Geriatrics Health

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Global demographics

It is estimated that about **8%** of the world's population are older than ***65 years*** of age (2011). This is. In Egypt, The percent of older people" defined as ***60 yrs*** of age and more" was **6.1%** of the total population according to the Egyptian census in 1996. Percentage of older people **7.2%** in 2006, **8.9%** in 2016 and **10.9%** in 2026.

- The life expectancy متوسط العمر المتوقع أو مأمول العمرfor male elders was **14.3 years** in 1996, while it is expected to be **19.3 years** in 2026. The policy making bodies are mainly the Ministry of Health and Population, Ministry of Insurance and Social Affairs وزارة التأمين والشؤون الإجتماعيةand some universities and academic Institutes. Women outnumber men in the older population because they have an advantage in life expectancy that averages 6 years. In fact, older women outnumber older men in most countries.

- Never before has the population of older adults been so large, and its numbers are on the increase. The progressive aging of populations is hailed رحّبَ به as a triumph النصرfor the human species. People are living longer as a result of improved health care, eradication and control of many communicable diseases, use of antibiotics and other medicines, healthier dietary practices, safer global water supplies, regular exercise, and accessibility to a better quality of life. This is especially true for people in developed countries, and particularly for residents of Egypt.

Population characteristics

- **Population**

Americans are living longer than ever before, and it is expected that the older population will continue to grow. Presently, people who survive to age 65 years can expect to live an average of nearly 18 more years. The life expectancy of people who survive to age 85 years today is about 7 more years for women and 6 more years for men. Life expectancy varies by race, but the difference decreases with age. In 1900, people aged 65 years and older made up 4% of the population. In 2006, nearly 37 million people aged 65 years and over lived in the United States, accounting for just over 12% of the total population. The oldest-old population (those 85 years and older) grew from just over 100,000 in 1900 to 5.3 million in 2006 .

Geographic Location

The proportion of the population aged 65 years and over varies by state. In 2006, Florida had the highest proportion of people aged 65 years and over (17%). Pennsylvania and West Virginia also had high proportions, each slightly over 15%.

Gender

Older women outnumber older men in the United States. In 2006, women accounted for 58% of the population aged 65 years and over and 68% of the population aged 85 years and over (Federal Interagency Forum on Aging-Related Statistics, 2008).

Marital Status

Older men are more likely than older women to be married. In 2007, more than three *quarters (78%)* of men aged 65 to 74 years were married, compared with more than **half (57%) of women in the same age-group. The proportion married is lower** at older ages: *38% of women* aged 75 to 84 and *15%* of women aged 85 years and over were married Widowhood الترمّلis more common among older women 42% than older men 13%.and the proportion divorce in men 8% and women10% in 2007.

In **Egyptian people** the proportional divorce are increase to 45% in 2008.

Education

Educational attainment **has increased among** older adults. In 2007, 76% of older adults were high school graduates (compared with 24% in 1965).

Older men attained a bachelor's degree more often than **older women** (25% compared with 15%); however, the gender gap in completion of a college education is narrowing (Federal Interagency Forum on Aging-Related Statistics, 2008).

The Illiteracy rate نسبة أميّـةِin **Yemen** are 62% in women and 29% in men .

Sources of Income

In 2006, the median household income of older adults was $27,798. Aggregate income for the population aged 65 years and over came largely from four sources: Social Security provided 37%, earnings accounted for 28%, pensions provided 18%راتب التقاعدي , and asset الثروةincome accounted for 15%.

Among older Americans in the lowest fifth of the income distribution, Social Security accounts for 83% of aggregate incomeالدخل الكلي , and public assistance accounts for another 8%.

In **Yemen** 82% of households doesn't overcoming his outcome . and 17% households overcoming his outcome in 2005 . and in **Egypt** the households income increase to 4.1% in march 2011.

Poverty and Health Education

By 2006, the proportion of the older population living in poverty had decreased dramatically to **9%**.

Older women (12%) were more likely than older men (7%) to live in poverty. Older people who live alone have higher rates of poverty than those who are married.

In **Yemen** the proportion of poverty are 47% in 2008. and in **Egypt** the proportion of poverty are 41% in July 2009.

- Community provider will be increasingly called upon to care for older adults of diverse backgrounds who reside in various living arrangements. Although educational attainment has increased among the elderly population, many older adults have less than a high school education; **therefore health provider must be sensitive and creative** when providing instruction and teaching, instructions may need **to be given at a slower pace**. It may also be imperativeالأولوية to include family or significant others when providing instruction**.**

MYTHS

- Elderly people are incompetent العاجزand incapable of making decisions or handling their own affairs.
- Most elderly live in services homes
- All elderly people live in poverty
- Older people are lonely and unhappy
- Elderly do not want to work
- "Old Age" begins a 65
- Retirement ends your active life

Differences between adult medicine and geriatric medicine:

- Geriatrics differs from standard adult medicine because it focuses on the **unique needs** of the elderly person. The aged body is **different physiologically** from the younger adult body, and during old age, the decline of various organ systems becomes manifest. Previous health issues and lifestyle choices produce a different constellation of diseases and symptoms in different people.

