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dementia is an irreversible progressive brain disease that affects over 6 million adults it is the fifth leading cause of death for those aged 65 or older

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web nov 3 2022 you can promote cognitive health by taking the following steps include physical activity in your daily routine physical activity increases blood flow to your whole body including your brain studies suggest eat a healthy diet a heart healthy diet may benefit your brain focus on fruits

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tokyo s high court on monday ordered a retrial for an 87 year old former boxer who has been on death row for more than five decades after his murder conviction that his lawyers said

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normal aging also brings physical changes that can sometimes interfere with the ability to have and enjoy sex as we age our bodies change including our weight skin and muscle tone some older adults don t feel comfortable in their aging bodies they may worry that their partner will no longer find them attractive

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cinch try exercise classes physical activity is key to good health consider gift memberships to a yoga studio or a

high blood pressure and older adults national institute on aging Dec 17 2022 web oct 1 2022 for older adults often the first number systolic is 130 or higher but the second number diastolic is less than 80 this problem is called isolated systolic hypertension and is due to age related stiffening of the major arteries

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vaccinations and older adults national institute

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dedicated to enhancing the quality of life of adults age 55 and older and to fostering their independent living medina county office for older adults 246 northland dr medina oh 44256 toll free 844 722 3800 office 330 723 9514 fax 330 723 9506

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what makes me happy now my very old dog dogs the guardian Mar 28 2021 web mar 14 2023

lately i have been thinking about frank and whether he is happy frank is my dog i got him at a rescue shelter for pugs in 2014 they told me he had the eyes of a two year old but the teeth of 40 year old batavia woman accused of dining and dashing Nov 23 2020 web mar 14 2023 batavia n y wivb a batavia woman has been arrested

following an alleged instance of dining and dashing batavia police say 40 year old sarah malone was eating at a local restaurant when
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