

WHAT ARE CHRONIC CONDITIONS?

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- ⦿ Chronic conditions are long-term medical conditions that can gradually progress over time.
- ⦿ Common examples include:
 - Heart diseases
 - Diabetes
 - Hypertension (high blood pressure)
 - Hyperlipidaemia (high blood cholesterol)
 - Stroke
 - Asthma
 - Chronic obstructive pulmonary disease (COPD)
- ⦿ Majority of chronic diseases are due to poor lifestyle choices such as: **unhealthy diet, smoking, lack of physical activity and excessive alcohol use**



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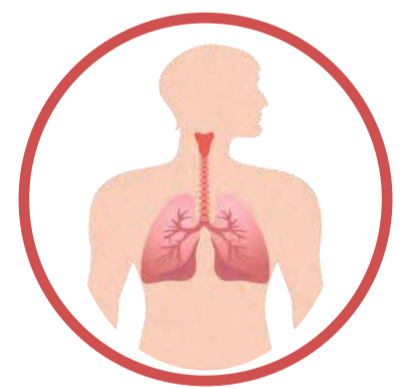
CARING FOR COMMON
HEALTH CONDITIONS IN
OLDER PERSONS



STROKE



ASTHMA



CHRONIC OBSTRUCTIVE
PULMONARY DISEASE
(COPD)



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