

Tai chi improves BP control, quality of life in older adults

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U.S. Defense Supply Center

(HealthDay)—Tai chi is effective in managing several hypertension-related risk factors in older adults, according to a study published in the October issue of *The American Journal of Cardiology*.

Jing Sun, Ph.D., and Nicholas Buys, Ph.D., from Griffith University in Australia, tested the effectiveness of a tai chi program for improving [health status](#) and quality of life in [older adults](#) in China with hypertension. At the end of the randomized study, 266 participants remained.

The researchers found that the tai chi program was effective at improving hypertension in older adults. It reduced blood pressure and [body mass index](#), maintained normal renal function, and improved

physical health and health-related quality of life. Existing metabolic syndrome levels, dyslipidemia, and fasting glucose level (hyperglycemia) were not improved.

"Future research should examine a combination of tai chi and nutritional intervention to further reduce the level of biomedical risks," conclude the authors.

More information: [Abstract](#)
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