

Health problems of the aged

3. Accidents

- ❑ Falls occur frequently among elderly persons.
- ❑ **Three most common fracture sites:**
 - ▶ Fracture neck femur
 - ▶ Vertebrae
 - ▶ Distal forearm (Colle's fracture)
- ❑ The principle contributing factor is **osteoporosis.**

Health problems of the aged

6. Diabetes:

- ▶ It is a leading cause of death as the population grows older.

7. Genitourinary systems:

- ▶ There is progressive **sclerosis of glomeruli** with aging. with the development of **athermatous renal vascular** disease, these changes result in **reduction in GFR.**

Reducing Injuries

Simple, home-based prevention measures as:

1. Arranging **furniture** so that pathways are not obstructed,
2. **Removing tripping** hazards, installing grasp bars and handrails,
3. **Improving lighting** can significantly reduce elder's risk of falls and associated fractures.
4. **Prevention of Osteoporosis:** Osteoporosis is significantly retarded by **post-menopausal estrogen replacement therapy**, and probably by **regular exercise** and **supplemental calcium intake** throughout adulthood.

Prevention of disability:

E) Regulations & legislation

Certain health regulations and legislation such as:

- ✓ Mandating immunization of infants
- ✓ Legislation concerning safety of toys, seatbelts, fireworks...etc. also play an important role in primary health prevention