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Malnutrition and ageing

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This article aims to provide an overview of the problems that exist in relation to malnutrition and the elderly population. The changes that occur in body composition during ageing are described and how this may affect disease risk. The possible metabolic processes behind weight loss are discussed and the numerous factors that affect nutritional status in the older age group are described. Prevention of malnutrition in this group is important and so the roles of nutrition screening and assessment are examined.

Biography

Manpreet Kaur is pursuing her Bachelor's in Nursing from Sigma Nursing College Ludhiana, India and also doing a research on balanced diet. She has some noble researches to her credit.

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