



## Complications that come along with ageing

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### Abstract

The average human life is on the rise. The majority of people nowadays may expect to live into their sixties or beyond. Both the global population as a whole and the proportion of persons aged 60 or older are expanding significantly. By 2030, one in six humans on Earth will be 60 or older. It is expected that the percentage of the world's population that is 60 years old or over will rise from 1 billion in the year 2020 to 1.4 billion over the subsequent decade. By the year 2050, people aged 60 or older will make up 20% of the total population of the globe. (2.1 billion). Between the years 2020 and 2050, it is expected that the number of individuals aged 80 and over would treble, going from 168 million to 426 million throughout the globe. Even Although the process of population greying traditionally started in countries with high incomes (for instance, thirty per cent of Japan's demography is over sixty years old), the most significant change is now taking place in countries with low and intermediate incomes. It is expected that by the year 2050, countries with low and moderate incomes would be home to two-thirds of the world's elderly population.

**Keywords:** ageing, time, disease, health, problems, people

### Introduction

The percentage of persons over the age of 60 has risen among varied people during the previous 10 years, and this trend is expected to continue over the next 20 years as life expectancy rises (van den Hoonaard, 2007) <sup>[1]</sup>. After 2030, there will be a significant rise in the share of persons above the age of 85. When compared to 2015 numbers, the number of people aged 80 and over globally will more than triple by 2050. Several nations are showing indicators of accelerated ageing. Public health professionals should begin planning for the "older-older age wave" as soon as feasible. A rising number of communities are doing studies on how to become more "elder-friendly." As baby boomers reach the ages of 65 to 85, there will be a greater need for help in several settings, including the home, communities, and institutions. The process of ageing now encompasses over one generation & lasts and over 3 decades (Leahy, 2021) <sup>[3]</sup>. When addressing distinct demographics of elderly persons, the words "young-old," "old," and "old-old" are used interchangeably. "Young-old" refers to Those in their sixties or earlier seventies who are constantly engaged and also in great health. Those in their 70s or 80s who are sluggish and have unpleasant symptoms are considered "old." These individuals have chronic ailments. The "old-old" or "oldest-old" are often ill, disabled, and maybe near the end of their life.

When caring for older people, whether as a physician or as a career, it is critical to first foresee the future and then plan for the most likely ageing routes.

### Literature review

#### A. Explanation of ageing

The build-up of several forms of cellular and molecular damage over time is the primary cause of ageing. This ultimately leads to a gradual but persistent loss in health and cognition, an increase in the probability of getting the major disease, and death. The relationship between these changes and chronological age is, at best, weak and variable.

Differences concerning age are not a coincidence. Ageing is associated with a variety of significant life transitions, including the ageing process itself, retirement, relocation to a more suited residence, and the death of friends and loved ones. (Stensel, 2021) <sup>[4]</sup>

#### B. Age-related health problems that are widespread

Hearing loss, blindness, and visual impairment, back pain, including osteoarthritis, COPD, diabetes, depression, and dementia are common among the elderly. Age raises the risk of a patient experiencing many health conditions at once. Geriatric syndromes are a category of complex health disorders that often affect the elderly. Frailty, urinary incontinence, falls, delirium, and pressure ulcers are just a few of the consequences that may develop from a combination of underlying factors (Littlewood, 1989) <sup>[5]</sup>.

#### Having an impact on good ageing

The benefits of a longer life span extend beyond individuals and their families to the larger society. With more free time, one might explore new interests, such as finishing school, changing jobs, or rekindling an old love. The elderly may aid their families and society in a variety of ways. However, the most important aspect in determining the breadth of these changes or achievements is one's health (Overall, 2022) <sup>[6]</sup>.

The proportion of healthy years lived has stayed essentially consistent, implying that the extra years are spent in poor health. If a person is healthy and has access to a pleasant environment, their capacity to appreciate life's pleasures will be almost identical to that of a younger person throughout their life. If the majority of those extra years are spent suffering from bodily or mental deterioration, the consequences for both individuals and society as a whole become progressively dire.

Several inequalities in older health may be due to innate features, but the vast majority are due to factors such as location (such as one's domicile or neighbourhood) and

sociocultural environment (such as one's gender, ethnicity, and socioeconomic position). Because of their experiences as newborns, toddlers, young children, or even fetuses, certain people's ageing processes may be accelerated or retarded (Fast & de Jong Gierveld).

Physical and social environment variables might influence possibilities, alternatives, and health-related behaviours. Sustaining good lifestyle habits like eating healthy meals, exercising frequently, and avoiding smoking throughout one's life, provide various benefits, including lowering the risk of noncommunicable illnesses, improving physical and mental abilities, and postponing care reliance.

