercise by going for walks, swimming, or participating in other activities they enjoy.

- **Making sure they eat a healthy diet:** A healthy diet is important for everyone, but it's especially important for elderly people. A healthy diet can help them maintain a healthy weight, reduce their risk of chronic diseases, and improve their overall health.
- **Helping them stay connected with others:** Social interaction is important for elderly people. It can help them stay mentally and emotionally healthy. Encourage your parents to stay connected with friends and family by visiting them, calling them, or taking them out to social events.

As our parents age, it's important to be aware of the changes that are happening to their health. By understanding the difference between ageing and a treatable condition, you can get the best care for your parents and help them stay healthy and independent for as long as possible.



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