

Medical Quiz Answers

- A1. The best use walker to get around safely.
A2. He needs at least 30 seconds to get up or stand up.
A3. Because of the problems he was suffering from with unbalance and dizziness.

DISCUSSION

The percentage of persons above the age of 65 is rising over the world¹. Balance problems in seniors often occur with age, even for those with good health. Loss of balance happens for various reasons, such as stiff or damaged joints or something more serious such as a neurological condition. However, inner ear problems are the most common culprit². People are more likely to have problems with balance as they grow older. In some cases, you can help reduce your risk for certain balance problems, but problems often can start suddenly and without obvious cause. Balance problems can be caused by certain medications or medical conditions. The list below covers some common causes of balance problems³. Inner ear problems. A part of the inner ear called the labyrinth is responsible for balance. When the labyrinth becomes inflamed, a condition called labyrinthitis occurs, causing vertigo and imbalance. Certain ear diseases and infections can lead to labyrinthitis⁴. Other medical conditions. Certain conditions, such as diabetes, heart disease, stroke, or problems with your vision, thyroid, nerves, or blood vessels can cause dizziness and other balance problems⁵.

CONCLUSION

The training programs that can be provided to the elderly related to movement, walking and training have a positive role in reducing the risk of imbalance among the elderly.

But there is a need to conduct larger studies for the purpose of implementing rehabilitation programs related to improving physical function to reduce the risk of imbalance.

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Competing Interest: None.

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