



Ageing well – Ageing Positively

Our Ageing Population

Dr Diarmuid O'Shea

Consultant Geriatrician

St Vincent's University Hospital

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AND

What is Ageing?

When I get older, losing my hair,

Many years from now, will you still
be

sending me a Valentine, birthday
greetings, bottle of wine...

When I'm



Looking Good Your favorite characters grow up, and grow old.



DENNIS THE MENACE, 57



BUGS BUNNY, 67



FELIX THE CAT, 88



CHARLIE BROWN, 57



POPEYE, 79



TOM AND JERRY, 68



Outline

Some Stats

Some Opportunities

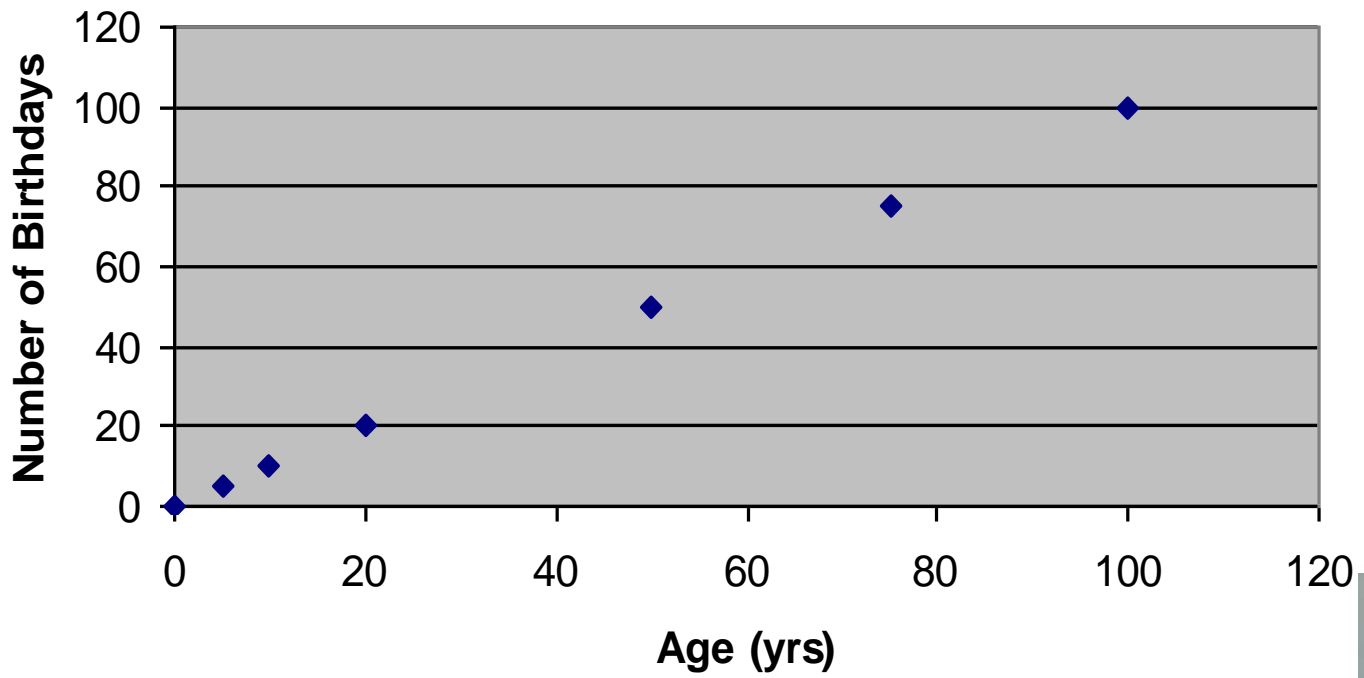
Some Illnesses

Some Challenges





Birthdays are Good For you !





Good news

Life expectancy at birth

	<u>1900</u>	<u>1926</u>	1948	1996	2002	<u>2007</u>
Males	45	57.4	66	74	76	76.8
Females	49	57.9	70	79	80	81.6





Life Expectancy – CSO 2007

At Birth

76.8 yrs for a man

81.6 yrs for a woman

At 65 (m)
(f)

16.6

19.8





Obesity and Life expectancy

January 2003 Life Table analysis of Framingham Data

- Obese at 40 live 6 to 7 years less than normal
- Overweight at 40 live 3 years less than normal
- Obese smoker live 14 years less than normal



