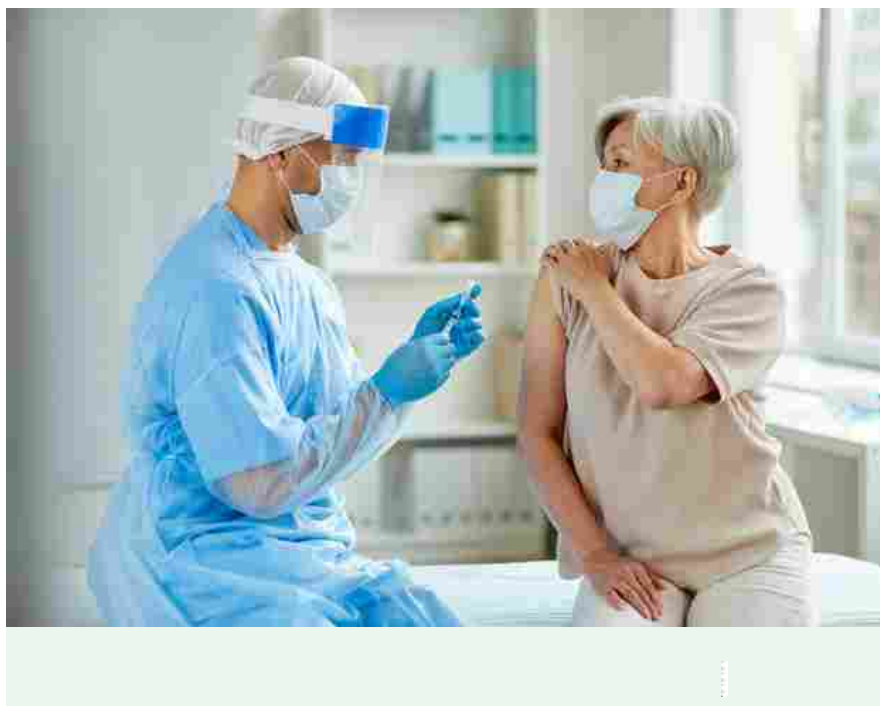


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SL• JUDYL GHO FRQWDJLR \$ RJLL LO GHJOL RYHU KD FRPS
SHU O1DFFHVVVR DOOH 5VD FKH ULFKLHGRQR LO JUHHQ SDVV UD
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SUREOHPL LQLJLDOL LQ FXL VRQR HPHUVH FRQ HYLGHQJD PROWH ORUR GHOODLQVWL H RDOQR GLPR
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H SHU HVHPSLR UHQGHUH RYXQTXH REEOLJDWRULD OD SUHVHQJD GL JHULDWUL R LQIHUPLHUI
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3 ,)UDQFHVFR ODULD SYUHGJLRQH#TVHGLJLRQL W LVFULJLRQH 7ULEXC
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JHULDWUD LQ RJQL VWUXWWXUD'

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.WDOLDQD GL *HURQWRORJLD H *HULDWULD 6LJJ /DQGL PD ELVRJQD DQFKH 3UDIIRUJDUH OH FXUH D
GRPLFLOLR H XQ µDQDJUDIHT GH L SL• IUDJLOL GD UDJLXQJHUH FRQ OD WHOHPHGLFLQD' 5HVWD DQF
GD UDJLXQJHUH FRQ LO YDFFLQR LO GHJOL RYHU

*(1 +DQQR SDJDWR LO SUHJRR SL• DOWR SL• IUDJLOL H SL• FROSLWL GDO YLUXV IL
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H GHOOD IUHTXHQWH FRQSUVHQJD GL SL• SDWRORJLH JUDJLH DOOH YDFFLQDJLRQL VRQR EHQ SURV
FRQVHJXHQJH SL• JUDYL GHO FRQWDJLR \$ RJLL LO GHJOL RYHU KD FRPSOHWDWR LO FLFOR YD
LQROWUH OH QXRYH UHJROH SHU OJDFFHVVVR DOOH 5VD FKH ULFKLHGRQR LO JUHHQ SDVV UDIIRUJD
VLFXUHJJD DQFKH L SL• IUDJLOL IUD JOL DQJLDQL 5HVWD WXWWDYLD GD UDJLXQJHUH FRQ LO YDFFLQ
RYHU ROWUH PLOD SHUVRQH FKH VRQR DG DOWLVLPR ULVFKLR LQ FDVR GL FRQWDJLR H GRE
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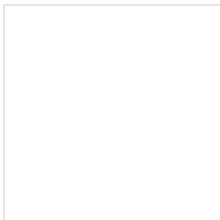
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 IXWXUR FRQ PDJJLRUH VHUHQWLWj OD VHUYH XQ JHULDWUD LQ RJQL VWUXW
 OH FXUH D GRPLFLOLR H XQ µDQDJUDIH¶ GH L SL• IUDJLOL GD UDJJLXQJHUH
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+DQQR SDJDWR LO SUH]JR SL• DOWR SL• IUDJLOL H SL• FROSLWL GDO YLUXV ILQ G
 RJL OD PDJJLRUDQ]D GHJOL RYHU q EHQ SURWHWWD JUD]LH DO GHOOD FRSH
 KD YLVWR QHOOH 56\$ XQD SULRULWj WUDVIRUPDQGR OH GD IRFRODL D OXRJKL WU
 FRQWDJLR &RVu SHU JOL DQJLDQL VL SXz RUD JXDUGDUH DO IXWUHQDQ PDJJLRU
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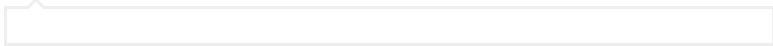
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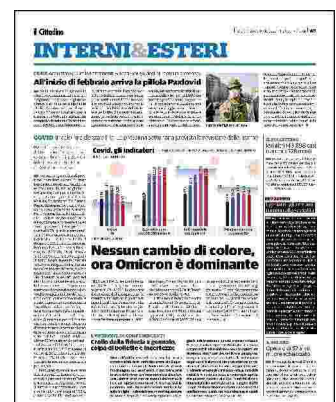
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L'APPELLO

