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Specialist on Aging, L.J. Rohan Shares Importance of Immune Systems in an Age of Coronaviruses

Gerontologist advocates ‘retention and prevention’ for high-risk population

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DALLAS, Texas (April 8, 2020) – L.J. Rohan, a specialist in the field of aging, is advising high-risk adults to turn to immune system building and retention for illness prevention amid coronavirus outbreaks.

Gerontologist L.J. Rohan says strengthening the immune system among older adults is crucial in battling every strain of coronavirus. “Retention and prevention are processes that include proactive actions to first build a strong immune system then maintain that immune system to prevent these diseases from causing long-term harm. Retention of our health, especially building up our immune system, will serve us well in preventing illness and diseases from taking hold and doing long-term harm to our bodies.”

Because people aged 65 years and older may be at a higher risk for severe illness from coronaviruses, Rohan recommends a combination of movement, healthy nourishment, hydration, supplementation, rest and meditation to improve one’s chances of fighting back. She advises on lifestyle choices that significantly impact one’s immune system and ultimately overall health.

“Building the immune system before these kinds of diseases take hold has been proven to help so much over the long run. There are ways we can outsmart these types of outbreaks by focusing on the retention of a healthy immune system to prevent us from becoming ill,” Rohan says.

Rohan recently launched a nationwide campaign to address the often-overlooked needs of aging women by delivering scientific breakthroughs and research to guide women 55 and older to live rich, fulfilling lives. She has appeared as an expert in the study of aging on many health-based radio programs and podcasts. She is also the creator of the Gratitude Meditation app, which has been downloaded more than 53,500 times.

Rohan earned a Master’s Level Certification in Gerontology from the University of Southern California’s Davis School of Gerontology and holds undergraduate and graduate degrees from Southern Methodist University. Gerontology is the study of the social/cultural, psychological, physiological and biological



aspects of aging; it is the only scientific discipline combining all the aspects of the aging process. Rohan's campaign raises awareness through social media, video tutorials, podcasts, online conversations, a weekly newsletter and a resourceful website. For more information visit LJRohan.com, and follow her conversations and research on Facebook and Instagram: [L.J.Rohan-Gerontologist](https://www.facebook.com/LJRohan-Gerontologist), and YouTube.com: [L.J. Rohan-Gerontologist](https://www.youtube.com/LJRohan-Gerontologist).

Gerontologist L.J. Rohan, is available for interviews on the needs of strengthening immune systems among high-risk populations facing coronaviruses. Contact publicist Diane Montgomery at 214-783-8285 or info@LJRohan.com. Access L.J. Rohan's digital press kit for photographs and digital assets.

L.J. Rohan is a Gerontologist, author and speaker, covering the latest scientific research related to aging, aging in place and the study of gerontology. She earned a Graduate (Master's Level) Certification in Gerontology from the University of Southern California's Davis School of Gerontology. Rohan also holds undergraduate and graduate degrees from Southern Methodist University. In her previous career, L.J. was an award-winning interior designer for more than three decades. Additionally, she was an instructor at SMU, the University of Texas at Arlington, and Northwood University and has been a frequent speaker at universities, museums and cultural institutions throughout the United States. She is also the creator of the Gratitude Meditation app, available via the iTunes App Store and Google Play.

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