

DO PEOPLE SHRINK AS THEY AGE? (ЧИ ЗМЕНШУЄТЬСЯ ЗРІСТ ЛЮДИНИ З ВІКОМ?)

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Vision, hearing, memory and hair are just a few things that tend to disappear as the candles increase on our birthday cake. Unfortunately, height can be added to this list. In fact, we can begin shrinking as early as our 30s, according to some research.

Men can gradually lose an inch between the ages of 30 to 70, and women can lose about two inches. After the age of 80, it's possible for both men and women to lose another inch.

People can shrink for several different reasons.

Older adults can get shorter because the cartilage between their joints gets worn out and osteoporosis causes the spinal column to become shorter. Adults can also lose lean muscle mass but gain fat. This is a condition called sarcopenia.

Sarcopenia is characterized by a decrease in muscle mass, which leads to weakness and frailty and also a decrease in height.

Osteoporosis causes bones to become weak and fracture, which can also cause a person to become shorter.

Shrinking too fast can be an indication of a much bigger problem than having to hem pants. Those who lose one to two inches within a year may be at a higher risk for spinal and hip fractures as well as heart disease in men. If this occurs, individual should consult a doctor.

While individuals may not be able to control some changes to their body during age, there are some habits which can be changed to prevent losing as many inches. These habits include slouching, a lack of physical activity, smoking, drinking alcohol or caffeine excessively, extreme dieting, taking steroids and poor nutrition.

Research has shown that a good diet in later years reduces risk of osteoporosis, high blood pressure, heart disease and certain cancers. Even though individual might need less energy as he or she gets older, still many nutrients from food are needed.

Eating foods rich in calcium and vitamin D, such as dairy, fruits and vegetables, can help keep bones strong. Also, doing weight-bearing exercises can help thwart shrinkage.