Individuals may continue to pursue their ideas and interests despite deteriorating skills if they are surrounded by people and organisations that encourage and support them. Supportive settings include easily navigable streets, public transportation, and buildings, as well as areas where people feel secure walking alone at night. When developing a public-health response to ageing, it is critical to include both human and environmental strategies that mitigate the negative effects of ageing as well as those that promote healing, adaptability, and psychological development.

### Ageing's difficulties what's going on and what you can do

#### A. Your bones, joints and muscles

##### What's Going on

As we age, our bones lose mass and density, making them less sturdy and more susceptible to fracture. Perhaps your height will even decrease (Allwood, 2022)<sup>[8]</sup>. Your body's ability to keep an upright posture and a stable centre of gravity may be negatively affected by a decline in muscular strength, stamina, and pliability.

##### What you can do

Maintaining healthy bones, muscles, and joints:

- **Consume adequate doses of vitamin D:** Adults under the age of 70 must eat 600 IU of vitamin D per day, and individuals beyond the age of 70 could get 800 IU. In the majority of situations, sun exposure is adequate to produce vitamin D. Other foods and supplements containing vitamin D include tuna, salmon, eggs, vitamin D-fortified milk, and vitamin D supplements.
- **Include some kind of physical activity in your daily plan:** Walking, jogging, volleyball, stair climbing, and weight training are all weight-bearing exercises that may promote bone development and maintenance.
- **Consume enough amounts of calcium:** The National Academy of Science, Engineering, or Medicine recommends that persons consume at least 1,000 milligrams (mg) of calcium each day to maintain healthy bones and teeth. Men and women over the age of 71 are recommended to take 1,200 mg per day, respectively. Milk, cheese, yoghurt, sardines, salmon, and tofu are all excellent alternatives for calcium-rich foods to include in your diet. Discuss calcium supplements with your physician if you're having difficulties acquiring enough of the mineral from meals alone.

#### B. Your Memory and Thinking Capabilities

##### What's Going on

Memory and cognitive abilities may experience minor reductions as a result of the natural ageing process. Even healthy seniors might forget their loved ones' names or other personal information as they age.

##### What you can do

Several ways to boost your brain's health include:

- **Maintain a healthy diet:** A heart-healthy diet may be advantageous for the cardiovascular system and the brain. Focus on fresh fruits and vegetables, whole grains, and other healthful meals. Choose fish, lean meat, and chicken without skin as your protein sources. Mental impairment and forgetfulness may result from excessive alcohol use.
- **Cardiovascular disease is a condition that must be addressed:** As directed by your physician, treat cardiovascular risk factors such as hypertension, heart issues, and diabetes to lower the possibility of cognitive impairment.
- **Be friendly:** When individuals spend time connecting with others, they experience a reduction in depression and anxiety, both of which may contribute to memory loss. You may spend time with family, attend a party, or volunteer at a local school or charity.
- **Those who smoke must promptly quit:** If you are a smoker, cutting down or quitting may be beneficial for your brain.
- **Always maintain mental activity:** Engaging in mentally challenging activities may assist in the preservation of memory and cognitive skills. Read, engage in word games, develop a new hobby, enrol in a class, or learn to play an instrument.
- **Devote time each day to some kind of physical exercise:** Blood flow to the brain increases due to physical effort. Regular exercise has been found to increase brain function and reduce stress and depression, all of which have detrimental impacts on memory.

If you see a loss in your memory or other cognitive functions, consult a physician.

#### C. Your weight

##### What's Going on

The rate at which calories are burnt, the metabolism, declines with age. Older folks will gain weight if they engage in less physical exercise and continue to consume the same amount of calories. To maintain a healthy weight, it is important to maintain an active lifestyle and consume a healthy diet.

##### What you can do

To keep the weight off:

- **Maintain a healthful and well-balanced diet:** Consume more fruits and vegetables, whole grains, high-fibre meals, and lean proteins such as salmon. Limit your consumption of sweets and meals high in saturated fat.

- **Reduce the size of your meals:** Paying attention to how much you eat is the most effective strategy to minimise calorie consumption.
- **Make it a point to include some form of activity in your everyday routine:** Sustaining a healthy weight may be simpler if you exercise moderately on a regular schedule.

#### D. Your Digestive System

##### What's Going on

Constipation is more prevalent in the elderly due to age-related changes in the anatomy of the large intestine. Lack of physical exercise, insufficient hydration, and a diet low in fibre may all play a role. Constipation may be brought on by medications such as diuretics and iron supplements, as well as health conditions like diabetes.

##### What you can do

To prevent intestinal constipation,

- **Include some kind of physical activity in your daily plan:** Constipation may be prevented by exercising regularly.
- **Don't keep it in if you have to use the restroom:** Long-term suppression of bowel motions may result in constipation.
- **Maintain a healthful and balanced diet:** Include several high-fibre foods, such as fresh fruit and whole grains, in your daily diet. If you battle with constipation, consume fewer high-fat meals such as red meat, sweets, and dairy. Get a large amount of fluids into your system.

