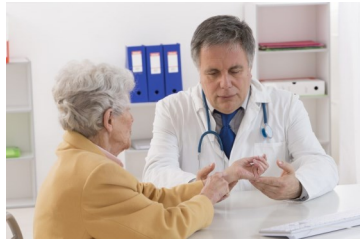


COMMON CONDITIONS IN SENIORS

By Anisa Medina, Allison Rodarte



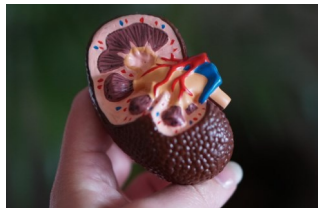
DIABETES occurs when the pancreas is unable to effectively produce insulin, for glucose control your cells need insulin in order to use glucose for energy

Ways of managing it are:

- Insulin therapy
- Balanced diet and regular exercise

CHRONIC KIDNEY DISEASE (CKD)

is the progressive loss of kidney function that results in inability to filter blood properly



Ways of managing it are:

- Blood pressure control, Erythropoietin, immunosuppressant therapy
- Low-sodium, low protein diet

OSTEOPOROSIS is the progressive loss of bone mass that increases with age.

Ways of managing it are:

- PTH therapy, Calcitonin, Bisphosphates
- Meeting daily calorie requirement
- Limit alcohol, sodium and get regular exercise like resistance training

HYPERTENSION is persistently high arterial blood pressure (exceeding 140/90)

Ways of managing it are:

- Medications such as ACE inhibitors
- Low sodium diet, limit alcohol
- Aerobic activity

END STAGE RENAL DISEASE (ESRD)

is the inability to excrete waste products and maintain fluid and electrolyte balance.

Ways of managing it are:

- Dialysis or kidney transplants
- Limit salt, potassium, fluids, and phosphorus (found in milk, nuts, certain proteins, etc.)

URINARY TRACT INFECTION (UTI)

is the infection of any part of the urinary system

Ways of managing it are:

- Antibiotics
- Drink plenty of water, 100% cranberry or blueberry juice
- Self care and proper hygiene practice