
LETTER TO THE EDITOR**Response to Comments on Ayesha Afridi et al (J Pak Med Assoc. 68: 480-483, 2018)****Emerging role of exergaming rehabilitation of balance problems in the older adults**

Ayesha Afridi

Thank you very much for your kind words and appreciation on our work. Undoubtedly balance problems are practically ignored due to high cost of preventive rehabilitation and least interest of older adults in exercising and physical activities.

I agree with your comment that our system is disease oriented and healthy people cannot imagine to visit

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the hospitals for preventive measures so the practical use of the quote "prevention is better than cure" should be kept in mind and older adults should be given the chance to engage themselves in healthy physical activities before the unfortunate incidence of falls.

In our experience initially it was very difficult to convince the older people to come and play the active video games but after one week of orientation they tend to do it with more interest and with greater will to break the score records of other participants.