#### E. Your Cardiovascular System

##### What's Going on

The most widespread modification to the cardiovascular system is the constriction of veins and arteries, which makes the heart work harder to pump blood. In response to an increased strain on the heart, the cardiac muscle undergoes alterations. Your resting heart rate will stay mostly unchanged, but it will not rise as high as it did during the activity. These modifications increase the risk of hypertension and associated cardiovascular problems (Ramsay & Rajkumar, 2022)<sup>[10]</sup>.

##### What you can do

To enhance cardiovascular wellness:

- **Maintain a healthful and balanced diet:** Eat more fruits and vegetables, whole grains, meals rich in fibre, and lean proteins such as salmon. Reduce your consumption of foods that are high in salt or saturated fat.
- **Lessen your anxiousness:** Stress may cause harm to the cardiovascular system. Engage in activities such as meditation, physical exercise, or psychotherapy to reduce stress.
- **Get a restful night's sleep:** Vital to the healthy functioning of the cardiovascular system is restorative sleep. 7 to 9 hours of sleep every night is recommended.

- **Caution:** putting down the cigarette is required. Cigarette smoking causes an increase in blood pressure, heart rate, and atherosclerosis. Consult your doctor for help stopping smoking or utilising alternative tobacco products.
- **Include some kind of physical activity in your daily plan:** You may go for a walk, swim, or engage in any other activity you like. Frequent moderate exercise has two benefits: a healthy weight and a lower risk of heart disease.

#### F. Your Bladder and Urinary Tract

##### What's Going on

As you age, your bladder may become less permeable, demanding more frequent urination. The inability to fully empty the bladder or lack of bladder function might come from a weakened bladder or pelvic floor (urinary incontinence). An oversized or irritated prostate might produce urinary retention and leakage in males. (Kuchel *et al.*, 1996)<sup>[11]</sup>.

Obesity, diabetes-related nerve damage, certain medications, and coffee or alcohol use are all factors that contribute to leakage.

##### What you can do

To maintain a healthy bladder or pee system, one must

- **It is essential to maintain a healthy weight:** If you're overweight, you should lose those excess pounds.
- **Commence Kegel exercises:** The pelvic floor may be trained effectively by squeezing the muscles ordinarily used to avoid farts (Kegel activities). Give it a spin for three seconds and then relax for three. Increase the number of repetitions until you are doing the exercise 10–15 times consecutively, three times each day.
- **Make frequent trips to the restroom:** Consider attempting to urinate at the same time every hour. Gradually increase the duration between bathroom breaks.
- **The inflammation of the urinary system should be avoided at all costs:** Caffeine, acidic meals, and alcoholic beverages, particularly fizzy drinks might aggravate leakage.

#### G. Your Eyes and Ears

##### What's Going on

As you age, it may become more difficult to focus on adjacent objects. Possible side effects include increased sensitivity to glare and difficulty to adapt to varying levels of light. Equally subject to the effects of ageing, the lens of your eye may become clouded (cataracts). Additionally, you may have hearing loss. In a loud setting or at higher frequencies, you may have hearing loss.

##### What you can do

To protect the eyes and ears

- **Do not neglect routine examinations:** rather, plan for them ahead of time. When it comes to corrective lenses, hearing aids, or even other equipment, listen to your doctor's recommendations.

- **You should use prudence:** Use earplugs if you'll be near noisy equipment or other sources of excessive noise, or protect your eyes from the sun by wearing sunglasses or a domed hat when you go outside.

### Conclusion

Everyone ages, but not everyone experiences it in the same way. Patients and carers who understand the physiological alterations that occur with ageing may be more equipped to control risks, make educated choices, or avoid falls or unpleasant drug responses.

The functional deterioration associated with ageing may also be caused by problems with social or mental health. Consideration of conditions such as depression or suicide risk, for instance, may decrease the deterioration associated with ageing.

Improving one's vision and hearing is an excellent approach to preventing social isolation, cognitive decline, and memory loss. The capacity to rise from a sitting posture, walk, and perform transfers requires strong lower extremities, namely the quadriceps muscle. These muscles are particularly crucial for persons over 85 since they aid in maintaining balance and preventing trips and falls. Calculating your walking speed might be informative. For the prevention of cardiovascular disease and preservation of muscle mass, it is recommended to maintain a regular resistance-training plan, including walking. Similarly, avoiding diabetes, osteoarthritis, and other chronic diseases throughout one's life by keeping a healthy weight is a worthy objective in and of itself. When considering whether or not to prescribe medication or provide a screening test, it is crucial to consider the patient's entire therapy, as well as any possible side effects, risks, and wait periods. In the future, more individuals over the age of 85 will be able to use home-based services and technology, as well as new transportation and housing alternatives that facilitate more social participation and support family carers.

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