



## Focus on health problems among elderly

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The coordination committee of the Central Government Pensioners Associations and the Railways Senior Citizens Welfare Society organised a seminar on health problems, especially of the stomach, intestines, renal and rectum, faced by senior citizens here today.

Maj-Gen MS Kandal (retd) was the chief guest and Dr Atul Joshi was the keynote speaker. Over 250 senior citizens participated in the seminar.

“Do not feel embarrassed to talk about problems of the rectum or anus as some conditions can become serious and even life-threatening if not taken care of in the initial stage,” Dr Atul Joshi advised senior citizens.

He said problems relating to the rectum and anus were getting more common. These included haemorrhoids, abscesses, incontinence and cancer of the rectum.

“It is a myth that bleeding from the rectum is indicative of piles.

This myth is all pervasive and some physicians also think that. It needs to be emphasised that such patients need to be diagnosed before initiating the treatment. It is possible that the problem may not be piles alone, but a complication and the patient may end up as a cancer case,” he stated.

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## **Over 250 senior citizens attend health seminar**

HT Live Correspondent

**Chandigarh:** A health seminar on the problems faced by senior citizens especially stomach, intestines, renal and rectum ailments was organised by the Coordination Committee of Central Government Pensioners' Associations and the Railways Senior Citizens Welfare Society at Hotel Chandigarh Beckons on Sunday.

Over 250 senior citizens participated in the seminar.

**"Do not feel embarrassed to talk about your problems of rectum or the anus as some conditions can become very serious and can even lead to cancer in some cases,"** advised Dr Atul Joshi, Senior Consultant General surgery, Fortis Hospital, SAS Nagar.

Talking about constipation, Dr Joshi said that side effects of new medication, abnormal functioning of thyroid, depression and obstructed defecation are common causes of the disease. **"Intake of fluids is the best way to avoid constipation. Fiber therapy i.e., eating fruits instead of fruits or not sieving the flour also help bowel movement,"** added the doctor.

**"Problems with rectum and anus are becoming common. It is imperative to see your doctor about problems in this area, especially if you have pain or bleeding. These diseases arise from problems of changing lifestyle, diet patterns and increased life expectancy in the population,"** said Dr Joshi.

**"One should report to a specialist immediately in case of alteration of bowel habits, rectal discharge, bleeding or a sense of incomplete bowel evacuation,"** he added.

**"It is a myth that every bleeding from the rectum is indicative of piles. Such patients need to be diagnosed before initiating the treatment. It is possible that such problems may not be piles alone but a complication of cases and the patient may be suffering from cancer,"** he said.

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