I geriatri: gli anziani tornino alla socialità

«Quest'anno le restrizioni sono diminuite rispetto allo scorso inverno per chi è vaccinato, tuttavia le regole e le cautele, doverose per proteggere la salute dei più fragili, hanno avuto e possono continuare ad avere un impatto maggiore sul benessere fisico e cognitivo degli anziani». Così Francesco Landi, presidente SIGG, società italiana di gerontologia e geriatria. «L'isolamento infatti da una parte riduce il livello di attività fisica con conseguenze negative soprattutto per chi soffre di patologie come osteoporosi, artrosi, malattie neurologiche come il Parkinson, diabete, malattie cardiovascolari», spiega. «Dall'altra - prosegue Landi - peggiora il tono dell'umore e la performance cognitiva, con ripercussioni sul benessere emotivo perché l'anziano può percepire più acutamente la perdita di contatti sociali dovuta alle rinunce imposte dalla pandemia, da un pranzo in famiglia a una visita dei nipotini», prosegue. «È perciò fondamentale, ora, fare in modo che gli anziani possano tornare all'attività fisica e alla socialità pur nel rispetto delle regole».



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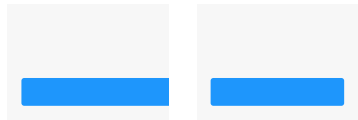
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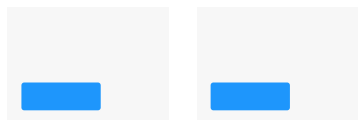
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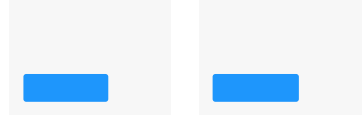


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Navigation bar with symbols

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dGgÖ...~YO:
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ZGXXGÖBOY
Ekg:ZjGÖX:.



Navigation bar with symbols

Navigation bar with symbols

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Y O X O \ Z G Ö E O Ö : Z v O : Z O Ö E : Ö p : C C O Z : g G ³ Ö d : g O Ö : X Ö f ³ , f Ö , Ö
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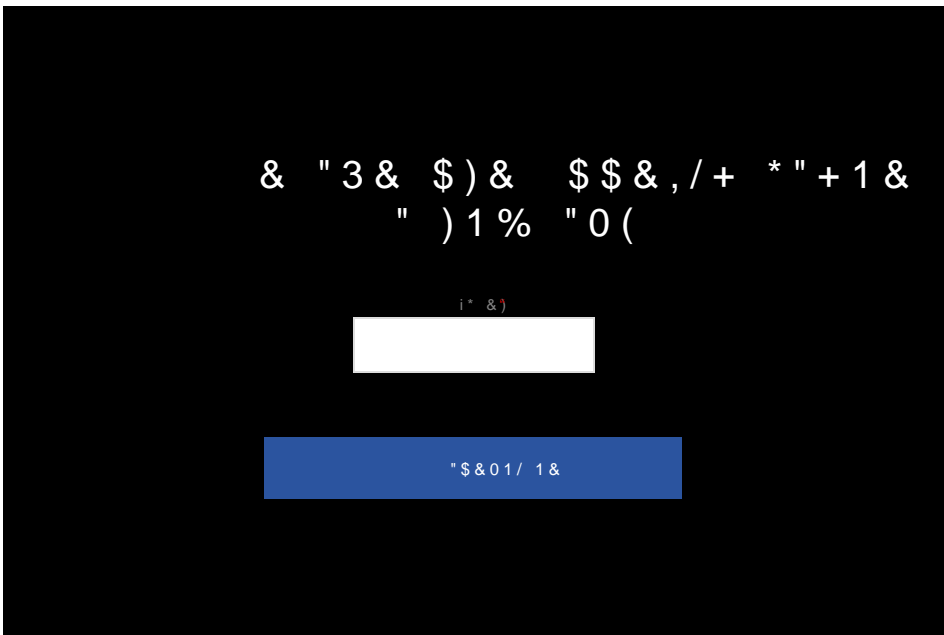
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