

Effect of Climatic Changes on Older Adults

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INTRODUCTION

November is here, it is time for winter season in India. From the start of this month the cold is increasing gradually, but this sudden change in climate affected almost all the age groups [1]. As compared to general population the elder peoples are very susceptible to change in climatic conditions such as heat waves, cold, diminished air quality, storm, etc. [2,3]. The change in climate may leads to create a barrier for regular schedule of older adults [4]. In the current study the author want to focus on the causes, effect of these climatic changes on older adults along with its preventive majors. The changes occurring with the age alters awareness towards the climatic changes. The older people's loss their body heat very fast due to that they are unable to sense these changes on time, especially during the winter they are unable to sense that they are getting cold due to that they will come across a big chill which further may leads to attend a serious condition such as hypothermia [5]. There are some winters illnesses that suppose to cause the seniors are discussed below:

Winters illnesses

- **Hypothermia:** A condition at which the body temperature of 95°F or lower can cause health issues such as liver damage, heart attack, etc. [5].
- **Joint pain:** This is very common problem for senior during winter whether they suffer from arthritis or not.
- **Heart issue:** During winter the cold snap increase blood pressure and strain the heart can cause high blood pressure and sometimes heart attack.
- **Pneumonia:** Due to lung issues came up with increased age, reduced immune system may increase severity of causing Pneumonia in seniors [4].
- **Asthma:** Due to inhalation of cold air can cause the asthma attack [6].

The winter illnesses shows its more impact on the elders with some diseases such as Parkinson's disease, diabetes or thyroid, arthritis, diabetes, etc.

Safety/Prevention

It is known that prevention is always better practice than cure. One

can take a below preventive majors in order to ride from the effect of winter climatic changes on older adults.

- **Doctor consultation:** It is better to take the doctor advice in order to prevent the winter illness conditions [5].
- **Proper heating:** Maintaining a room temperature warm by sealing room openings such as windows and doors with adequate ventilation. One can use a room heater in order to maintain the temperature of room. These practices can helps to prevent the entry on cold breeze in the house and ultimately keep an elder away from winter illnesses for some extent [7].
- **Avoid exposure to cold air:** By wearing comfortable warm cloths such as sweater, socks, gloveless, blanket, etc prevents heat loss.
- **Maintaining health habits:** Avoid heavy meals, drinking a sufficient amount of water, taking warm beverages and foods, being active and mobile at home help to preserve a proper body heat.
- **Medication:** Keeping medicines with them for emergency purpose.
- **Exercise:** Regular exercise can help an older adult to become fit and especially a pranayama helps to keeps an elder away from susceptibility towards respiratory diseases such as Asthma, Pneumonia, heart diseases like heart attack.

CONCLUSION

These are the some preventive majors helps an elder to ride from winter illnesses at some extent caused by climatic changes. The change in climatic condition became a challenge to an older adult. So it is necessary to take care of an older by some preventive ways like wearing hat, gloves, sweater, coat etc in order to adapt with changing climatic conditions.

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