

### The Main Age-Related Diseases and Conditions Common among Elderly Men and Women

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#### ABSTRACT

Aging is a multifactorial dynamic process that is influenced by various external and internal variables, including environmental, demographic and biopsychosocial factors that determine the development and progression of age-related diseases, and is not an exclusively static internal process of cellular changes. In this article, we will discuss the main age-related diseases and conditions among the elderly and senile.

The dramatic increase in life expectancy over the past century has led to an unprecedented demographic shift towards an aging population; the proportion of the population over 65 is higher than ever before. As the demographic boom of the 20th century, age-related diseases came to the fore as new health problems. Unlike maternal infectious diseases, which were widespread and were the main health problem at the beginning of the 20th century, age-related diseases are often chronic and require constant treatment for a long period of time, which correlates with an increase in life expectancy with the onset of chronic diseases and an increase in the burden of costs. Age-related diseases are diseases and conditions that are more common in people with age, which means that age is a significant risk factor. According to the results of many studies, the following diseases and conditions are among the most common age-related diseases.

#### Cardiovascular diseases

Heart disease is the number one cause of death in the United States and one of the leading causes of death in many other countries. The most common form is coronary artery disease, which involves narrowing or blockage of the main arteries supplying the heart with blood. The obstruction can develop over time or quickly — as with an acute rupture — and cause potentially fatal heart attacks.

Untreated underlying conditions, such as hypertension and high cholesterol, over time (with age, and their frequency increases with age) contribute to the development of cardiovascular diseases and cerebrovascular diseases.

#### Cerebrovascular diseases (strokes)

A stroke occurs when blood stops flowing in one area of the brain due to a violation in one of the blood vessels. This is very serious, because brain cells deprived of oxygen begin to die very quickly.

There are two types of strokes. The most common of these is called ischemic stroke and is caused by any lack of blood flow to the brain. A blood clot blocking a vessel, or embolic stroke, is a type of ischemic stroke. The second type is called a hemorrhagic stroke and occurs when a blood vessel ruptures and hemorrhages into the brain.

Strokes can lead to death or serious disability, depending on the location and severity of the blockage or rupture.

#### High blood pressure (hypertension)

Blood pressure is the force with which blood acts on the walls of your arteries when your heart pumps. It is lower when you are sleeping or at rest, and higher when you are stressed or excited, although it usually increases with age. Chronically high blood pressure can cause serious problems with the heart, blood vessels, kidneys and other body systems.

#### Cancer

One of the biggest risk factors for many cancers in which abnormal cells grow uncontrollably is age.

According to the American Cancer Society, 77% of all cancer cases are diagnosed in people over 55.5 years old in Canada. Cancer is the leading cause of death for both men and women.

Some cancers are more common with age, including skin, breast, lung, colon, prostate, bladder, and stomach cancers.

#### Type 2 diabetes

Diabetes is a disease that disrupts the way your body uses glucose or sugar from the food it digests. Type 1 diabetes (formerly called juvenile diabetes) usually begins in people under the age of 30 and causes their body to stop producing insulin.

The much more common type 2 diabetes becomes more common after age 45 and is accompanied by insulin resistance, which causes the body to process glucose incorrectly.

Both types of diabetes lead to too high blood sugar levels, which can lead to serious problems such as heart attack, stroke, nerve damage, kidney failure and blindness.

According to the report, type 2 diabetes is growing, but it seems that growth has slowed down. Before or after the onset of Diabetes Centers for Disease Control and Prevention (CDC), the prevalence of children adopting healthier habits, such as regular exercise and a balanced diet, as well as weight loss if you are overweight, can maintain blood glucose levels within normal limits and prevent deterioration of health.

#### Parkinson's disease

Named after the British doctor who first described it in the early 1800s, this progressive neurological disorder causes tremors, stiffness and movement arrest.

Three-quarters of all cases of Parkinson's disease begin after the age of 60, although age is only

one of the risk factors. Men are more likely to develop Parkinson's disease than women. Researchers believe that the disease is caused by a combination of genetics and environmental factors, including exposure to toxins. Studies show that traumatic brain injuries may also play a role.

Dementia (including Alzheimer's disease)

Dementia, characterized by loss of brain function, can manifest itself in the form of memory loss, mood changes, confusion, communication difficulties or shortsightedness.

