

According to the demographic researches, the population is getting older. The death is caused not only by cardiovascular or tumorous diseases, but it include external fault as well. The seniors are more endangered. On the one side there are more possibilities to injure themselves, on the other they have more chronic diseases, that may influenced the progress of therapy. Because the subpopulation of seniors will be getting bigger in the next years, it will be great to think of some possible methods of prevention and of their practical use. That our senior days could be spend not only in quantity, but in quality as well.