

The Vital Role of Fresh Air in Enhancing Seniors' Well-Being

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Background

Air composition influences human bodily function; oxygen supply to the cells is essential.

Aim

Highlight the importance of fresh air for seniors' well-being.

Material & Method

The author conducted an observational study in the community from 2024 to 2025 on the significance of air composition for older people's health.

Findings

In December 2024, a 94-year-old patient was registered by her family physician with a decline in her health, which included symptoms of chest pain, blurred vision, sleep disturbance, and mood disorder. During regular home visits, the family doctor noted that the indoor air quality in winter 2024 was lower than during previous visits.

Patient's Health History

cholecystectomy, 1970.

Patient's Family Health History: parents, brothers: arterial hypertension.

Actions Were Taken

The physician informed the patient and her caregivers about the importance of oxygen for proper bodily function; she suggested they pay attention to more fresh air indoors, combined with limited physical exercises outdoors.

Results

Maintaining fresh air indoors, as recommended by the physician, and some physical exercises outdoors have improved clinical outcomes such as reduced chest pain, blurred vision, sleep disturbance, and mood disorder, which gradually diminished over a few weeks.

Conclusion

Air quality significantly impacts bodily function. Suboptimal oxygen levels in the surrounding air alter the functioning of vulnerable bodily systems. Maintaining adequate ambient oxygen is crucial, especially for seniors.

Discussion / Implication

Older individuals often need assistance with daily activities. Due to certain medical conditions, they may have limited opportunities for outdoor exercise, especially during cold seasons, which makes it essential to ensure they receive regular fresh air. Additionally, they love gifts from their loved ones, some belonging to other generations. They all must be sanitary objects surrounding them. Caregivers, family members, and friends must pay attention to these needs to create a safe, comfortable environment with fresh air.

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