THE BOTTOM LINE

The older the age one attains without becoming disabled the shorter the period of dependency to be expected before death. This suggests that for disability in later life, **POSTPONEMENT** of age of onset would result in **PREVENTION** of suffering

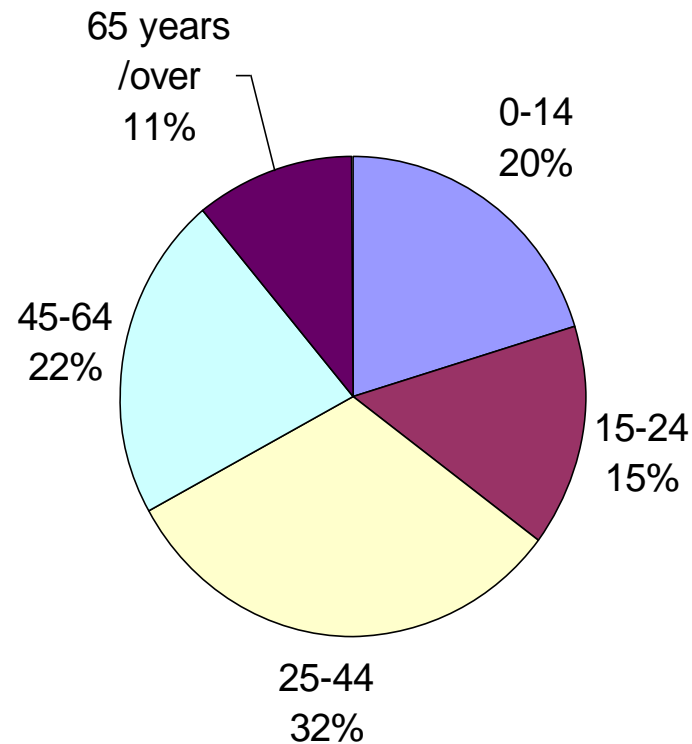
In brief, we will spend a longer time living and a shorter time dying

