

What is geriatrics?

– Geriatric secrets

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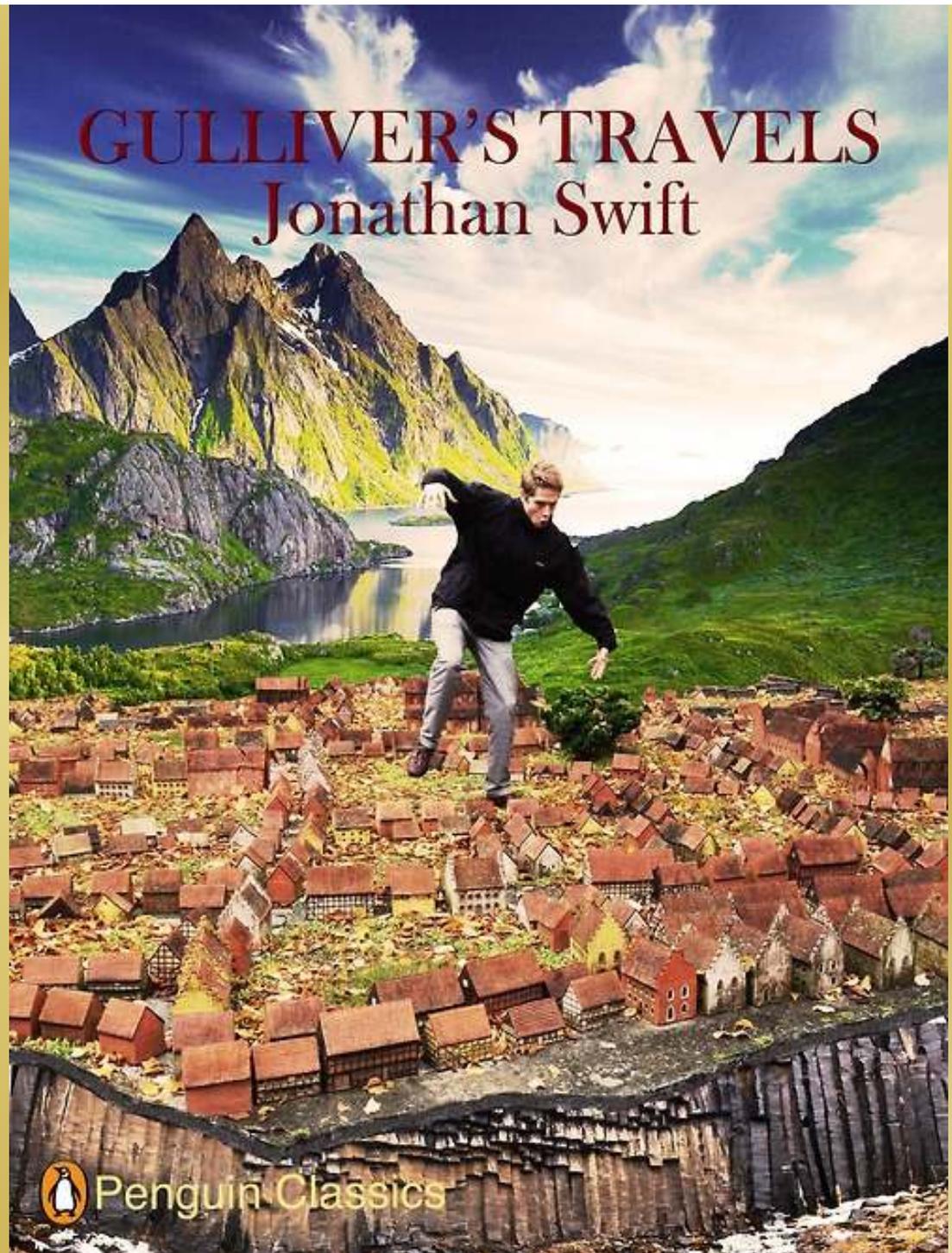
- **Who is old man?**
- **Geriatric secrets**
- **Dr. Nascher**
- **Summary & conclusion**

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- **Who is old man?**
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GULLIVER'S TRAVELS

Jonathan Swift



 Penguin Classics

Struldbruggs in Gulliver's Travels



Jonathan Swift, pp.251-263, *Gulliver's Travels*, Penguin Books, 1985.

