



Healthy Aging 2017

*All images utilized under creative commons license courtesy of creativecommons.org unless otherwise noted.

Disclosure

Dr. Bender has no relevant financial relationships with commercial interests to disclose.

The Eras of Medicine



Compassion



Science

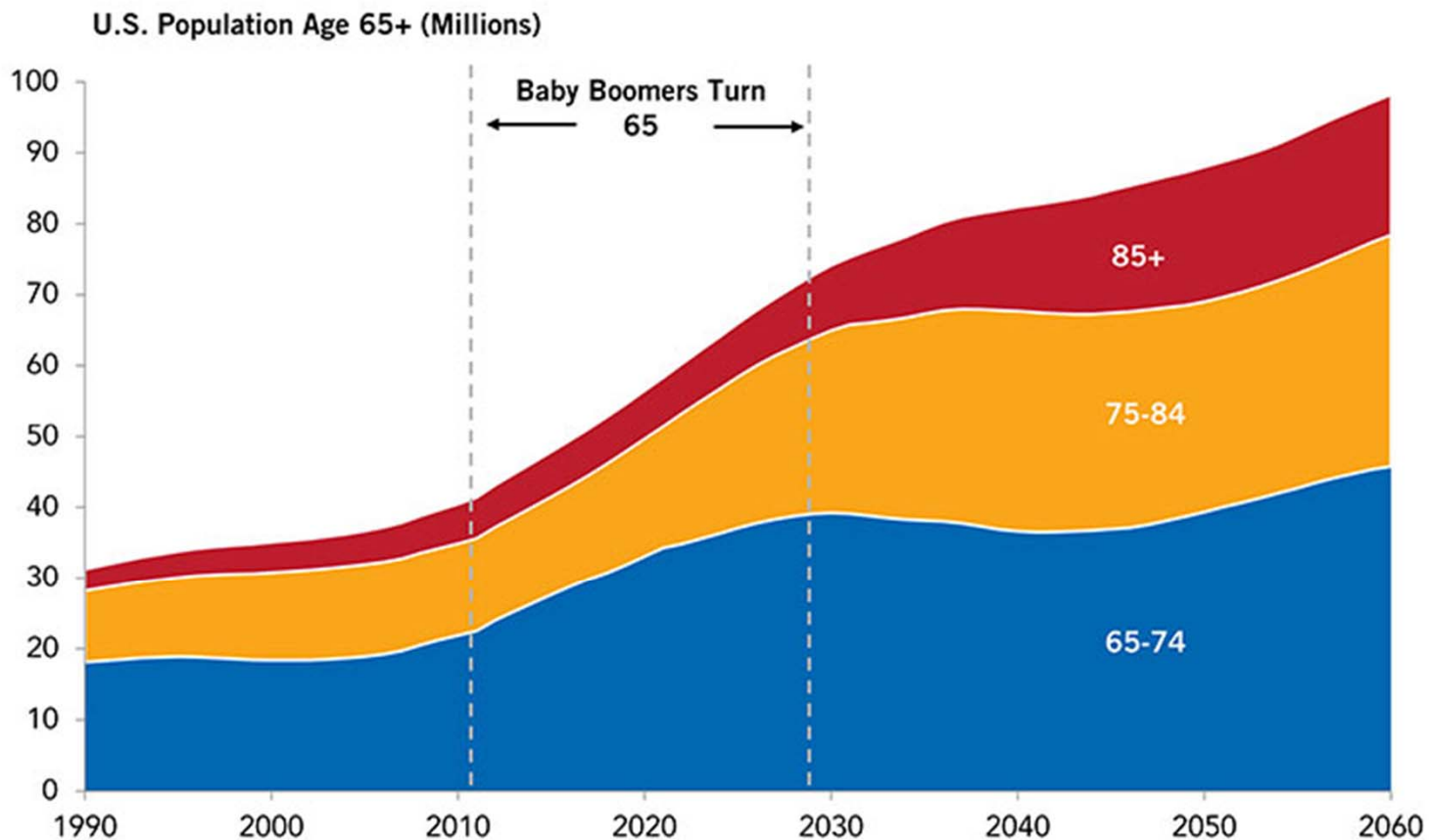


Economics

The Challenge

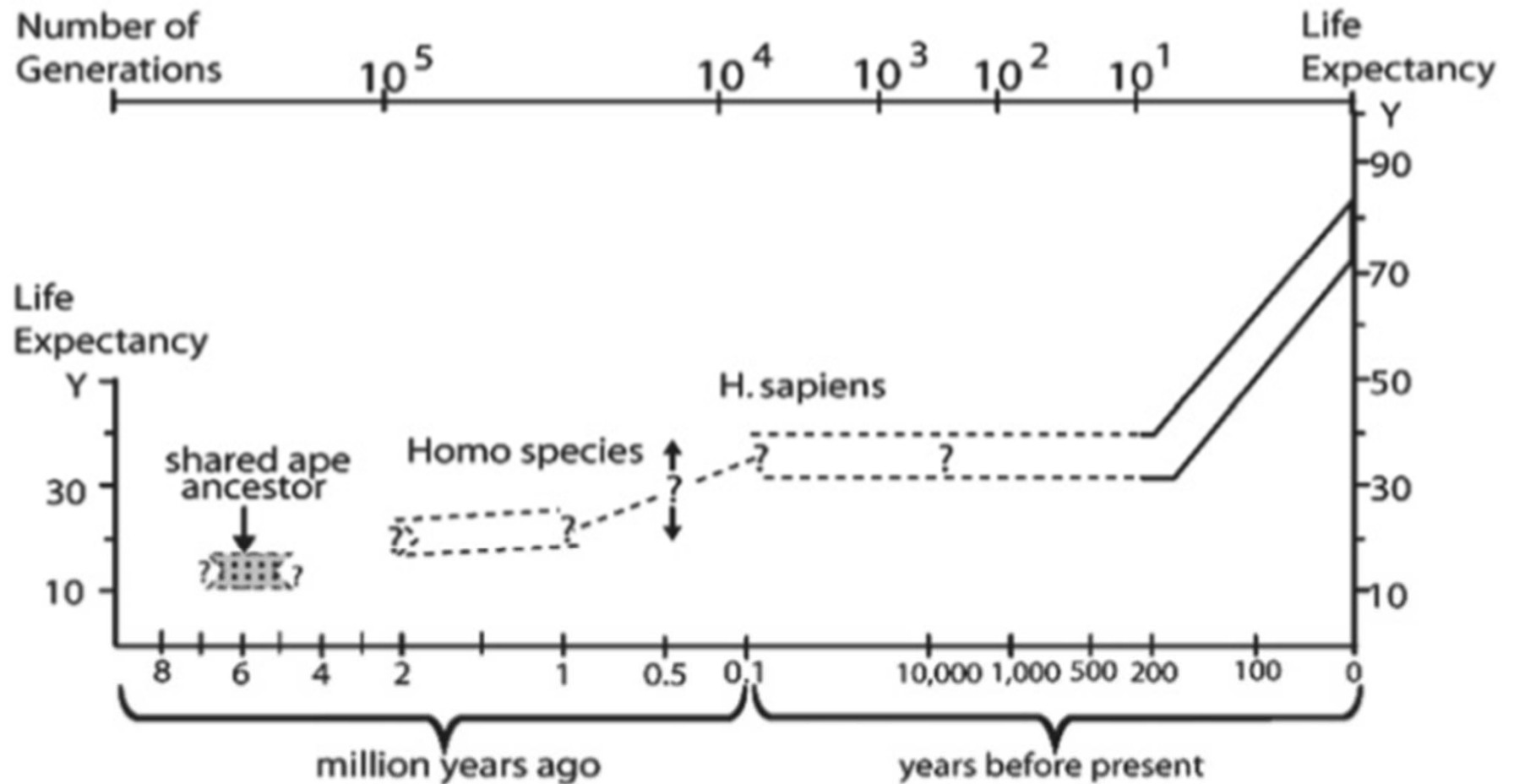


The elderly population is growing rapidly and living longer



SOURCE: U.S. Census Bureau, *National Intercensal Estimates*, and *2014 National Population Projections*, December 2014. Compiled by PGPF.