J Grimley Evans 1997

Health Promotion, Acute Care, Rehabilitation and Community Services

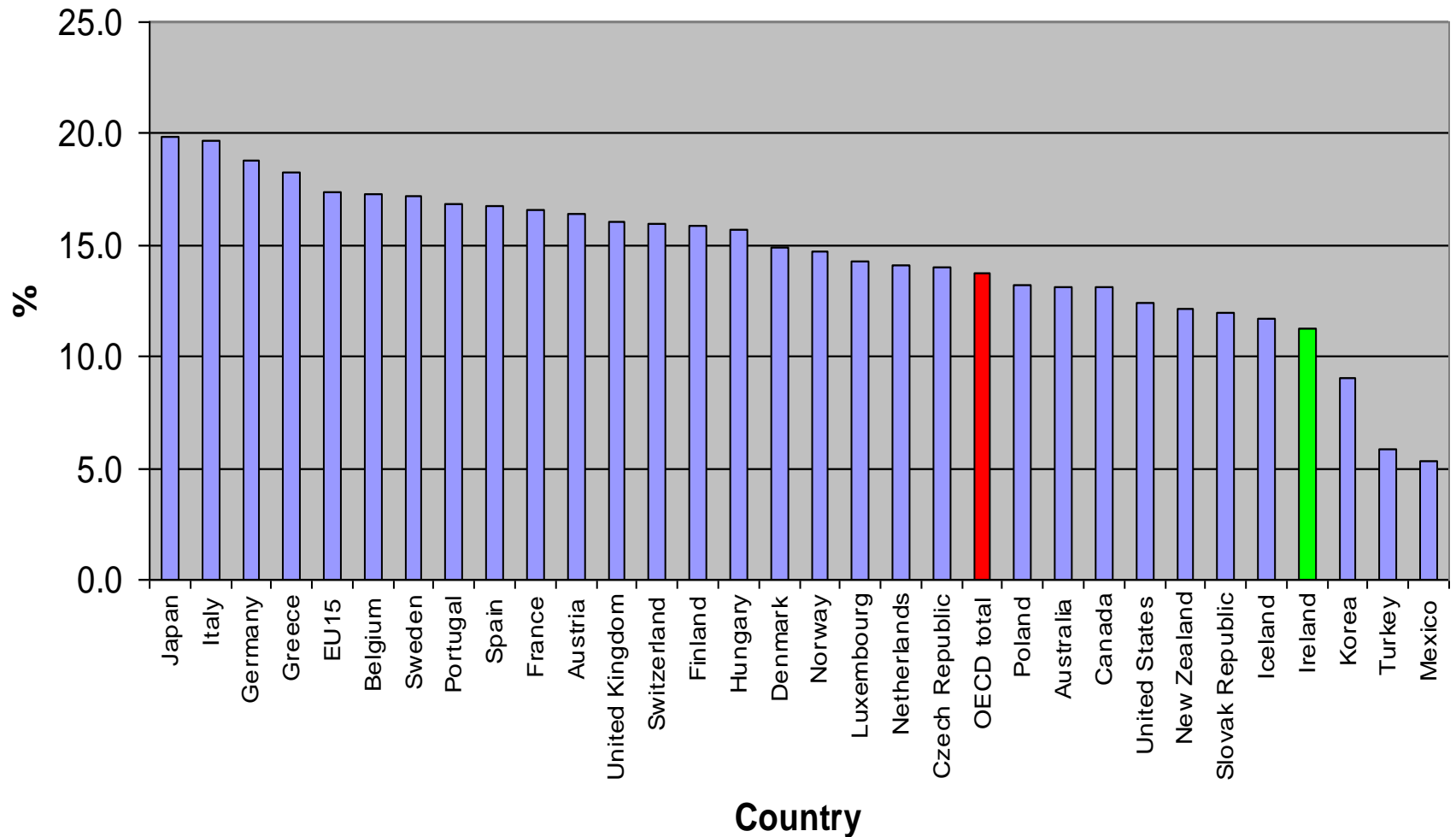


Age profile of the Irish population 2006



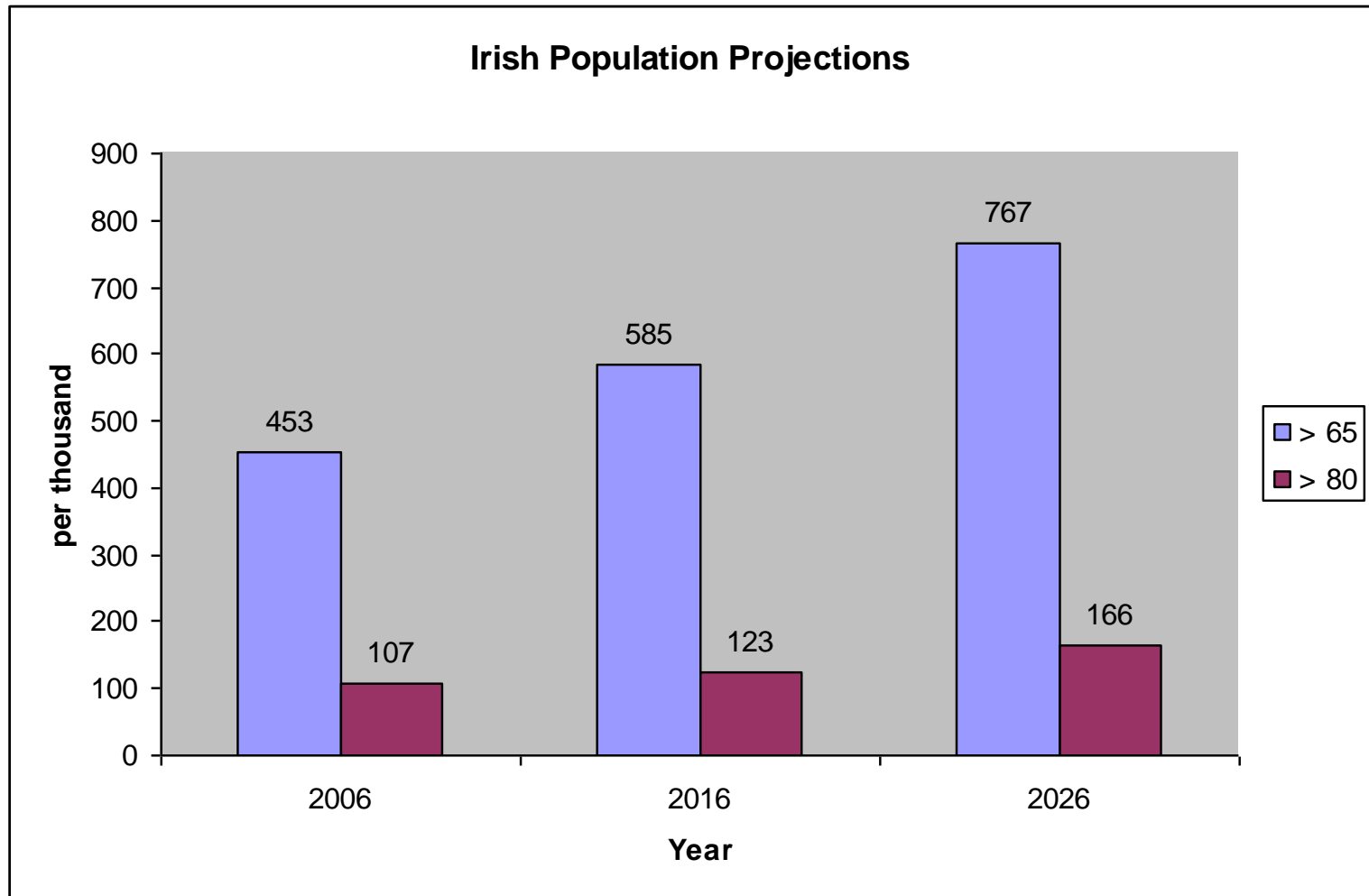


Proportion of population aged 65 years or more 2005



