

# Breaking News English.com

**Dog walking can be harmful for older people – 12th March, 2019**

## Level 4

It is common sense that dog-walking is good for older people. It is a good excuse to get some healthy exercise. Research shows that dog-walking can be bad for seniors. A report in a medical journal says more seniors are getting injured because of dog-walking. Researchers found over 32,000 cases of over-65s suffering fractures after dog-walking. Some injuries were serious and the senior needed emergency surgery.

Researchers advised of possible dangers to walking a dog. They said older adults with weaker bones must think about these dangers. The researchers said just one injury could cause a deadly hip fracture. It could also cause lifelong complications and lost independence. Researchers blamed a "small person/big dog" scenario for many accidents. Big dogs are often mismatched with weak seniors. An elderly dog owner said old people need dogs.

## Level 5

It seems common sense that walking a dog is good for older people. Dogs provide a healthy excuse to go for a walk and get some exercise. However, research shows that dog-walking can have downsides for seniors. A report published in an American medical journal says more and more seniors are getting injured because of dog-walking. From 2004 to 2017, researchers found over 32,000 cases of over-65s suffering fractures attributed to walking their dog. Some injuries were serious and needed the senior to have emergency surgery.

Researchers advised the elderly of possible dangers to walking a dog. They said: "For older adults - especially those...with decreased bone mineral density - the risks associated with walking leashed dogs merit consideration." They said just one injury could cause a deadly hip fracture, lifelong complications, or the loss of independence. The lead researcher blamed a "small person/big dog" scenario for many accidents. He said a dog is sometimes mismatched with its owner's strength to handle it. An elderly dog owner said: "Old people need dogs. We need our soul mates."

## Level 6

It once seemed common sense to believe that having and walking a dog was good for older people. Dogs are great companions and provide a healthy excuse to go for a walk and get a bit of exercise. However, new research shows that taking the dog for a walk can have its downsides for seniors. A report published in the American medical journal 'JAMA Surgery' says injuries among seniors related to dog-walking are becoming increasingly prevalent. From 2004 to 2017, researchers calculated that there were over 32,000 cases of people in the USA aged 65 and over suffering fractures attributed to walking their dog. Some of the injuries were serious and required the senior to undergo emergency surgery.

The researchers advised the elderly to consider the possible dangers to owning and walking a dog. They said: "For older adults - especially those living alone and with decreased bone mineral density - the risks associated with walking leashed dogs merit consideration." They added: "Even one injury could result in a potentially lethal hip fracture, lifelong complications, or the loss of their independence." Lead researcher Dr Jaimo Ahn blamed what he termed as a "small person/big dog" scenario for many of the accidents. He said a dog is sometimes mismatched with its owner's inability and strength to handle it. One elderly dog owner said: "Old people need dogs. We need our soul mates."