Response to Z

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As time passes, people are confronted with chronic illnesses that result in never-ending pain and significantly deteriorates the cognitive functioning. Z has rightly argued that chronic illness is the illness that has afflicted a person for a long period of time (Joachim & Acorn, 2016). Moreover, Z has argued that wellness in a chronic illness means that the person battling with the chronic illness is in a good shape of health despite them being embattled with a long-term illness. Z consolidates this argument with an example. According to Z, a diabetic patient who frequently checks their blood sugar, eats healthy, and exercise daily can be said to be performing well in chronic illness. By following this routine, a diabetic person can avoid complications, says Z. Furthermore, Z acknowledges that pain is an issue which is prevalent in older adults. About one-third of the Medicare expenses are spent on lowering the pain. Serious consequences result after the pain in older adults. These consequences are depression, anxiety, and disturbed the sleeping pattern (Abplanalp & Fulford, 2018). Psychological and cognitive functioning is dealt with a serious blow with age. Most of the age-related changes are witnessed in the brain. The changes that are witnessed include decreasing blood supply to the brain, change of size in some areas, and debilitating communication among neurons. Z has argued that these changes result in worsening memory recall, focusing and paying attention, and multitasking. To summarize what Z has said is that a person suffering from chronic illness can be considered to be performing well if they are easily able to perform tasks of everyday life without any hassle. Furthermore, Z has said that pain is what accompanies older adults with detrimental consequences. Lastly, as a result of these age-related changes occurring in the brain, psychological and cognitive functioning is seriously damaged (Nishiguchi et.al, 2016)

**References**

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