

# **PHYSICAL HEALTH AND CARDIOMETABOLIC RISK MARKERS AMONG THE ELDER PEOPLE**

**MUHAMMAD KAMIL CHE HASAN**



**IUM  
Press**

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## PHYSICAL HEALTH AND CARDIOMETABOLIC RISK MARKERS AMONG THE ELDER PEOPLE

In Malaysia population, cardiometabolic diseases is still the leading cause of disabilities including death which cardiometabolic risks gradually rise as the age increase. The research communities particularly in clinical facing this challenge to designate the appropriate components of preventive, diagnostic including therapeutic care for the elder people in the community. Thus, by assessing the components of physical health in the elder people may provide evidence to the physiological data as complementary, and presumably may be used to foresee the elder people health status in general. The valuable effects of relationship underlying between components of physical health towards the risk for cardiometabolic risk markers in elder people, are not well understood.

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