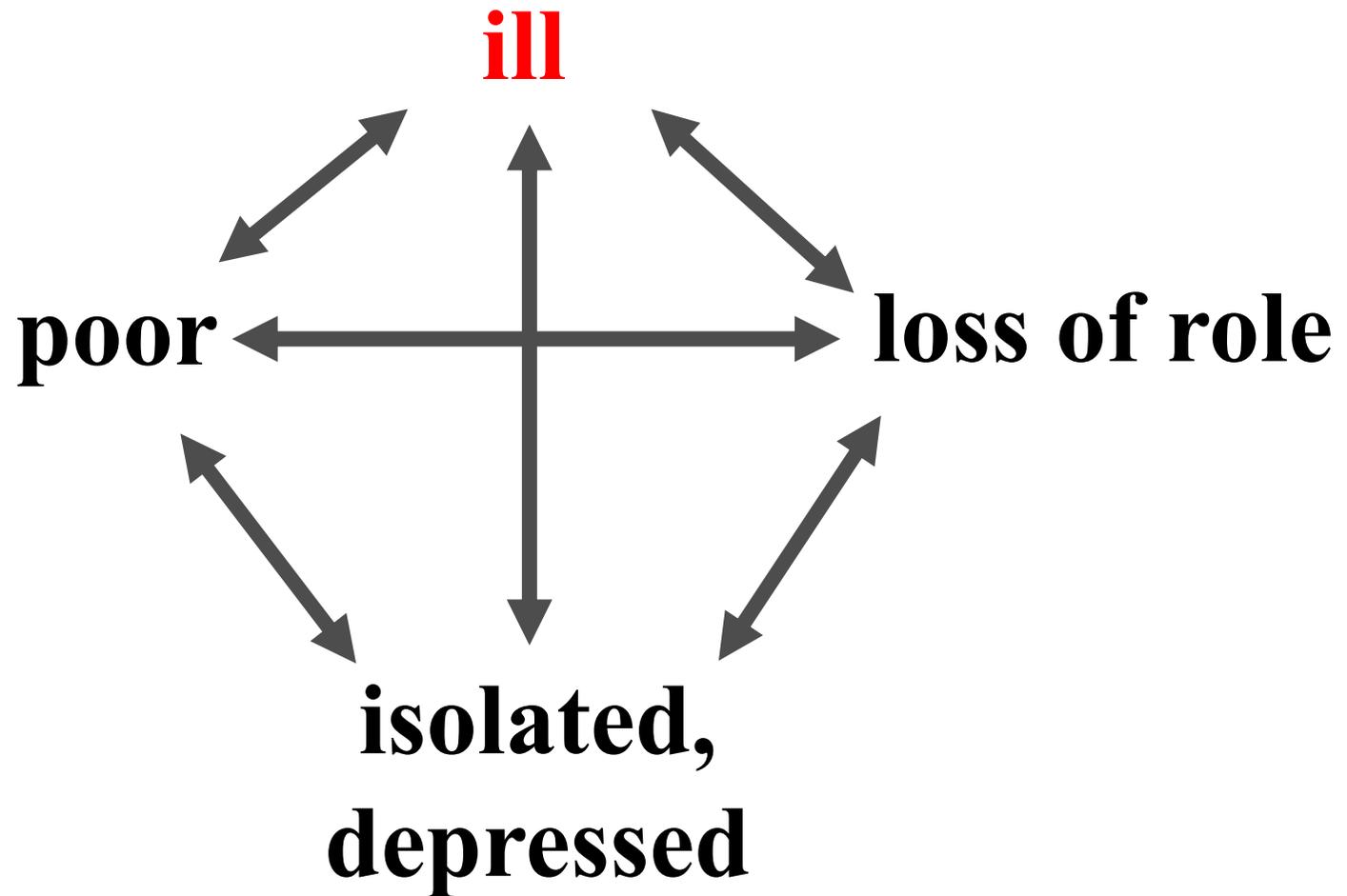
“--- as avarice is the necessary consequence of old age, those Immortals would in time become proprietors of the whole nation, and engross the civil power, which, for want of abilities to manage, must end in the ruin of the public.”

