

Editorial Note

Pearls Beyond The Elderly

The term elderly refers to those who are 65 years old or older. The number of older people will increase in every country. As people get older, some changes will happen including mind, body, and their view of the world. The brain will become less efficient at creating memories, decreasing physical activities and posture. However, aging is not a lost youth, but a new stage of opportunity and strength. Therefore, some compensation are needed, such as increasing awareness about physical exercise and prevention of the negative impacts of aging.

The United Nations (UN) General Assembly declared 2021–2030 the UN Decade of Healthy Ageing and asked WHO to implement such research. The main topic of all published articles of this edition is about the elderly such as dysphagia, obesity, physical activity, fatigue, sarcopenia, Sleepiness, Anxiety-Depression, Calories and Brain-derived neurotrophic factor (BDNF) Serum Level, Walking Capacity, Activity Daily Living, as well as Quality of life.

We hope this edition will increase our knowledge and benefit in medical rehabilitation services responsive to older people and getting access to quality long-term care.

We believe that there are a lot of pearls beyond the elderly.

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