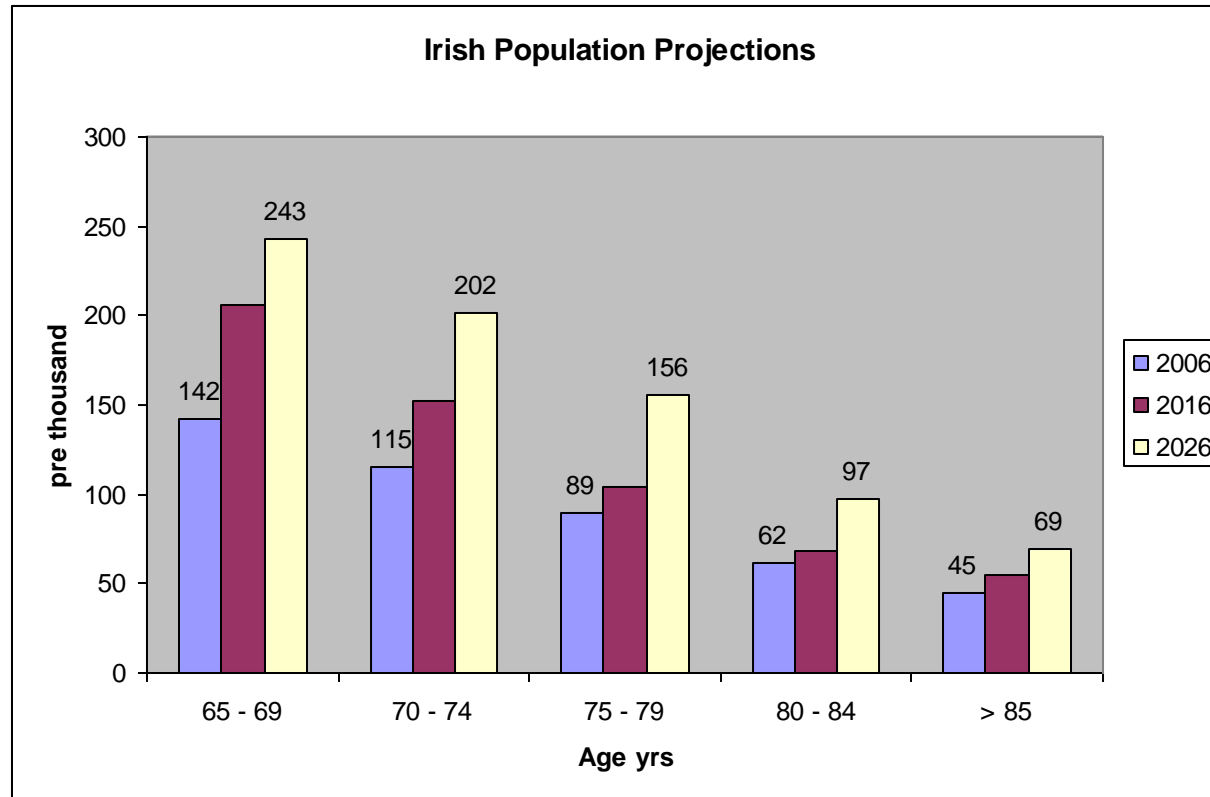


Central Statistics Office Ireland 2006





Central Statistics Office Ireland 2006



If you are 48 and over this graph should interest you!!!
If you are 47 or under it should interest you also!!!