Jonathan Swift, p. 263, Gulliver's Travels, Penguin Books, 1985.

A list of words people commonly equate with “old”

ancient, antediluvian, antiquated, antique, archaic, brittle, bygone, dated, decayed, decrepit, dowdy, dried-up, dry, dusty, elderly, **enduring**, faded, frail, fusty, gray, grizzled, hoary, lasting, long-lived, mature, passé, **seasoned**, senile, shriveled, stale, superannuated, timeworn, tough, used up, useless, **venerable**, veteran, **vintage**, **weathered**, **wise**, withered, worthless, wrinkled, yellowed, +

Old man – 4 hardships



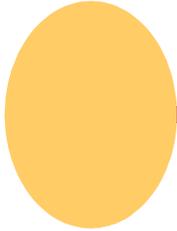
**Who is old man
from a medical perspective?**

Aging

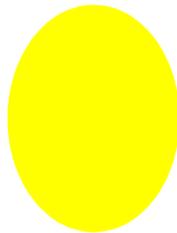
fertilization

Aging

death



maturity



Senescence



Characteristics of aging

- **universal**
- **intrinsic**
- **progressive**
- **deleterious**

% with chronic ds & disability

Healthy 9.1 %

Chronic Disease(s) 90.9 %

+ IADL ltd. 43.3 %

+ ADL ltd. 31.9 %

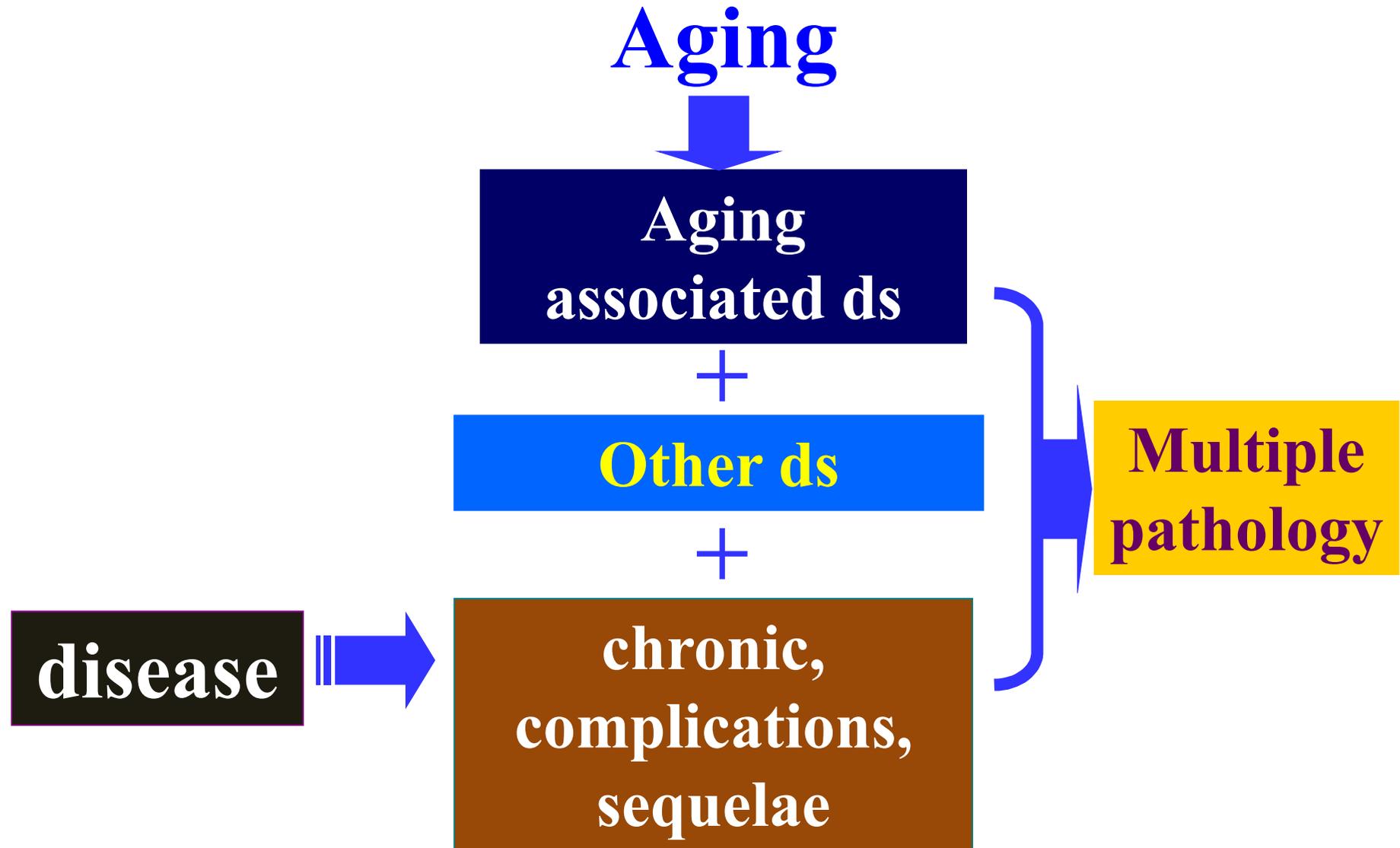
ADL : Activities of Daily Living

IADL : Instrumental ADL

ltd. : limited

Cho KH et al., J Am Geriatr Soc 2004; 52:1199
Korea Institute of Health & Social Affairs, 2004

