

GERIATRIC

MEDICINE

INTRODUCTION

- A specialty of medicine that is concerned with the disease and health problems of older people, usually those over 65 years of age.
- Considered a subspecialty of internal medicine.
- Ageing may be considered to be the loss of adaptability of an individual with time.

- For men, life expectancy is 16 yr at age 65 and 9 yr at age 75.
- For women, life expectancy is 19 yr at age 65 and 12 yr at age 75.
- Overall, women live about 5 yr longer than men, probably because of genetic, biologic, and environmental factors.
- These differences in survival have not changed, despite changes in women's lifestyle (eg, increased smoking, increased stress).

- Maximum human life span (estimated at 110 to 120 yr) has increased modestly compared with the substantial increase in average life expectancy during this century but continues to increase without slowing of the rate.
- People > 65 are in better health than their predecessors and remain healthier longer.
- Because of these improvements in health, decline tends to be most dramatic in the oldest old.

Affected Organ or System	Physiologic Change	Clinical Manifestations
Cells	DNA damage and ↓DNA repair capacity ↓Oxidative capacity Accelerated cell senescence ↑ Fibrosis Lipofuscin	↑Cancer risk