

Medical care for the elderly

The aging process - hypotheses

- Each cell division decreases the number of telomeres , which have a role in cell division (telomerase intervenes in the synthesis of telomeres)
- accumulation of errors gene , which that lead to the modification of DNA and the synthesis of protein modified
- Epigenetic factors, methylation of DNA, modification of histones and the proteins that are involved in the process of transcription and transduction
- Weakening system immune with tolerance of protein modified or even to some cellule modified (cancerous)

- Free radicals act on membranes and DNA Of cells .
- Free radicals depend on the intensity of metabolism , but can be increased by pollution , physical exertion , smoking , alcohol , ultraviolet rays, stress, some drugs .
- Free radicals are subtracted from antioxidant internal and external : SOD, vitamin C, vitamin E, coenzyme Q

- Melatonin - antioxidant effect
- Dehydroepiandrosterone - prevents atherosclerosis , the occurrence of tumors and the disorders of memory

Preventing the process of aging

- Genetic factors 30%
- factors of environment 30%
- lifestyle of 40%

Preventing the process of aging

- Avoiding factors of risk
- Cultivation of sanogenetic factors
- Correction of disorders produced by the process of aging (eg. Disorders endocrine)
 - Dehydroandrosterone
 - Melatonin
 - Therapy of Replacement Hormone
 - Risk of breast cancer, breast cancer

The stages of the third age

50 years - presenescence

- The effort capacity of the heart decreases by 15%
- Vital capacity decreases by 20%
- Muscle capacity decreases by 40%

Myocardial infarction and age

- Among the cases of MI:
 - 30% under 50 years
 - 40% between 50-60 years
 - 25% between 60-70 years

- 5% after 70 years
- In women, the incidence of myocardial infarction increases after the age of 50.

60-75 years - the elderly

- Decrease flow heart
- Decreases vital capacity
- In conclusion : decreases the capacity for effort
- Energy needs are reduced (diet must be adapted)
- Decreases intellectual capacity (decreases the number of neurons and the number of synaptic mediators , decreases cerebral flow)

75-85 years - the old man

- Flow heart is decreased
- Cerebral blood flow is low
- Speed of the driving nerve decreases by 30%
- Bone mass decreases by 30%
- Decreased digestive secretions
- Reduction of immune defense mechanisms
- The elderly become vulnerable to pathogens
- Family doctor: must to assess the degree of autonomy of old

Over 85 years - longevity

- 1 from 2: intellectual deficit
- 1 from 5: Alzheimer 's disease

Appreciation of the degree of autonomy

- Neuropsychic condition
- Oriented in space and time
- Disorders of memory
- disorders of the organs of s IMT
- disorders of motility
- Moving around the house, outside the house
- Going up and down stairs
- Daily toilet
- Dressed / undressed
- Food preparation
- Sphincter control - constipation - enema - bladder probe

Pathology age of the third age

More common diseases in the elderly

- respiratory system
 - Chronic bronchitis
 - Pulmonary emphysema
 - Cord lung chronic
 - Lung cancer
 - Respiratory failure
- cardiovascular system

- HTA
- Ischemic heart disease
- Myocardial infarction
- Heart failure
- Venous insufficiency
- Arteritis obliterans
- excretory system
 - Urinary tract infections
 - Retention of urine
 - Urinary incontinence
 - Adenoma of the prostate
 - Prostate cancer
 - chronic kidney disease
- The neuropsychic system
 - disorders of sleep
 - Depression
 - Cerebral atherosclerosis
 - Demented senile
 - Parkinson 's disease
 - Brain tumors
 - Stroke
- Organs of sense
 - Disorders of view
 - Cataracts
 - Glaucoma
 - Disorders of hearing
 - Deafness
- Skin
 - pruritus senile
 - Senile keratosis
 - Senile angiomas
 - Epithelium
 - Trophic ulcers
 - ulcers of decubitus
- The musculoskeletal system
 - Osteoarthritis
 - Spondylosis
 - Fractures

Disease specific age of third age:

- Osteoporosis
- adenoma of prostate
- Parkinson 's disease
- Cataracts
- Dementia
- Fall disease
- Disorders of menopause
- Osteoarthritis

