

Currently, the proportion of the world's population above 60 years is estimated to be 12% and is likely to rise to 22% by 2050 according to the World Health Organization (WHO). With increasing age, physical and mental capacities are bound to decline, leading to various morbidities and death, but fortunately, these declines are neither linear nor consistent. An 80-year-old person may be in very good health, fully independent and enjoying life fully, whereas another 70-year-old person may be frail and dependent on the help from others. Besides elderly people are prone to, what have been named as geriatric syndromes. These are caused by multiple underlying factors like frailty, urinary incontinence, falls, delirium, pressure sores, etc, which further add to their health problems. Healthy aging is definitely achievable by living in a healthy environment, maintaining healthy behaviors throughout life (like taking balanced diet, abstaining from tobacco use, regular exercise, strength training to maintain good muscle mass), meditation, keeping good relations with family members and friends, etc. Communities must also provide supportive environments to their seniors like safe and accessible public buildings and transport, which will enable them to move about freely and safely.

The World Health Organization has formulated a global strategy and action plan on aging and health, in which 5 priority areas have been identified for action. These are commitment to healthy aging, aligning health systems with needs of older population, creating age-friendly environments and improving measurement, monitoring and understanding.

Current issue of MGM Journal of Medical Sciences (MGMJMS) carries an informative article about gaps and other inadequacies in awareness of primary care physicians about anemia in the elderly. As is well known, anemia significantly worsens preexisting morbidities in the old, like cardiovascular and neurological disorders, depression and cognitive decline. It also increases their susceptibility to falls and fractures.

We are pleased to present issue no 1, volume 6 of MGMJMS to our esteemed readers. Thank you for contributing your articles and papers for this journal and your whole-hearted support.

Shibban K Kaul MS, MCh, FIACS
Editor-in-Chief
MGM Journal of Medical Sciences
MGM Institute of Health Sciences
(Deemed to be University)
Navi Mumbai, Maharashtra, India

