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LIST OF ABBREVIATIONS

AAMI	Age-associated memory impairment
AD	Alzheimer's disease
ADLS	Activity of daily living scale
AIM	Age-related memory impairment
COPD	Chronic obstructive pulmonary disease
DALYS	Disability adjusted life years
GAD	Generalized anxiety disorder
HIV	Human immunodeficiency virus
IADLS	Instrumental activities of daily living
ICD 10	International Statistical Classification of Diseases and Related Health Problems 10th Revision
MCI	Mild cognitive impairment
MEPS	Medical Expenditure Panel Survey
NHC	Nursing Home Component
NNHS	National Nursing Home Survey's
PA	physical activity
PSMS	Physical Self- Maintenance Scale
REM	Rapid eye movement
ROS	Reactive oxygen species
U. K	United Kingdom
U. S	United states
UAE	United Arab Emirates
USA	United States of America