Population density 2006

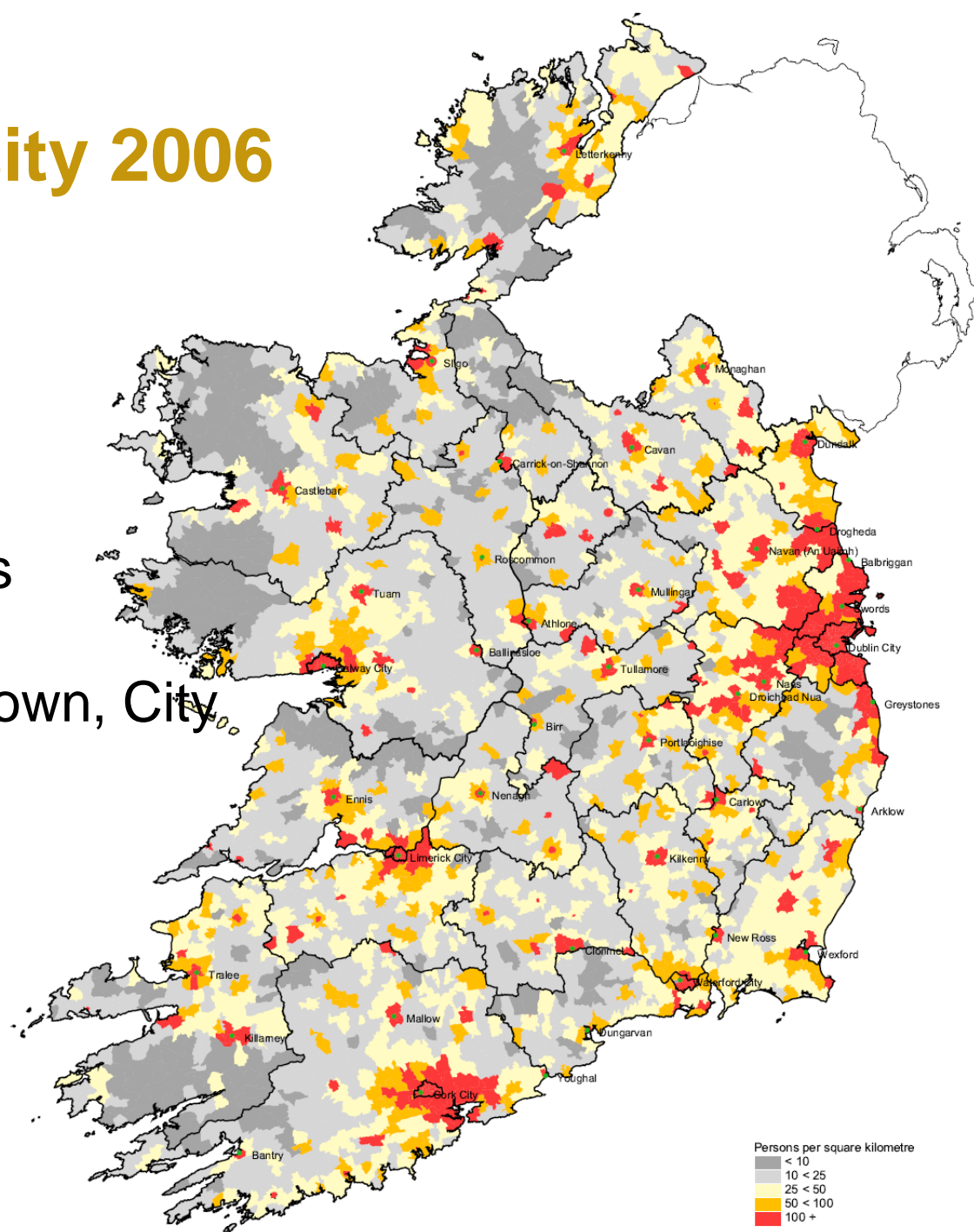
Food for thought!

Community Services

Acute Health Services

Delivery in Country, Town, City

	1926	2002
Urban	32%	60%
Rural	68%	40%





“For the first time in the history of man the prospects
of living a long, productive and healthy life
is becoming a reality

- it is within our power to make it a celebration”



Ageing Well, Ageing Positively

How can we achieve this?