Expansion of Life Span



Finch, C. Evolution of the Human Lifespan, Past, Present, and Future: Phases in the Evolution of Human Life Expectancy in Relation to the Inflammatory Load. [Proceedings of the American Philosophical Society](#). 2012:156 (1). 9-44

New Information

- Over the previous 100 years we have learned more about the aging process than in any other time period in history. We understand much better those changes that are considered normal for aging, and those that are the result of injury, illness, and atrophy

New Directions

This new information has allowed us to identify to a great degree what it takes to age well. In this era of economics, this will allow us to offer care in a much more proactive way. Our system has been built on the acute care model: When something bad happens, we fly into action with our hugely technologic and expensive system. It does work; everyone knows what miracles can be accomplished. However, the economic realities of basing our system on the acute care model are threatening to collapse the whole system.

History of Healthy Aging Study

MacArthur
Foundation



The Ten Pillars of Healthy Aging

- 1. Socialization
- 2. Exercise
- 3. Use of talents for self and others
- 4. Avoid accidents on the road and in the home
- 5. Rest one day per week
- 6. Nothing in excess
- 7. Establish a good health care team
- 8. Manage stress
- 9. Practice Brain Wellness
- 10. Maximize one's spiritual life

#1

Socialization!



Socialization

There are three levels of socialization.

