

Relationships between Physical Activity and Brazilian Older Adults: The 2019 National Health Survey

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Introduction

There is a growing consensus that very appetising meals, especially those with high sugar content, can trigger rewards and cravings that are comparable to those brought on by addictive substances. Consuming too much sugar can lead to a number of health issues, including metabolic and mental abnormalities, when combined with a sedentary lifestyle. Exercise has the power to end this cycle by outpacing other detrimental elements. Duties can range from mundane ones like collecting blood pressure readings and asking patients how they got their injuries to important ones like helping with operations and keeping an eye on patients in the operating room. A sports medicine nurse practitioner must be a skilled communicator. To ensure the best care is provided, you'll interact daily with your staff and patients. You could be in touch with the patient's coaches and family members. The patient's diagnosis or treatment could not be comprehended if you lack good communication skills, which might lead to more injuries or unwanted time away from the activity. To deliver effective sports medical treatment, you must be able to work well with others. Your team might include a nurse, doctor, radiologist, physical therapist, occupational therapist, etc. This is closely tied to communication since excellent, high-quality patient care is the outcome of successful cooperation and efficient communication skills. It's crucial to progress professionally [1,2].

Description

Determining the size of the treatment window for the positive exercise benefits in this cluster of mental and metabolic problems with addictions will be a fascinating task in the future. To replicate and examine the impact of exercise on these compulsive behaviors, more research is required. To establish the efficacy of exercise, dose-response experiments will be carried out in which exercise will be provided ad persona, that is, at individually customised degrees of intensity. Sports medicine nurses, who are often nurse practitioners (NPs), support physicians in the treatment of patients with a range of musculoskeletal injuries, including muscle strains, joint sprains, torn ligaments, broken bones and dislocations. Despite not being a "formal" or "conventional" nursing specialty, sports medicine is a field that is primarily available to advanced practising nurses with experience or a strong desire to work with an orthopaedic surgery team. Both amateur and professional athletes may be treated as patients. Gathering a patient's medical history, helping the treating physician with their treatment strategy and educating the patient on how to avoid additional injuries are all duties of the sports medicine nurse. They undertake a variety of everyday tasks concerning the strength and health of the musculoskeletal system, including conducting physical examinations,

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documenting patient histories and more. They regularly collaborate with physicians and nurses to provide patients with individualised treatment [3-5].

Conclusion

For those interested in a career in sports medicine, there are several choices. You may work for a health club and give members medical advice, such as assessing injuries or recommending a diet and exercise regimen. You could work for a business wellness initiative or an HMO. Sports medicine nurses are widely employed by both high-level groups like collegiate athletic programmes and professional sports organisations. Although you would need to attend lessons on working with children and treating paediatric patients, you could be able to get employment with a school. If you are knowledgeable in sports medicine, you may treat ordinary patients in addition to athletes at a hospital or rehabilitation facility for additional pay. Exercise burns calories, which makes weight loss sustainable and prevents weight gain. When one is active, their high-density lipoprotein (HDL) levels increase while their dangerous triglyceride levels decrease. As a consequence, your risk of cardiovascular disease and high blood pressure is reduced. Additional benefits include reducing the risk of stroke, metabolic syndrome, type 2 diabetes, depression, arthritis and several cancers.

Acknowledgement

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Conflict of Interest

None.

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