**Transcript:**

Today, I would like to tell you about the effects of old age on health. Actually today a lot of improvements have taken place in the care of old people and old people’s health is not nearly so bad as it used to be.

Probably many of the fears that people have of growing old are greatly exaggerated. Most people, for example, dread becoming senile. But in fact very few people become senile. Perhaps only about 15% of those over 65 become senile. Actually a much more common problem is in fact caused by we doctors ourselves. And that is overmedication. Nearly 80% of people over 65 have at least one serious illness, such as high blood pressure, hearing difficulty or heart disease. And very often to combat these they take a number of drugs and of course sometimes there are interaction among those drugs as well as simply being too many. And this can cause a lot of complications from mental confusions, very commonly, to disturbance of the heart rhythm. So this is a problem that doctors have to watch out for.

Probably the most ignored disorder among old people is depression. Maybe about 15% of older people suffer from this condition. A lot of it is caused by this over-medication which we mentioned.

Although it is better now for old people, we have to admit that the body does change as we grow older. The immune system starts to decline and they are changes in metabolism, lungs, the senses, the brain and the skin.

So what should an old person do to counteract these changes?

He or she should eat a balanced diet – not too much fat – chicken or fish should be eaten rather than eggs or beef. Eat more high fiber and vitamin rich foods, such as vegetables and fruit.

The old person should give up smoking if he hasn’t already done so. He should also do regular exercise – at least half an hour, three times a week. No section of the population can benefit more from exercise than the elderly.

**Key:**

Choose the best answer to complete each of the following statements.

1. There are a lot of improvements in the care of old people and the old people’s health \_\_\_\_\_\_\_.
2. Becomes better
3. Is no better than it used to be
4. Is worse
5. A much more common problem with the old people’s health \_\_\_\_\_\_\_\_\_.
6. Is the fears of becoming old.
7. Is that they become senile
8. Is over-medication
9. In order to have good health, one should \_\_\_\_\_.
10. Follow a balanced diet and do regular exercises
11. Eat eggs and beef
12. Never change his way of living
13. Which of the following is true according to the passage?
14. Over 50% of older people are senile
15. 18% of people over 65 have at least one serious illness
16. 15% of older people suffer from depression