1. Superficial contact
2. Membership
3. Profound friendship

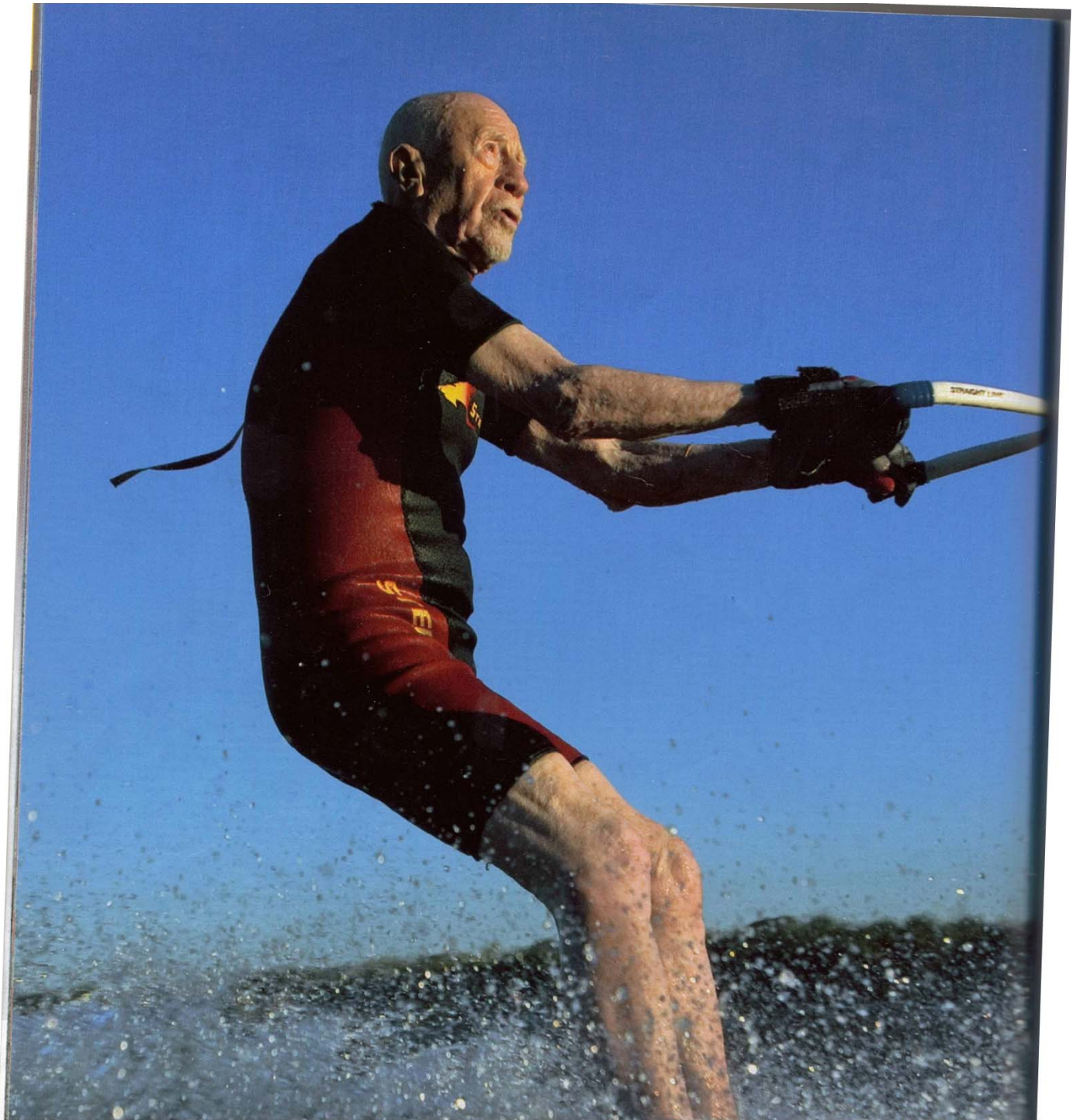


100 year old Kameda Nakazato shares coffee and socializes with her regular circle of friends.