Alzheimer's disease is the most common cause of dementia, but it can also be caused by a number of other diseases, including:

- Vascular dementia (due to impaired blood flow to the brain)
- Dementia with Lewy bodies
- Frontotemporal disorders
- Huntington's Disease
- Parkinson's disease

Although the incidence of dementia increases with age, it is not considered a natural part of the aging process.

Chronic obstructive pulmonary disease (COPD)

Chronic obstructive pulmonary disease (COPD) is characterized by a decrease in the flow of air into and out of the lungs due to inflammation in the airways, thickening of the mucous membrane of the lungs and overproduction of mucus in the breathing tubes.

COPD is most common in people over 65 years of age. This condition cannot be cured, but it can be treated and, perhaps more importantly, prevented.

Symptoms include:

- Worsening, chronic and productive cough
- Shortness of breath
- Shortness of breath

The main cause of COPD is chronic exposure to airborne irritants, such as tobacco smoke (either as a primary smoker or secondary), occupational pollution or industrial pollution. Cigarette smoking remains the most significant risk factor.

Osteoarthritis

Osteoarthritis is a degenerative joint disease and the most common form of arthritis. Osteoarthritis occurs more often with age, and it is more common in women. Genetics, obesity, and previous joint injuries also make you more susceptible.

Osteoarthritis, characterized by swelling and joint pain, is not treatable, but it can be treated with painkillers or anti-inflammatory drugs, as well as by lifestyle changes, such as weight loss if you are overweight, exercise and physiotherapy.

Treatment varies depending on which joints are affected, and may include self-monitoring programs, topical medications, yoga, cognitive behavioral therapy, and steroid injections.

Osteoporosis

Osteoporosis, also known as "brittle bone disease", is characterized by loss of bone mass, which

leads to thinning and weakening of bones. With age, it becomes more and more common, especially in Caucasian and Asian women, as well as in women from the extreme northern regions, such as Scandinavia, where vitamin D deficiency is common. The presence of osteopenia or low bone density is also a risk factor.

Screening is recommended for all women aged 65 or earlier if they have risk factors (for example, smoking or chronic steroid use). This condition can be treated to prevent fractures.

According to the National Osteoporosis Foundation, up to half of all women over the age of 50 break a bone due to osteoporosis, as well as 27% of men over the age of 50. Bone fractures, such as hip fractures, are a very serious problem for the elderly, which leads to a loss of mobility and independence. In about a quarter of all cases, death occurs within a year after the injury.

Regular exercise with weights, a diet rich in calcium and vitamin D, as well as quitting smoking - all this can help prevent osteoporosis.

### Cataract

Cataract is a progressive clouding of the lens of the eye that occurs as a result of a number of factors, including age, exposure to ultraviolet radiation, smoking and diabetes.

According to the US National Institutes of Health, half of all people over the age of 80 have some kind of cataract or had cataract surgery. At first, you may not notice a cataract, but over time, vision may become blurry and deteriorate significantly.

### Age-related macular degeneration (AMD)

Age-related macular degeneration (AMD), a common disease in adults over 50, is the most common cause of blindness in the elderly. As the macula of the eye gradually deteriorates, so does a person's ability to clearly see objects in the center of his field of vision, although peripheral vision is usually preserved.

Age is one of the risk factors, but so is smoking, race (whites are more susceptible than African Americans), and family history. Although the role of certain lifestyle habits is not fully understood, researchers believe that limiting tobacco use, regular exercise, maintaining healthy blood pressure and cholesterol levels, as well as an anti-aging diet rich in bright vegetables and fish, will help prevent AMD.

### Hearing loss

Hearing loss is common with age, due to the destruction of the tiny hairs in your ear that help process sound. This can also mean simple hearing changes, for example, difficulties with talking in a noisy place, problems with distinguishing certain consonants (especially in high-pitched voices), some sounds seem louder than usual, and voices seem muffled.

Several factors besides age, such as chronic exposure to loud sounds, smoking, and genetics, can affect how well you hear as you age. About 25% of people aged 65-74 and 50% of people over 75 suffer from age-related hearing loss.

**Conclusion.** Although aging itself is not a disease, it is a risk factor for these various conditions. This does not mean that you will have an age-related disease, it just means that with age you are more likely to have these conditions.

Physiological processes such as inflammation, exposure to pollutants and radiation (for example, ultraviolet radiation from the sun), the influence of lifestyle factors such as smoking, diet and fitness levels, as well as simple wear and tear, can accelerate the rate of decline in different people.

There are many research projects around the world aimed at determining the impact of age on

the human body in order to determine which conditions are the inevitable result of aging and which can be prevented.

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