Aging & Multiple pathology



Old man?

man of multiple pathology

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Geriatric secrets

- ➔ **Multiple pathology**
- ➔ **Frail**
- ➔ **Geriatric syndrome(s)**
- ➔ **Sociomedical hybrid**

Geriatric disease(s)

**Multiple
pathology**

- **complex symptoms & signs**
- **complex diagnosis**
- **complex treatment**
- **polypharmacy**
- **complex prognosis**
- **dwindling**

Disability free life expectancy in Korea

Year	Disability-Free Life Expectancy	
	Male	Female
0	63.3	65.4
65-69	8.5	8.4
70-74	6.0	5.8
75-79	4.1	3.7
80-84	2.8	2.1
85+	1.7	1.2

Source, The Korea Institute for Health and Social Affairs,
The 2004 National Survey on the Lives and Demand for Welfare of the Elderly

Geriatric disease(s)

- **3M --- mobility, mentation, micturition**
- **5I --- iatrogenic disease, incompetence, incontinence, immobility, impaired homeostasis**

The I's of Geriatrics

The Modern Geriatric Giants

Instability (frailty)

Incontinence

Intellectual impairment

Isolation (depression)

Iatrogenesis

Incoherence (delirium)

Insulin resistance (diabetes)

Immobility

Inanition (malnutrition)

Impoverishment

Continuum of Function

- Hamerman (1999)