Disease Prevention

Physical Activity

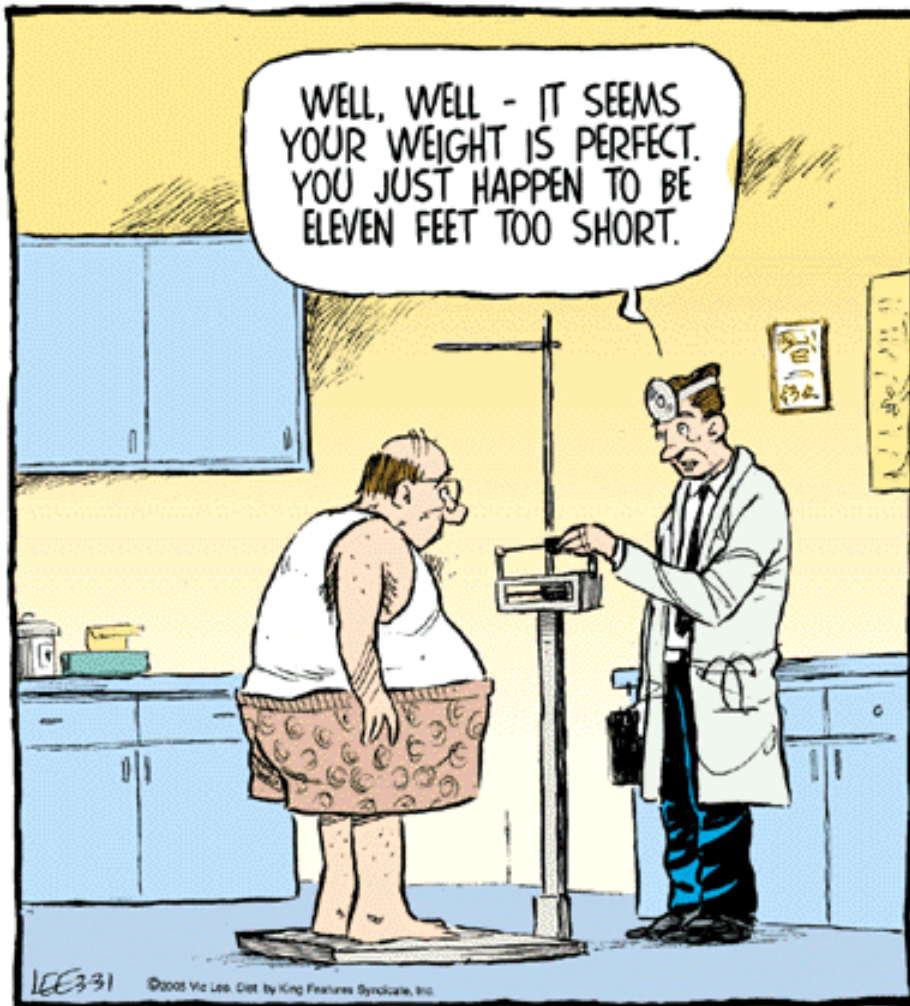
Mental Activity

Social Activity/Connectivity

Drugs !?



Weight



60% of people > 65 have a BMI > 25

Harder to move when overweight

Exercise reduces weight and blood pressure

Reduces risk of Heart Attack, Stroke, Diabetes



Some Benefits of not being overweight or obese

- Diabetes
- Cancer
- Sleep Apnoea
- Osteoarthritis
- Fatty liver disease
- Psoriasis
- Dementia
- Cardiovascular Disease



Obesity also reduces survival in certain cancers

- Colon
- Breast
- Endometrium
- Prostate
- Ovary



50% reduction in mortality by walking 2 miles a day
i.e. 30 - 60 minutes a day

10,000 minutes in a week

< 2% of the week

Health benefits

NEJM: 1998; 338: 94-9





“Everyman desires to live long but no man would be old”



Swift



Finding ways to change our habits – back to the future!! Burning a lot less energy (per half hour)

Calories Burned 2004		Calories Burned 1984	
Lift (2 mins)	3	Take Stairs	19
Order take away	1	Cook Meal	70
Load Dishwasher	23	Wash Up	80
Watch TV	35	Play Cards	52
Go to car wash	35	Wash Car	104
Play Video Game	53	Play Basketball	280
Ride Lawn Mower	88	Mow Lawn	193



Evidence Base

84,941 females

Low risk group

- 1) Body mass index - < 25 (weight in KG / height in m)
- 2) High cereal fibre and polyunsaturated fats
- 3) low in trans fats and sugar load
- 4) moderate physical activity for 30 mins per day
- 5) no current smoking
- 6) No more than a unit of alcohol per day



At low risk of what?

