

Nutrition for Seniors Eat Smart Live Smart (v7)

7.1 Appetite 食慾

The importance of appetite should be given a high profile.

應該高度重視食慾的重要性。

It is no good producing nutritious meals unless they are eaten.

除非食用，否則更好的營養餐也沒有用。

Reasons for loss of appetite

食慾不振的原因

If an older adult is healthy, he or she should also have a healthy appetite.

如果長者健康，他或她必擁有健康的食慾。

A loss of appetite in an older person doesn't just happen for no reason.

長者食慾不振並非無緣無故。

One or more factors are often behind it.

通常背後存在一個或多個因素。

In some cases, a person might lose interest in food as a normal part of ageing.

在某些情況下，個人可能會隨著老齡化而對食物失去興趣。

In others, illness can be behind the loss of appetite.

在其他情況下，患病可能是食慾不振的原因。

■ Reduced sense of taste and smell

味覺和嗅覺降低

Two of the five senses, taste and smell, have a significant effect on how a person experiences food.


五種感官中的兩種，味覺和嗅覺，令人對食物的體驗有重要影響。

When a person loses the ability to taste, he or she also often loses interest in food.

當一個人失去品嚐能力，他或她也常常對食物失去興趣。

Food that seems tasteless has little appeal.

看起來無味的食物幾乎沒有吸引力。

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- Some people with dementia, such as Alzheimer's, may eat less
腦退化症患者，例如阿茲海默症，他們會食得比較少

Often in those instances, the person stops eating because he or she feels overwhelmed by the food choices available to them.

經常是因他們對自己的食物選擇感到不知所措，而停止進食。

- Dental or oral problems
牙科或口腔問題

Many seniors have no remaining natural teeth.

許多長者已沒有天然牙齒。

Poorly fitting dentures or a missing tooth can make eating difficult, making a person less likely to do it.

假牙安裝不當或牙齒缺失會增加飲食困難，減少進食的喜好。

The Oral Health Survey conducted in 2011 in Hong Kong showed that about one in every 18 non-institution living older persons have no remaining natural teeth.

2011 年在香港進行的口腔健康調查顯示，每 18 名非長期護理機構生活長者中，約有 1 人沒有留存天然牙齒。

- Medications
藥物

Older people tend to have more health problems than younger people.

長者往往較年輕人有更多健康問題。

To treat those issues, they tend to be on more medications.


為了治療這些問題，他們服用更多藥物。

There's a long list of medications that contribute to a decrease in appetite which include antibiotics, chemotherapy, and narcotics.

有許多藥物可以導致食慾下降，包括抗生素、化療和麻醉劑。

- Untreated or poorly managed depression can also play a role in a person's lack of desire for food

未經治療或處理不善的抑鬱症也會導致一個人缺乏對食物的慾望

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While many seniors have a physical issue that causes them to avoid food, just as many avoid eating because of emotional issues.

儘管許多長者因身體問題導致他們避免進食，但也有許多人由於情緒問題而不願意進食。

■ **Liver or kidney failure**
肝或腎衰竭

Organ failure can also make an older person less inclined to eat.
器官衰竭也會使長者不願進食。

One of the earliest signs of liver failure is a decrease in appetite, along with nausea and other digestive problems.
肝衰竭的最早症狀之一，是食慾下降，噁心和其他消化問題。

■ **Untreated cancer**
未經治療的癌症

In some cases, certain cancers can make a person lose his or her appetite.
在某些情況下，癌症會令人食慾不振。

Often, cancers of the digestive system, such as colon or stomach cancer, are accompanied by a decreased appetite.
通常，消化系統癌症，如結腸癌或胃癌，伴隨著的是食慾下降。

■ **Treatment for cancer**
治療癌症

Cancer treatments often have side effects such as nausea and vomiting, which make a person less inclined to eat.
癌症治療通常會產生噁心和嘔吐的副作用，這會使人不願進食。

■ **Financial reasons**
經濟原因

Poverty or not being able to afford food can be one of the main reasons for not eating.
貧窮或無法負擔食物價格可能是不進餐的主要原因之一。

If an older adult doesn't seem to have physical reasons for avoiding food, it can be useful to examine possible social reasons.
如長者沒有身體原因避免進食，那麼檢查可能的社會原因會很有用。

7.2 Signs of a Decrease in Appetite 食慾下降的跡象

One of the most visible signs of a loss of appetite in older people is that they eat less or refuse meals.

長者食慾下降最明顯跡象之一，是他們吃得少或拒絕進食。

But as time goes on, some other symptoms can accompany the decrease in appetite.

隨著時間流逝，伴隨食慾下降可能會出現其他症狀。

These symptoms can often point to a more serious issue or cause more problems themselves.

這些症狀通常顯示更嚴重或更多問題。

Weight loss is often connected to a loss of appetite, especially if it is dramatic and unexplained.

體重減輕通常與食慾不振有關，尤其是在顯著和無法解釋的情況下。

It is common for people's weight to fluctuate slightly throughout their lives.

一生中體重輕微波動是很常見的。

But a loss of 5 percent or more of body weight in about six months is usually a cause for concern.

但六個月內，體重下降 5%，就必須關注。

Since people need food to provide them with energy, feelings of fatigue or tiredness often go hand in hand with a decrease in appetite.

由於人們需要食物來提供能量，因此疲勞或疲倦感常常與食慾不振並存。

In some cases, fatigue can be a co-symptom of a problem and not caused by the lack of food.

在某些情況下，疲勞可能是與問題的共同症狀，而不是食物不足引起的。