- The appearance of symptoms depends on the remaining healthy reserves in the organs. **Smokers**, for example, consume their respiratory system reserve early and rapidly. Geriatricians distinguish between diseases and the effects of normal aging. For example, renal impairment may be a part of aging, but renal failure and urinary incontinence are not. Geriatricians الاختصاصيون بالشيخوخه aim to treat diseases that are present and achieve healthy aging.

Characteristics of healthy older adults:

Their ability to function is a key indicator of health and wellness and is an important factor in understanding healthy aging. Good health in the elderly means maintaining the maximum possible degree of physical, mental and social vigorالحماسة . It means being able to adoptتبنّ , to continue to handle stress, and to be active and involved in life and living.

- So healthy aging means being able to function, even when disabled, with a minimum of ordinary help from others Wellness among the older population varies considerable. It is influenced by many factors, including personality trails, life experiences current physical health, and current societal supports. Some elderly people demonstrate maximum adaptability, resourcefulness, optimism, and activity.

Needs of the elderly:

A)Physiological ,physical, or biological needs :

Physiological ,physical or biological needs are required by humans to sustain life. Food ,water, oxygen, bowel & bladder elimination, sleep and protection from extreme temperatures are physiological needs. Even among these basic needs, a priority exists. For example a person may go without water or food for hours and not die, but without oxygen a person will die in just a few minutes.

- While ,sensory and motor needs may go unmet and the person will not die, but their body functions will be affected. So that, most of us take for granted مَمْنُوح the automatic needs that are met, such as breathing about 16 times a minute or emptying our bladder when we have the urge to urinate. But when we are unable to have these basic needs met, our ability to survive and function is threatene.

Nutritional requirements of the elderly:

The health status of the elderly affects their evaluation for nutritional needs .The **poor nutritional status may contribute to the declining health** of the elderly and thereby increase their need for health care.

A variety of factors contribute to the nutritional problems of the elderly, including **low economic** status and **inadequate food consumption**, **physiologic decline**, a **multitude of disease** processes, and the **therapeutic regimens** prescribed to cure or treat those illnesses. So that, increased **nutrient needs should be determined** as early as possible to prevent tissue breakdown and maintain organ function.

Heart disease, cancer, and osteoporosis هشاشة العظام are among the nutrition-related conditions to which older are susceptible. **Attention to dietary requirements** and reduction of diet-related risks can reduce some of these problems. Thus, data are needed to establish both the nutritional needs of the elderly and the effects of aging on nutrition requirements to assure the Estimated safe .**quality of life** and adequate daily intakes of nutrients for the elderly are summarized in the following.

Factor affecting nutritional intake:

- Many of the elderly become poor after retirement because of low income.
- The present generation of elderly have a low education average and don't always understand nutritional needs.
- Many live in a single room where preparation of food is difficult.
- Specially prescribed diet may cause additional costs and many require more shopping and more preparation.
- Food preparation and consumption habits of a lifetime are difficult to change Furthermore, changes in gastrointestinal tract and oral health problems can affect the nutritional status of older adults

B) Exercise needs:

Older adults needs to exercise, in fact, they thrive الازدهار/ النماء when exercise is **incorporated into their daily routine**. Research shows that exercise can slow the loss of bone density and increase the size and strength of muscles, including the heart. Exercise, such as a daily walk, can keep muscles in good tone, enhance circulation, and promote mental health. Preparing for exercise by warming up helps to keep muscles free from injury and to prevent falls even among the very old, an exercise routine that includes activities that improve strength, flexibility, and coordination may indirectly, but effectively, decrease the incidence of osteoporotic fractures by lessening the likelihood of falling.

C) Elimination:

Bowel function is often a major concern of the elderly. Education is important to help the elderly and their care givers to understand that daily bowel elimination is not crucial حاسم. As long as the bowel move on some regular basis without strain, the stool is not hard and dry and no abdominal swelling or discomfort occurs, no concern is necessary. A good fluid intake, a diet rich in fruit and vegetables, activity and establishment of regular time of bowel elimination can be **beneficial in maintaining a regular elimination pattern in the elderly** .

D) Hydration:

Thirsty perception declines with age, causing older persons to be **less aware of their fluid needs.** This could be life threatening to the elderly. So that, special measures must be taken to ensure a minimum fluid intake of 1500 ml/daily. Many sources other than plain water can provide this requirement, including **soft drink, coffee, juices, ice and fresh citrus fruits.**

Common Health Problems Affecting the Elderly:

Osteoporosis, **Rheumatoid Arthritis**, **Hypertension**, **Stroke** and transient **ischemic attack** نقـص التروِيـه, **Ischemic heart disease**, **Hearing loss**, **Tinnitus**طنين الأذن , **Visual impairment**, **Diabetes mellitus**, **Urinary incontinence**, **Chronic obstructive pulmonary diseases "COPD"**, **Benign prostatic hypertrophy** , **Breast cancer**, **Depression**.

Thank you