
Exploring the Potential Health and Wellness Benefits of Sauna Use for Older Adults

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Sauna For Seniors

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Disclaimer

The information provided in this presentation is for educational and informational purposes only and is not intended as medical advice. Sauna and other forms of heat therapy may not be appropriate for everyone, particularly older adults or individuals with pre-existing health conditions. Before beginning any new health or wellness activity, including sauna or heat therapy, it is strongly recommended that you consult with a qualified healthcare provider or physician.



Topics

- What is Sauna For Seniors?
- Introduction to Sauna
- Potential Health and Wellness Benefits for Older Adults

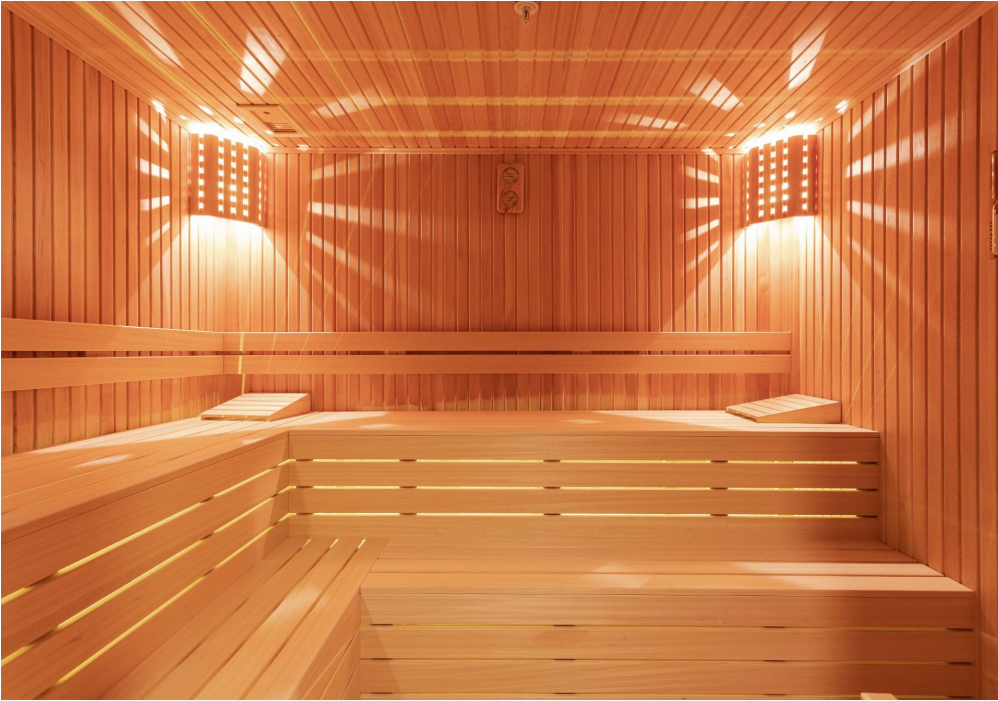
Sauna For Seniors

Sauna For Seniors is a non-profit organization with the mission of expanding awareness of the potential benefits of and access to heat therapy for senior citizens in our local communities. Sauna For Seniors provides access to mobile sauna units for senior centers and 55+ communities, provides education about the potential health benefits of heat therapy, and supports continued scientific and medical research on sauna and other types of heat therapy.



The traditional Finnish sauna I built with my dad in our backyard.

What is a sauna?



A small, heated room where steam (“löyly” in Finnish) is produced by pouring water on heated rocks for relaxation and health benefits.

There are many different types of saunas:

Traditional Finnish Saunas

Wood-burning stoves with rocks placed on top are used to generate heat and “löyly”.

Electric Saunas

Similar to traditional saunas but using electricity to generate heat instead of wood.

Infrared Saunas

Infrared heaters are used to emit radiant heat but do not produce “löyly”.

Historical Background and Cultural Significance

Cultural Roots of Sauna

Sauna and similar practices have a long history in many cultures around the world, emphasizing relaxation, health promotion, and social interaction.

These practices, in many cases dating back thousands of years, can be found in Scandinavia, Russia, the Middle East, Asia, and North and South America.



A sauna in Finland built in 1911.

Potential Health and Wellness Benefits

Source:

Sauna use as a lifestyle practice to extend healthspan, *Experimental Gerontology*, Volume 154, 2021, 111509, ISSN 0531-5565, <https://doi.org/10.1016/j.exger.2021.111509> (<https://www.sciencedirect.com/science/article/pii/S0531556521002916>)

Cardiovascular Health

Reduced risk of high blood pressure, cardiovascular disease, coronary heart disease, and sudden cardiac events.

Neurocognitive and Mental Health

Lower risk of dementia and Alzheimer's disease. Sauna use has also been shown to produce mood-enhancing and antidepressant effects.

Respiratory and Immune System Support

Improved lung function and lower risk of respiratory diseases such as asthma, chronic bronchitis, and pneumonia. Sauna use may also enhance immune function and reduce susceptibility to common colds.

Pain Relief

Reduced pain and symptoms of osteoarthritis, rheumatoid arthritis, and fibromyalgia. May also support skin health by improving hydration.

Lower Inflammation

Reduced inflammation and elevated levels of beneficial hormones like endorphins and norepinephrine, comparable to moderate exercise.



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Help Support Sauna For Seniors!

Do you know other 55+ communities or senior centers that might be interested in this presentation?

Do you know 55+ communities or senior centers that might be interested in getting access to a mobile sauna at their facility?

Would you like to support further scientific and medical research to help find treatments for neurodegenerative diseases?