#2

Exercise

- Aerobics
- Resistance
- Flexibility
- Balance training
- Skill Acquisition

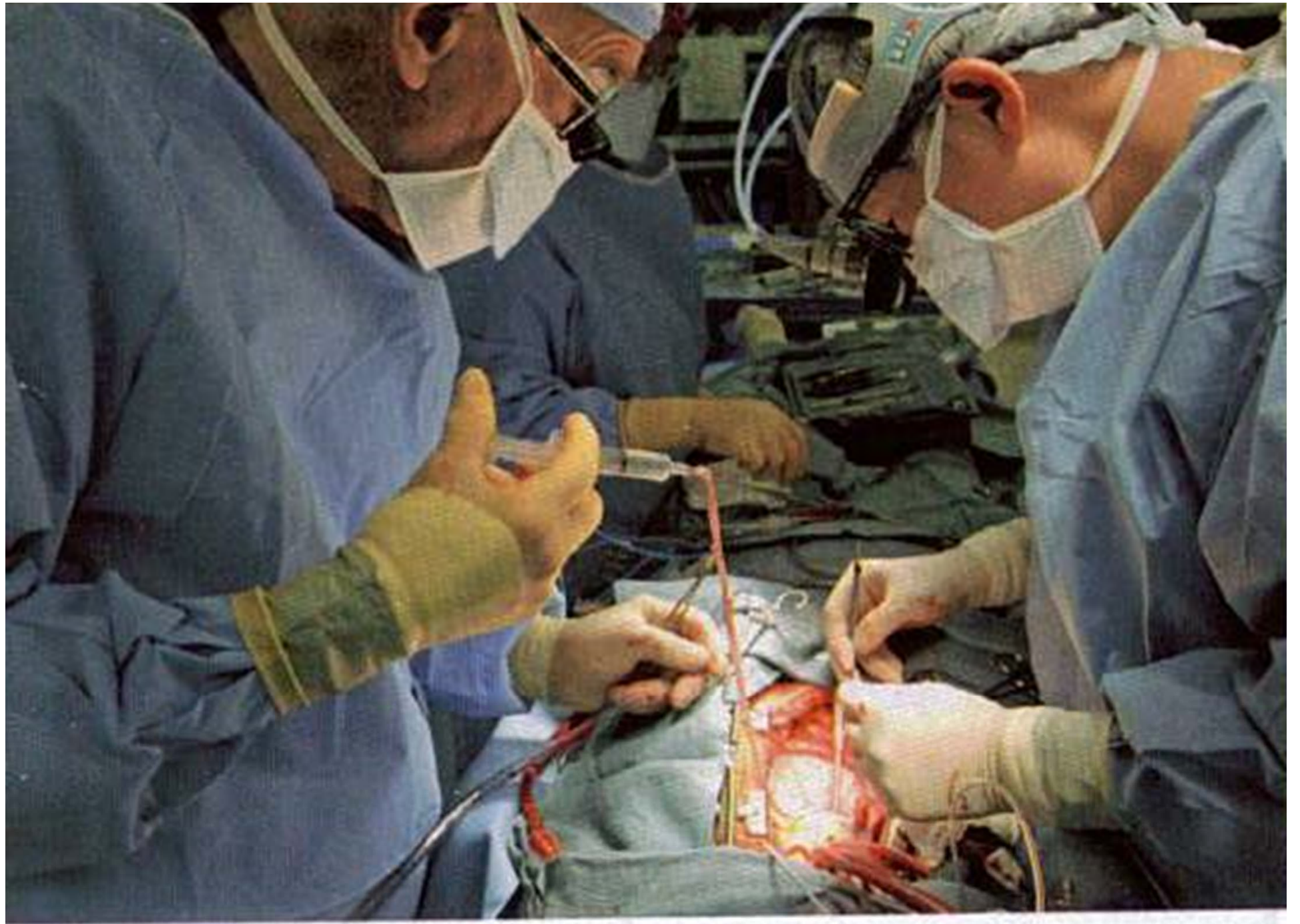




#3

Use of Talents For Self and Others

- Freud's great summary of the requirement for human happiness: "Work and Love"

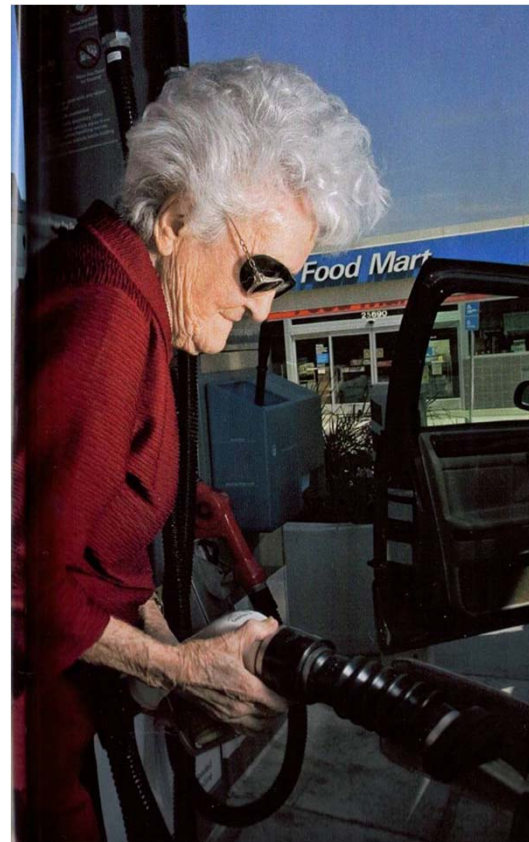




#4

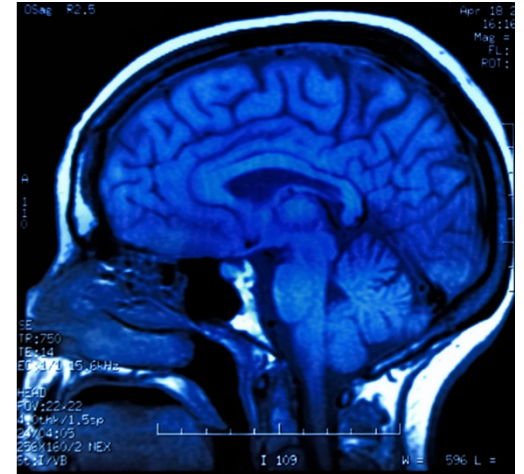
Avoid Accidents in the Home and on the Road

- Accidents are a leading cause of morbidity and mortality in the senior age groups.



Senior Driving

- Safe driving demands the following;
 - A well functioning brain
 - Adequate vision
 - Coordination
 - Good use of limbs
-
- The ability to integrate all of the above as one responds to the rapidly changing situations involved in driving



