

HOW THE COLD AFFECTS US IN LATER LIFE

The winter months are also a perfect time for us to get out and enjoy ourselves.



But we must remember to wrap up well. Keeping warm protects us from more than just hypothermia.

1. The cold weather can also increase our risk of heart attacks and strokes, and worsen ailments such as arthritis.



2. Even when temperatures don't seem extreme, the cold can raise our blood pressure and increase our risk of flu.



3. Our capacity to keep warm falls with age. Gradual loss of muscle mass makes it harder for our bodies to maintain temperature.



4. Our blood pressure takes longer to return to normal, putting us at greater risk of a heart attack or stroke.



5. Breathing in the cold puts us at greater risk of chest infections and other lung-related problems.



6. If the weather's too cold outside, stay warm inside.



Don't let the flu bug you

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