

## CGPWA celebrated International Day of the Elders with Health Talk

The Central Govt Pensioners Welfare Association, Jammu (CGPWA) in collaboration with the Home for the Aged and Infirm, Ambphalla, Jammu organized a Health Awareness Lecture at jam packed Seminar Hall of IIPA International Day of Older Persons to celebrate the International Day for Older Persons. This year's theme of the Day was **Resilience of Older Persons in a Changing World**.



Dr Sushil Sharma, noted cardiologist and Head of Department of Cardiology, Super Specialty Hospital delivered an illuminating lecture on heart diseases among the elders. He said that over the next three decades, the number of older persons worldwide is projected to more than double, reaching more than 1.5 billion persons in 2050 and 80% of them will be living in low- and middle-income countries

During the lecture Dr Sushil said that those aged above 65 years are more likely to suffer from cardiovascular disease, which is problems with the heart, blood vessels, or both than the younger population. Aging can cause changes in the heart and blood vessels that may increase a person's risk of developing cardiovascular disease. Physical activity, diet and other lifestyle factors influence the

"rate of aging" in the healthy heart and arteries. The aging of other organ systems, including the muscles, kidneys, and lungs, also likely contributes to heart disease.

Dr Sushil Sharma laid stress on embracing the voices of older women and showcase their resilience and contributions in society, while promoting policy dialogues to enhance the protection of older persons human rights and recognize their contributions to sustainable development.

In his concluding remarks, Dr Sushil Sharma said that interventions or treatments that slow accelerated aging of the heart and arteries in young and middle-aged people who seem to be healthy could prevent or delay the onset of heart disease, stroke and other cardiovascular disorders in later life. Some interventions that we already know slow the rate of aging in the heart and arteries include healthy eating, exercise, reducing stress, and quitting smoking Besides managing Blood pressure, Lipids and diabetes.

**Cardiac ailments in elderly upsurge, undiagnosed, neglected: Dr Sushil**



**Noted cardiologist Dr Sushil Sharma delivering health awareness lecture at Jammu.**

**EARLY TIMES REPORT**

**JAMMU, Oct 2:** On the occasion of International Day of Older Persons celebrated every year on October 1st with this year's theme as "Resilience of Older Persons in a Changing World" Dr Sushil Sharma, noted cardiologist and Head of Department of Cardiology, Super Specialty Hospital was speaking at a Health Awareness Lecture at jam packed Seminar Hall of IIPA, organized by the Central Govt Pensioners' Welfare Association, Jammu (CGPWA) in collaboration with the Home for the Aged and Infirm, Ambphalla, Jammu last evening to celebrate the International Day for Older Persons. Over the next three decades, the number of older persons worldwide is projected to more than double, reaching more than 1.5 billion persons in 2050 and 80% of them will be living in low- and middle-income countries

During the lecture Dr Sushil stated that Adults aged 65 and older are more likely than younger people to suffer from cardiovascular disease, which is problems with the heart, blood vessels, or both. Aging can cause changes in the heart and blood vessels that may increase a person's risk of developing cardiovascular disease. Physical activity, diet and other lifestyle factors influence the "rate of aging" in the healthy heart and arteries. The aging of other organ systems, including the muscles, kidneys, and lungs, also likely contributes to heart disease. Dr Sushil Sharma laid stress on embracing the voices of older women and show case their resilience and contributions in society, while promoting policy dialogues to enhance the protection of older persons human rights and recognize their contributions to sustainable development.

In his concluding remarks Dr Sushil Sharma told that interventions or treatments that slow accelerated aging of the heart and arteries in young and middle-aged people who seem to be healthy could prevent or delay the onset of heart disease, stroke and other cardiovascular disorders in later life. Some interventions that we already know slow the rate of aging in the heart and arteries include healthy eating, exercise, reducing stress, and quitting smoking Besides managing Blood pressure, Lipids and diabetes

BR Sharma, former Chief Secretary, J&K and the Chairman of IIPA, who was the Guest of Honour, lauded the selfless services being rendered to the people by Dr Sushil Sharma within the Hospital and in rural areas by holding health camps for rural poor population. Health has always been a concern among elders and the advice given by Dr. Sushil to cut down risk factors for cardiovascular diseases in old age must be followed by all to the way of its enjoyment.

Kuldeep Khoda, former DGP & CVC, J&K and President of the CGPWA, in his presidential address complimented Dr Sushil for his outstanding lecture on functioning of the heart and said that the elders must follow medical advice to maintain a young heart as age is only a number. Khoda said that the lecture has three components to handle heart problems in elders- awareness, prevention and intervention.

Earlier I D Soni, President of Old Age Home, spoke scholarly on life and old age which he called a God sent gift and said that life was a light which needs to be spread. Quoting scriptures and narrating historical anecdotes, Soni brought home the fact that age was a state of mind and nobody should take aged one as spent force. He firmly believed that old age was a boom and elders must not be dispirited just by age and keep performing activities in their lives. He complimented CGPWA for organizing such a public-spirited function and also lauded services of Dr Sushil who is a gem in the medical profession.

KB Jandial, General Secretary of CGPWA, in his welcome address said that CGPWA has diversified its activities to benefit the society and is associating other NGOs in this venture. Arranging the awareness lecture about heart diseases was in pursuit of the same objective. The CGPWA was mulling regular "Health Talks." He said that the UN General Assembly designated 1st October as the Day for Older Persons in 1991 to draw attention to contributions made by seniors. He said that "Resilience of Older Persons in a Changing world" was the current year's theme, which highlighted the resilience of older persons in the face of environment, social, economic and lifelong inequalities. They are a valuable asset to society.

BB Magotra, Secretary CGPWA presented the formal Vote of Thanks.

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