

# IS AGE A NUMBER OR A REALITY

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# Increasing Age and associated health conditions.

**Definition of Aging.-** Aging is the process of becoming older.

Aging refers to a Multi dimensional process of physical, psychological and hormonal changes .

Age associated diseases are to be distinguished from aging process itself.

All adult humans age, but not all adult humans experience all

age -associated diseases.

The oldest man that ever lived is Methuselah -aged 969.

# CONSEQUENCES OF AGING.

**-Affects virtually all organs**

**-Age related changes in -Vision ,cataract ,glaucoma**

**-hearing loss ,>50**

**-muscle mass**

**-nervous system**

**-Slower reflex times**

**-less physical strength**

**-immune system is depressed.**

**-Increasing life expectancy also goes with increased risk of age -related diseases.**

# COMMON DISEASES WITH AGING.

## 1)Arthritis

- Commonest-affects 45% of >65yrs
- Inflammatory joint problems  
eg-osteoarthritis ,rheumatoid arthritis and gout

### Symptoms:

- Painful Swelling of the joints
- locomotory problems
- Treatment :Pain relief drugs. & anti-inflammatory .  
:Physiotherapy & heat therapy.

## 2)Alzheimer's Disease.

- Brain damage and death of brain cells.
- Affects brain function & cognitive ability.  
( ie memory, thinking ,or reasoning )

## **Symptoms:**

- Begins with minor memory loss
- Confusion
- Progresses to severe cognitive and physical impairment .

## **Management .**

- No cure ?Drugs.

## **3)Heart Disease./Heart Attack.**

- Risk factors .

High BP

High cholesterol

Obesity

Stress related profession/Life style.

All are common in old age.

## Pathophysiology.

- Blood supply to a Segment of heart muscle is compromised
- Generally as a result of atherosclerosis .

## Symptoms:

- Sudden sharp pain in the chest.
- Tightness in the chest
- Radiates to shoulders,neck and arms.
- Fainting attacks,sweating ,shortness of breath.

Treatment .-Emergency attention .etc.

## 4).Stroke.

- Pathophysiology.
- High Risk Factors are high BP,/Cholesterol ,obesity
- Clogging /bursts in blood vessel to a segment of the brain.
- blood flow /O2 deprivation .
- regional tissue death @ affected part of the brain.

## Symptoms

- Severe headache ,dizziness .
- Numbness, weakness , paralysis &confusion
- cognitive or speech impairment .

## Management

Rehabilitation ,Physiotherapy.

Treat underlying cause.

## 5)CANCER.

Description-Mutated body cells Multiply out of control, destroying healthy organs and tissues.

-WHO IS AT RISK.?

-Not a respecter of persons ,age or organs of the body.

# MOST COMMON CANCERS IN NIGERIA.

1) Breast, 2)Cervix/uterus, 3)Prostate, 4)colorectal, 5)Liver 6)Leukemia 7)Others- Ovaries, stomach, Testicles, bladder , bones and brain.

## **SYMPTOMS.**

-Usually none in the early stage.

-Depends on the affected organs.

eg Breast- Lump, thickening ,discharge/blood from the nipple.

-Unusual bleeding /offensive discharge

-Changes in bladder/bowel habits.

-Nagging cough.

-Sores not healing

## **Management .**

-Best to optimize preventive checks.

-Surgery, Chemotherapy /Radiotherapy .



## **6)DIABETES.**

The body cannot properly utilize sugars and starch.

Why?

Either Lack of insulin or Body's inability to utilize insulin properly.

### **Symptoms.**

- Frequent urination
- Frequent thirst
- increased appetite .
- Poor control can lead to organ damage  
Kidneys, eyes, brain etc.

## **7)OSTEOPOROSIS**

- Calcium salts are depleted, and bone cortex thins out.
- Common in post menopausal females.

### **Symptoms.**

- Loss of height
- Backache ,pain, fragile bones.
- WATCH OUT FOR DOMESTIC ACCIDENTS.

## **8)PNEUMONIA./INFLUENZA**

- Inflammation of the lungs caused by a bacterial, viral or fungal infection.

### **Presentation**

- cold symptoms, fever, chest pain.
- cough productive of rusty sputum.
- characteristic clinical and chest x-ray findings.

### **Management**

- Warm clothing to keep warm all the time.
- Appropriate treatment.

## 9) Parkinson's Disease.

- Disorder of nervous system
- Presentation -Tremors, slow movements & Challenge in walking, speech impairment, dementia.
- Management -Control of symptoms.

# CONCLUSION

Living to old age in good health is desirable by all.

## **-IT COMES WITH A PRICE:**

- 1) Proactive
- 2) Regular routine checks. Tumor markers. etc.
- 3) Eat right.
- 4) Regular Exercise
- 5) Early Medical attention
- 6) Recognition of peculiarities of Health issues in the Older people .
- 7) Governmental Health Policy & Care for the Elderly - LONG OVER DUE

THANK YOU...