Of Diabetes

Of Obesity

Of Cardiovascular Disease

Of Stroke

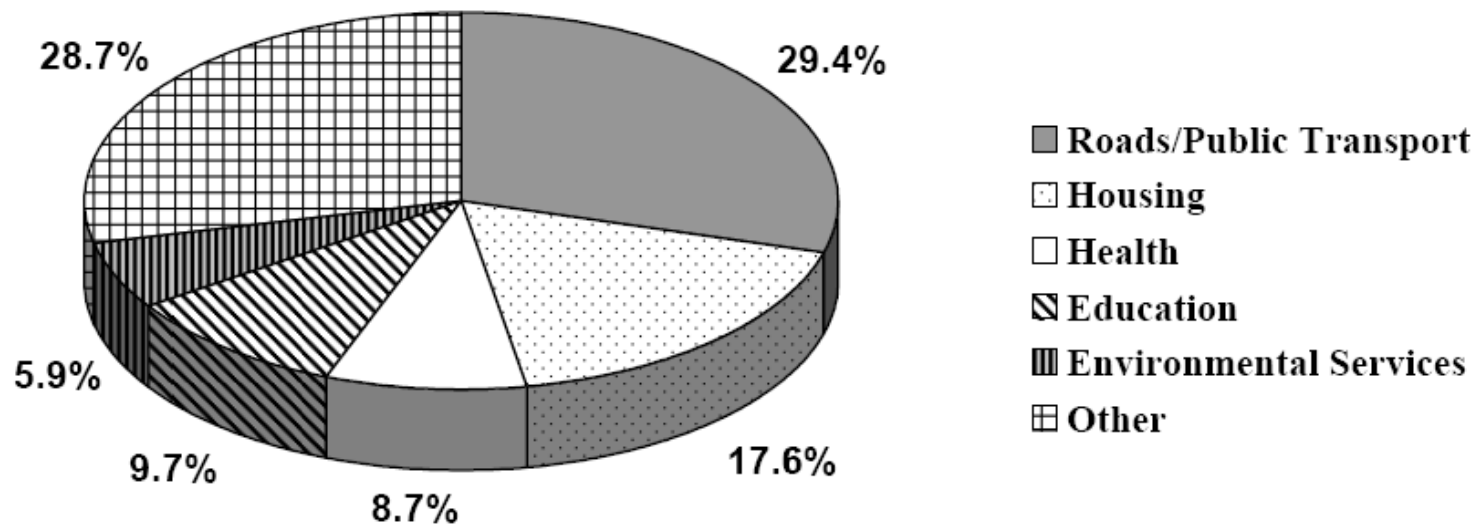
Of Memory problems

Mortality data awaited but quality of life improved

“In balance with this life, this death”



Finance - Health expenditure as a proportion of public expenditure





Finance - Expenditure on Health (%GDP)

	1960	1970	1980	1990	1995	2000	2004
Australia	4		6.8	7.5	8	8.8	9.6
Austria	4.3	5.2	7.5	7	9.7	9.4	9.6
Belgium		3.9	6.3	7.2	8.2	8.6	
Canada	5.4	7	7.1	9	9.2	8.9	9.9
Denmark			8.9	8.3	8.1	8.3	8.9
Finland	3.8	5.6	6.3	7.8	7.4	6.7	7.5
France	3.8	5.3	7	8.4	9.4	9.2	10.5
Germany		6.2	8.7	8.5	10.1	10.3	10.6
Greece		6.1	6.6	7.4	9.6	9.9	10
Iceland	3	4.7	6.2	7.9	8.4	9.2	10.2
Italy				7.7	7.1	8.1	8.7
Japan	3	4.5	6.5	5.9	6.8	7.6	
Luxembourg		3.1	5.2	5.4	5.6	5.8	8
Netherlands			7.2	7.7	8.1	7.9	9.2
New Zealand		5.1	5.9	6.9	7.2	7.7	8.4
Norway	2.9	4.4	7	7.7	7.9	8.5	9.7
Portugal		2.6	5.6	6.2	8.2	9.4	10.1
Spain	1.5	3.5	5.3	6.5	7.4	7.2	8.1
Sweden		6.8	9	8.3	8.1	8.4	9.1
Switzerland	4.9	5.5	7.4	8.3	9.7	10.4	11.6
United Kingdom	3.9	4.5	5.6	6	7	7.3	8.1
United States	5.1	7	8.8	11.9	13.3	13.3	15.3
Ireland	3.7	5.1	8.3	6.1	6.7	6.3	7.1
OECD average	3.8	5.1	6.8	7.0	7.7	8.0	9.0

