

Table 1) Absolute and Relative frequency of some of the physical health components in the retirees of the Armed force residing in Tehran (n=299)

Variables	Number	Percentage
Restrictive physical disorder		
Without any disorder	159	53.2
Hearing Disorder	36	12.0
Visual Disorder	16	5.3
Movement Disorder	18	6.0
Psychological Disorder	8	2.7
The presence of active pain		
Sore Feet	15	15.6
Lumbar and Thoracic Spine Pain	12	12.5
Cervical Spine Pain	5	5.2
Pains in Hands	4	4.1
Headache	3	3.1
General Pain in Body	57	59.4
The existence of active diseases		
High Blood Pressure	31	21.5
Diabetes	28	19.4
Cardiovascular Disease	23	16.0
Inflammation and Joint Disease	14	9.7
Prostate and Urinary Tract Diseases	12	8.3
Gastrointestinal Diseases	10	6.9
Chronic Lung Diseases	8	5.6
Psychological Disorders	6	4.2
Endocrine and Metabolic Diseases	6	4.2
Other Cases	6	4.2
Reason for hospitalization during the past year		
Cardiovascular Diseases	1	3.7
Prostate and Urologic Diseases Surgery	7	2.3
Spine Surgery and Discopathy	4	1.3
Gastrointestinal Bleeding	12.0	4.0
Eye Diseases and Cataract	6	2.0
Other Causes	7	2.3
Physical Problems		
No physical complaints	85	15.0
Visual impairment	58	10.2
Fatigue	45	7.9
General weakness	39	6.9
Insomnia	38	6.7
Troubled teeth and gums	38	6.7
Anxiety	38	6.7
Frequent urination/night urinary	34	6.0
Anger and irritability	33	5.8
Forgetfulness and lack of concentration	23	4.1
Shortness of breath	21	3.7
Hearing problems	18	3.2
Shortness of breath when lying down	17	3.0
Anorexia	17	3.0
Coughing or wheezing	15	2.6
Dizziness	14	2.5
Intermittent limp	15	2.6
Weight gain	7	1.2
Constipation	6	1.1
The lack of balance	5	0.9

Weight Loss	4	0.7
Diarrhea	1	0.2