Independence

→ **Dwindlerness**

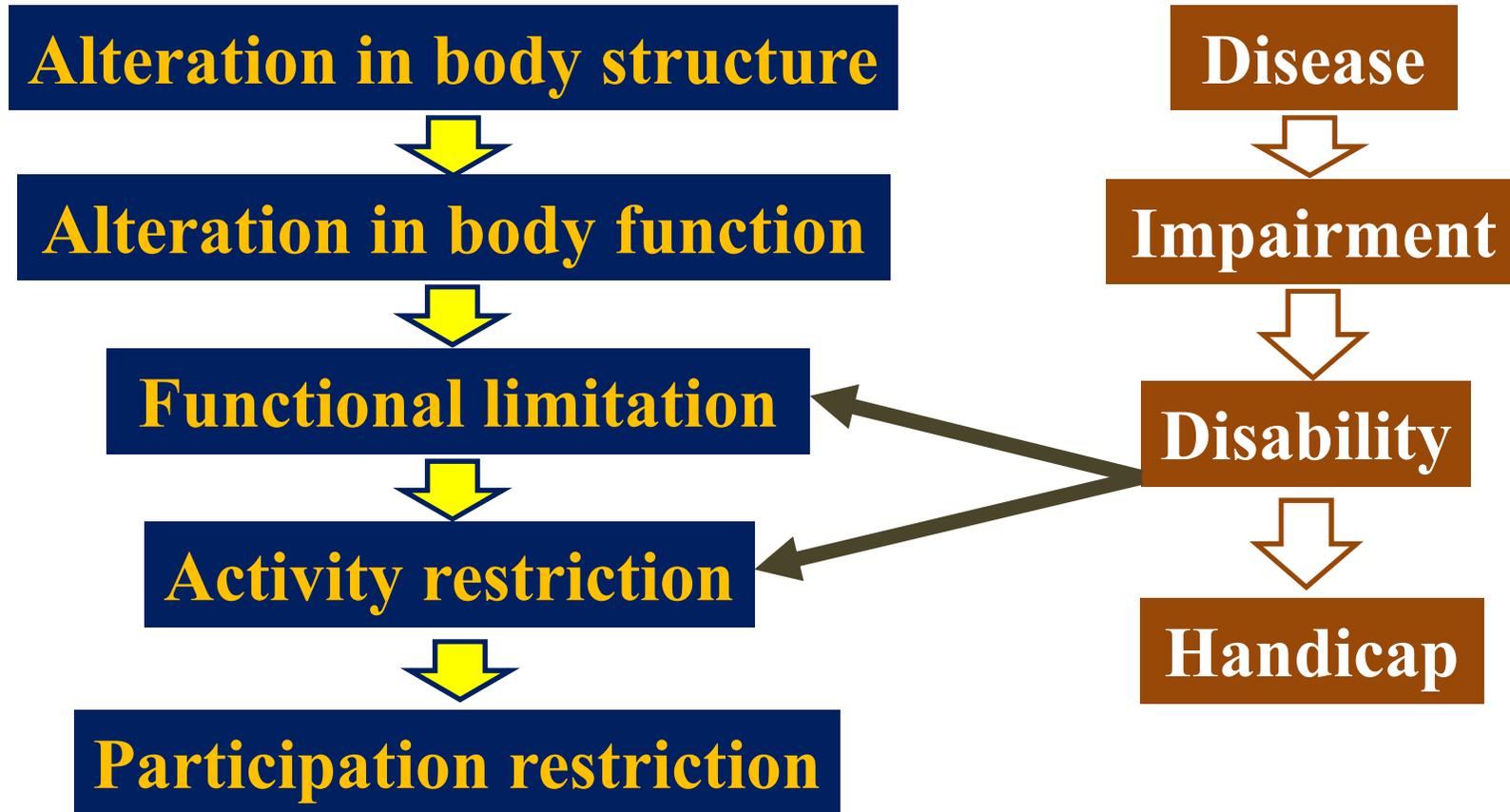
→ **Frailty**

