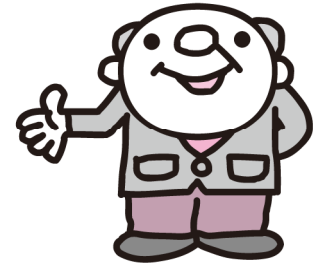


## Start Preventive Care while You are Still Healthy

### What is Preventive Care?

Preventive care consists of actions taken to prevent, insofar as possible, the need for nursing care for the elderly, and enable individuals to lead independent lives on their own. Even if you are healthy now and do not need any assistance, it is still strongly encouraged to engage in preventive care while you are healthy.



### Why is Preventive Care Needed?

Many things can cause a decline in the ability to perform daily life activities and can so lead to the need for nursing care such as debility due to aging, falling and broken bones, and arthritic disorders. These things can easily lead to an inactive physical or mental lifestyle, known as disuse syndrome, which is on the rise among the elderly today. A decline in motor function due to weakness of the bones, joints, and muscles, can mean nursing care becomes necessary. This problem, which has been drawing much attention recently, has come to be known as "locomotive syndrome."

Often, the slightest reasons are given as excuses, such as "I'm just too old" or "It's just too much trouble" for not exercising, or "I have no appetite" for not eating. Inactivity can lead to a decline in muscle strength and the inability to maintain one's balance, which can cause a person to fall. Falling and breaking bones then introduces a high risk that the person becomes bedridden. Also, a lifestyle of little to no physical or conversational interaction with others or lacking in stimulation of the mind due to reliance on others for everything, can lead to cognitive impairment or dementia.

### Causes for Elderly Requiring Care

Source: 2010 National Livelihood Survey



To lead an active life in your later years, it is important to take action to prevent illness and disuse syndrome.

