

Why an Air Purifier Is Important for Elderly People

The health benefits of air purifiers are no longer under doubt by anyone. Study after study shows that eliminating harmful airborne particles such as dust, dander and pollen is the best way to cope with allergies, as well as other respiratory infections. To that end, there is no better alternative that will trap these pollutants and irritants and increase air quality than an air purifier.

Every member of your household can benefit from the presence of an indoor air purifier. However, respiratory problems brought on by inhaling pollutants are more likely to be exacerbated in children and elderly people. Therefore, if you have kids or elders living in your home, it would be a very good idea to install an indoor air purifier.

Why Are Air Purifiers Good for Elderly People?

Proof of the positive effects that air purifiers have on elderly people came from a study performed by the Institute of Public Health in Copenhagen which has received international attention. They tested the efficiency of top-of-the-line air purifier models that feature HEPA air filters. Their chosen test subject consisted of 21 couples, aged 60 to 75 that shared similar physical traits, similar lifestyle habits and similar health conditions.

The test consisted of the subjects going for 2 days with the benefit of a quality HEPA filter air purifier and 2 days without one. Between these periods the microvascular functions of each participant would be monitored to see any distinct changes. After the test had concluded, results showed that there was a definitive improvement in microvascular functions in all participants during the periods when they were breathing cleaner air thanks to a HEPA filter air purifier.

What Benefits Do Air Purifiers Have?

The implications of the notions revealed in the Copenhagen study are important on several levels. First of all, improving microvascular functions has a direct and positive effect on overall cardiovascular health. By allowing the test subjects to breathe easier, the small vessels in their bodies suffered less stress which will prolong their resistance over time. This improvement will ward off for longer periods of time and even prevent entirely cardiovascular diseases that are common in elderly people.

Another interesting issue pointed out by the study showed that air purifiers are not only beneficial to people that have allergies. Allergens are not the only harmful particles that we inhale on a regular basis. Common airborne particulates are found all around us and we breathe them in regularly. While they do not have an immediate effect on the human body, in time they will cause more damage to the aforementioned vessels since it is harder to process them. In the study performed in Copenhagen, a quality HEPA filter air purifier would be able to remove as much as 60% of those particulates.

Having an air purifier can be great for elderly people, but it can also benefit everyone else. While an air purifier would be able to improve cardiovascular health in people over a certain age, it would also act in a preventive manner for everyone else, ensuring that their systems stay in top shape for a longer period of time.