* Stenosis , hypertrophic the pilot is specific to older childhood

Geriatric syndromes :

- Syndrome of immobility
- Syndrome of instability
- Syndrome of incontinence Urinary
- Syndrome of intellectual dysfunction

Syndrome of immobility

Lack of movement determines

- Increased process of aging
- The emergence atrophies muscle
- Osteoporosis
- Occurrence of thrombophlebitis
- Appearance of pressure ulcers

The most difficult complication of the syndrome of immobility is

- Appearance of pressure ulcers

The eschars are presented by :

- Redness of the skin
- Superficial ulcerations
- Injury deep without cavities of tissue necrosis
- Injury deep with cavities of tissue necrosis

Syndrome of instability = disease as takings

- Falls are caused by
 - Disorders of balance
 - Decreased muscle strength
 - Disorders of view
 - Orthostatic hypotension
 - Neuropsychiatric disorders
 - Consumption of alcohol
 - Medication
 - Conditions of living

Syndrome of incontinence Urinary

- Can be determined by
 - Urinary tract infections
 - Atrophic urethritis
 - Diabetes mellitus
 - Overactive bladder
 - Hyperreactivity of the detrusor
 - Hyperactivity of the detrusor
 - Urethral obstruction
 - Stress
 - Alcohol
 - Some medicines

Syndrome of dysfunction intellectual

- After 65 years: 10%
have mild intellectual dysfunction (confusion , onset of dementia)

Prevention

- Improving the lifestyle pillars
 - Food
 - Physical exercise
 - Family and social involvement
 - Cultivation of spiritual factors

Specific disease of third age

- disorders of menopause
 - average 45-48 years

Mechanisms involved in menopause

- Decreased sensitivity to gonadotropins of follicles ovarian rest
- FSH increases
- Increases LH
- Decreases estrogen
- Decreases progesterone

The most common clinical manifestations in menopause

- Hot flashes
- states depressive
- Sweating
- disorders of sleep

Menopause is considered if

- The progesterone test is negative for the three months in a row
(normally occurs menstruation after the administration of progesterone if there are enough amount of estrogen)

Local complications of menopause

- Vaginal atrophy
- Vulvar atrophy
- Dyspareunia
- Atrophy of the urethra
- Recurrent cystitis
- Urinary incontinence

General complications of menopause

- Osteoporosis
- Metabolic disorders
 - Metabolic menopausal syndrome
- Cardiovascular disease

Primary osteoporosis is caused by

- phenomena of involution

Secondary osteoporosis :

- Endocrine disorders
- Digestive disorders
- Metabolic disorders

Osteoporosis caused by menopause

- It is type I.
- Appears at 50-70 years
- The more frequent in women than in men

Osteoporosis caused by ageing

- It is type II
- Occurs over 70 years
- Non - pharmacological treatment of menopause
- Regime food
 - hypocaloric diet (due trend of increasing weight)
 - hypolipemic diet (20-30% of the caloric , 10% lipid saturated)
 - Calcium
 - Vitamins
 - Phytoestrogens
- Physical exercise

Foods with content high in phytosterols

- Soy
- Beans
- Vegetables
- Cucumbers
- Tomatoes
- Carrots
- Spinach
- Apples

Treatment of hormone replacement - indications

- Premature menopause
- Severe menopausal disorders
- Skin and mucosae atrophies
- Increased risk of osteoporosis
- Cardiovascular history
- Diabetes mellitus

Treatment of hormone replacement - contraindications

- Malignant hypertension
- Thrombophlebitis
- Disorders of coagulation
- Diseases of system
- Hypercholesterolemia
- Chronic hepatitis
- Kidney failure
- Estrogen-dependent tumors
- Uterine fibroids
- Breast cancer
- Ovarian cancer

Treatment of hormone replacement - side effects

- Increases the risk of:
 - HTA
 - Thromboembolism
 - Cancer Uterine
 - Breast cancer
- Raloxifene (antagonist of the estrogen receptors from the genital organs, agonist of the estrogen receptors from the other organs - reduces the risk of osteoporosis and CVD, without the increase risk of cancer of the organs genital)