



APPETITE LOSS

Person does not feel hungry

CAUSES

SLOWING DOWN OF METABOLISM

Once a person ages, metabolism slows down and the appetite decreases as well to compensate.

Symptoms:

- Person does not feel hungry
- Food may appear to be unappealing

DO:

- Eat small and frequent meals.
- Plan meal menus based on favorite foods, to increase appetite.
- Add garlic to dishes—it can be a good appetite stimulant.
- Exercise regularly.

DON'T:

- Don't skip meals because you don't feel hungry.

EATING DISORDER

See page 111.



Garlic is a good appetite stimulant.

BACK PAIN

Stiffness or pain in the back

MUSCLE INJURY

Pain in the back can be caused by various activities. Heavy lifting and sudden vigorous movements can injure back muscles. If the muscles in the abdomen and back are weak, then even prolonged sitting or standing can cause pain. Stress or tension can produce painful spasms in the back area.

Symptoms:

- Pain or stiffness in the back

DO:

- Apply an ice pack or hot compress to the injured muscle for about 15 to 20 minutes, three to four times a day. Cold or hot compresses may be alternated.
- Improve your posture.
- Massage the painful area with anti-inflammatory creams or balms.
- Try over-the-counter pain relievers such as ibuprofen and acetaminophen.

DON'T:

- Don't apply unnecessary pressure on your back. Sleep on your side.

OSTEOARTHRITIS

See page 124.