



It's not uncommon for us to hear on the news or online that older folks have more to worry about when it comes to their health. With so much of that conversation happening, you might wonder, "Hey, what exactly is the case here?" With that being said, we've worked to assemble some intriguing facts and statistics regarding the "65 and over" age range and how that relates to one's health.

To begin with, we can look at the big-picture health issues that several in our senior society face. These older adults, according to the National Council on Aging, are disproportionately affected by conditions such as diabetes, arthritis, and heart disease. About

95% of adults in this age range have one of these chronic conditions, and even more concerning; about 80% of these adults have two or more of these conditions. In the United States, among older adults, the leading causes of death are heart disease, cancer, stroke, chronic lower respiratory diseases, Alzheimer's disease, diabetes, and, notably, COVID-19.

The combination of COVID-19 with any of the above conditions makes recovery and survival even more difficult; you could be trying to overcome multiple illnesses and diseases at once, which is a stressor on your immune system, your mental health, and your body at large. The Center for Disease Control, CDC, states that adults 65 and older who have received both doses of either Pfizer or Moderna's vaccine showed at 94% reduced risk of COVID-19-related hospitalization. From this, we can see that it is important we keep up our immunity as a community to COVID-19 for not only ourselves, but for our more susceptible folks as well.

How about catching the flu? This is also a severe risk for those 65 and above. The CDC acknowledges that, as you age, your immune defenses weaken. This makes our seniors a prime target for influenza to strike. It's estimated that between 70 and 85 percent of seasonal flu-related deaths in the US happen amongst this group of people that are 65 and older, which is quite alarming. Just like with COVID, the flu mixing with other conditions or diseases can make the fight appear insurmountable. If you're in this age range and feel sick, it's important to contact medical assistance when you find yourself sick; the earlier that you receive medicinal help, the better!

To summarize, it's absolutely crucial to the health of our older citizens that all of us keep up with our vaccinations, whether it be for COVID or influenza. For those above 65, it's important that they get these vaccinations in a timely manner to prevent any worsening conditions. For everyone else, it's important that they also get vaccinated to keep up the fight against these infectious illnesses and help stop the spread. Let's all strive to do the best that we can for not only ourselves, but for our neighbors, coworkers, friends, and family alike.

If you are 65 or older, keep up the fight against COVID-19 and influenza by staying vaccinated and getting regular checkups.