

The Relationship between Ageing and Malnutrition

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Editorial

Malnutrition is a global public health problem, which is a major cause of morbidity and mortality. It is a complex phenomenon, which is influenced by various factors, including age, sex, and socio-economic status. The relationship between ageing and malnutrition is complex and multifaceted. As people age, their nutritional requirements change, and they become more susceptible to malnutrition. This is due to a variety of factors, including changes in metabolism, absorption, and utilization of nutrients. Additionally, older people often have reduced food intake, which can lead to malnutrition. Malnutrition in older people can have serious consequences, including increased risk of infection, hospitalization, and death. Therefore, it is important to identify and address the factors that contribute to malnutrition in older people. This requires a multidisciplinary approach, involving nutritionists, geriatricians, and social workers. Interventions to reduce malnutrition in older people include providing nutritional counseling, supplements, and social support. Further research is needed to better understand the relationship between ageing and malnutrition and to develop effective interventions to reduce its burden.

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Acknowledgement

Conflict of interest

disability affect dietary intake

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Comparison of nutritional risk

Effect of calcium and

deficiencies in elderly hospitalised patients

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