#5

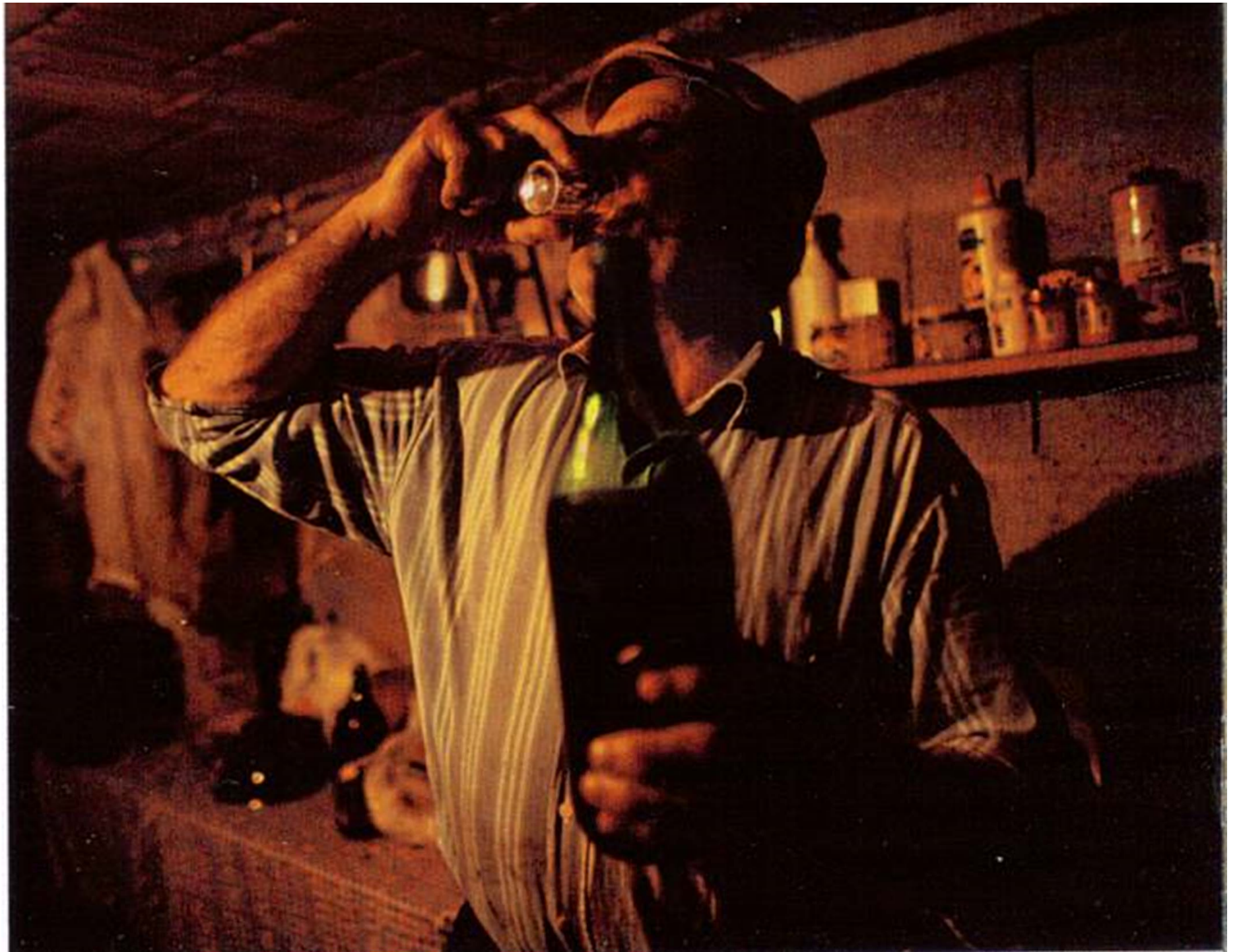
Rest One Day Per Week



#6

Nothing in Excess





#7

Establish A Good Health Care Team

- Access
- Communication
- Cost effectiveness
- Knowledge



#8

Manage Stress



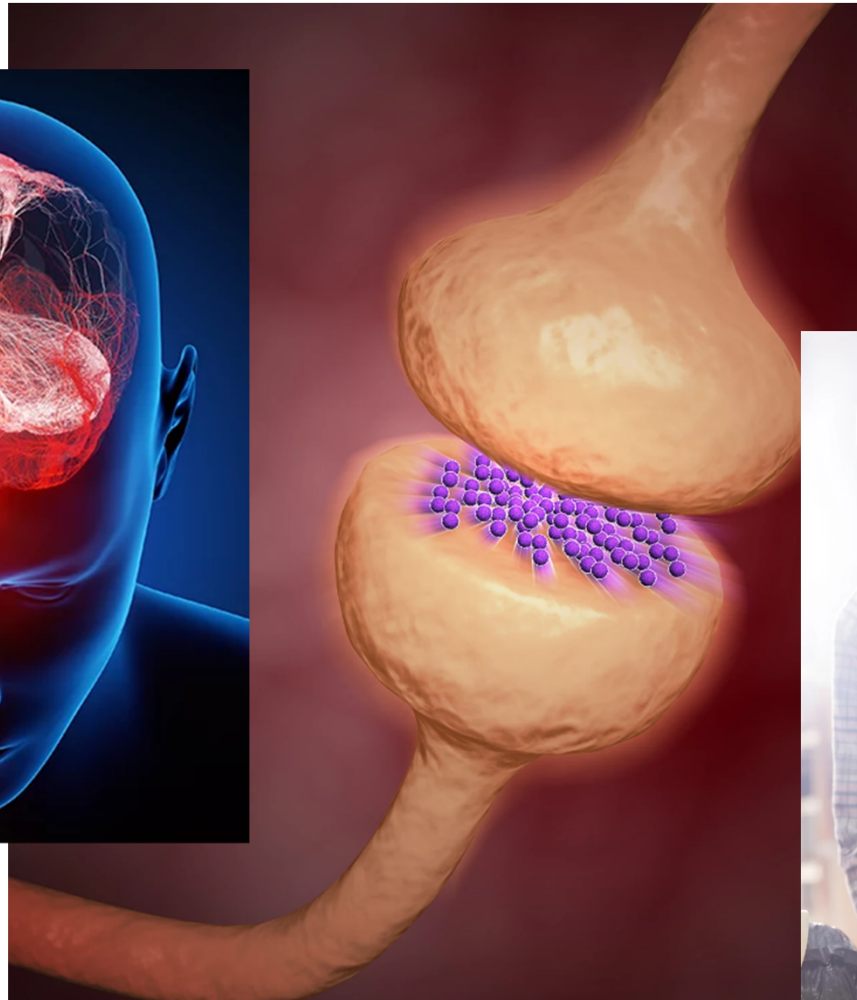
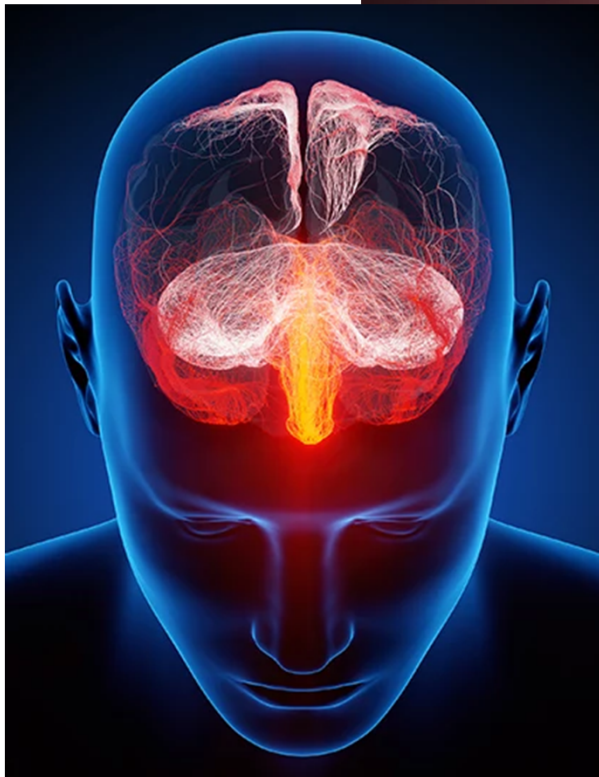
- Some experts feel stress is one of the major risk factors for illness.

There are two ways to manage stress:

1. Change how one reacts to the stressor.
2. Get rid of the stressor

#9

Take Care of Your Brain!



#10

Maximize One's Spiritual Life

- An active spiritual life is a very common aspect of many healthy seniors
- How can physicians advise people to attend to this?
- Lectio
- Oratio
- Meditatio
- Contemplatio



