

## - Aging

# How to keep your immune system from ageing

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There has been an overall rise in interest in understanding immunosenescence, which is defined as the change in the immune system with age. Health experts insist that this not only results in a decreased number of cells to fight infections but also alters the function of the body's defence system.



### SIGNS OF WEAK IMMUNE SYSTEM:

Dr Sonam Solanki, consultant pulmonologist and bronchoscopist, Masina Hospital, says, “Many factors like childhood infection and genetic factors contribute to poor immune system but stress, poor diet and a sedentary lifestyle also causes accelerated immunosenescence. It also causes hormonal imbalance in the body.”

Talking about how stress is linked to cardiovascular diseases, Dr Praveen Kulkarni, senior cardiologist, Global Hospitals, says, “One of the main factors of cardiovascular disease is stress. There is a surge in adrenaline levels when there is a lot of inflammation. It results in a persistent state of irregular heartbeat, erratic blood pressure and irregular sleep patterns.”

### TIPS TO KEEP YOUR IMMUNE SYSTEM FROM AGEING:

A healthy diet contributes to the general well-being of an individual and is essential to the immune system. Solanki says, “If there is a nutritional deficiency, supplementing and correcting prevent the immune ageing.” She also suggests, “Probiotics and a healthy gut are known to improve immune function. Smoking, alcohol intake and other substances indirectly result in poor nutrition and leads to a poor immune system. Exercise also has an indirect effect of reducing stress and improves immunity. Strength training, weight training, HIIT and walking all contribute to a healthy immune system.