Source: OECD Health Data 2006, October 2006



Self-Fulfilling Expectations Optimist v Pessimist

- If you assume that things cannot be improved, they will not be improved (a gradualist – expectation set by the passage of time)
- If you assume that things can be improved (a healthy old age with access to the necessary services when you need them **(non-means tested)**) there's a good chance they will be improved

We might reach a place where the unexpected becomes expected, where radical change is more than a possibility – it is, contrary to all our expectations – a certainty



Recipe for Ageing Well, Ageing Positively

- 1) Less
 - Less weight
 - Less fags
 - Less alcohol
- 2) More
 - Exercise
 - Correct food groups
 - Safety awareness
- 3) Know your rights and fight for them
- 4) Only go into hospitals when you have to!!



Red Wine and Longevity



- Sardinian Province of Nuoro - life expectancy in men who reach the age of 85 in this region is greater than their female counterparts, three times as many inhabitants, 100 years and older, as there are elsewhere in Western Europe
- Madiran, France in the Pyrenees Mountain region (called Midi Pyrenees) wedged between the Bordeaux region and the Pyrenees. Full bodied reds are the dominant wines, and some of their grape varieties are found nowhere else. In this elevated area there are more men above the age of 75 than anywhere else in France!
- Republic of Georgia northern part of the Caucasus Mountains



What is Ageing?

Rewrite the Song!

When I get older, losing my hair,

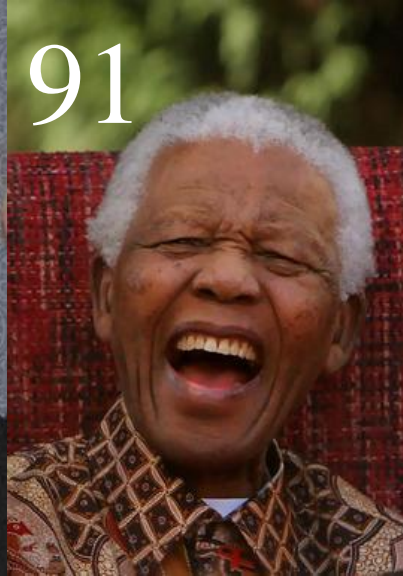
Many years from now, will you still be

sending me a Valentine, birthday greetings, bottle of **red**
wine...

When I'm**99!!**



83



91



8?

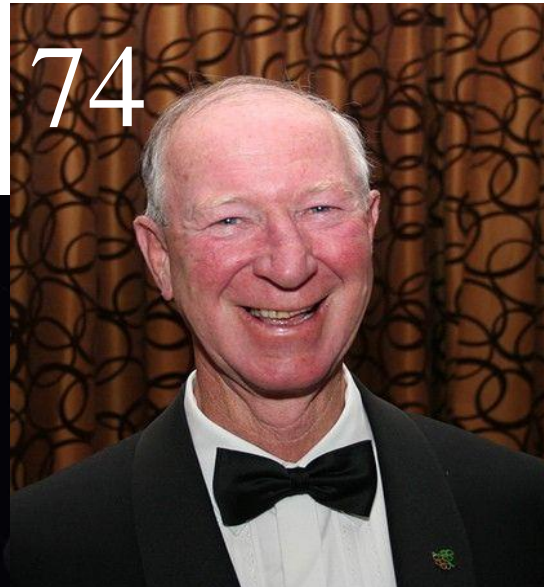


88



“Almost everything you do in the world is insignificant but it is still worth doing.”

M. Ghandi



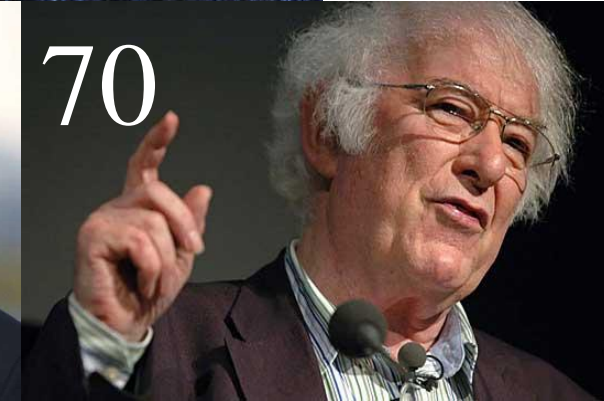
74



87



83



70

85



Time orders Old Age to destroy Beauty, 1746



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