→ **Disability**

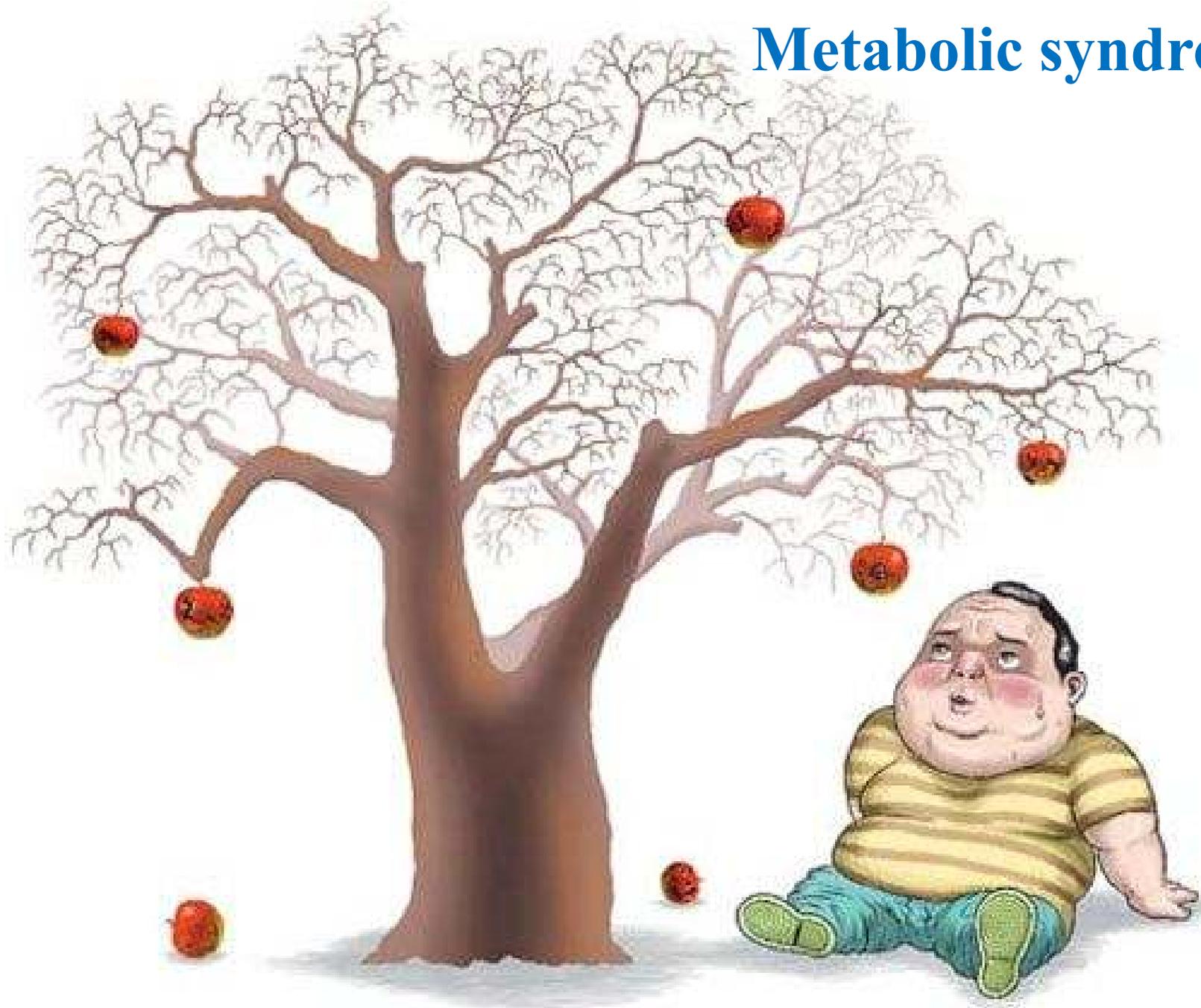
→ **Predeath**

→ **Death**

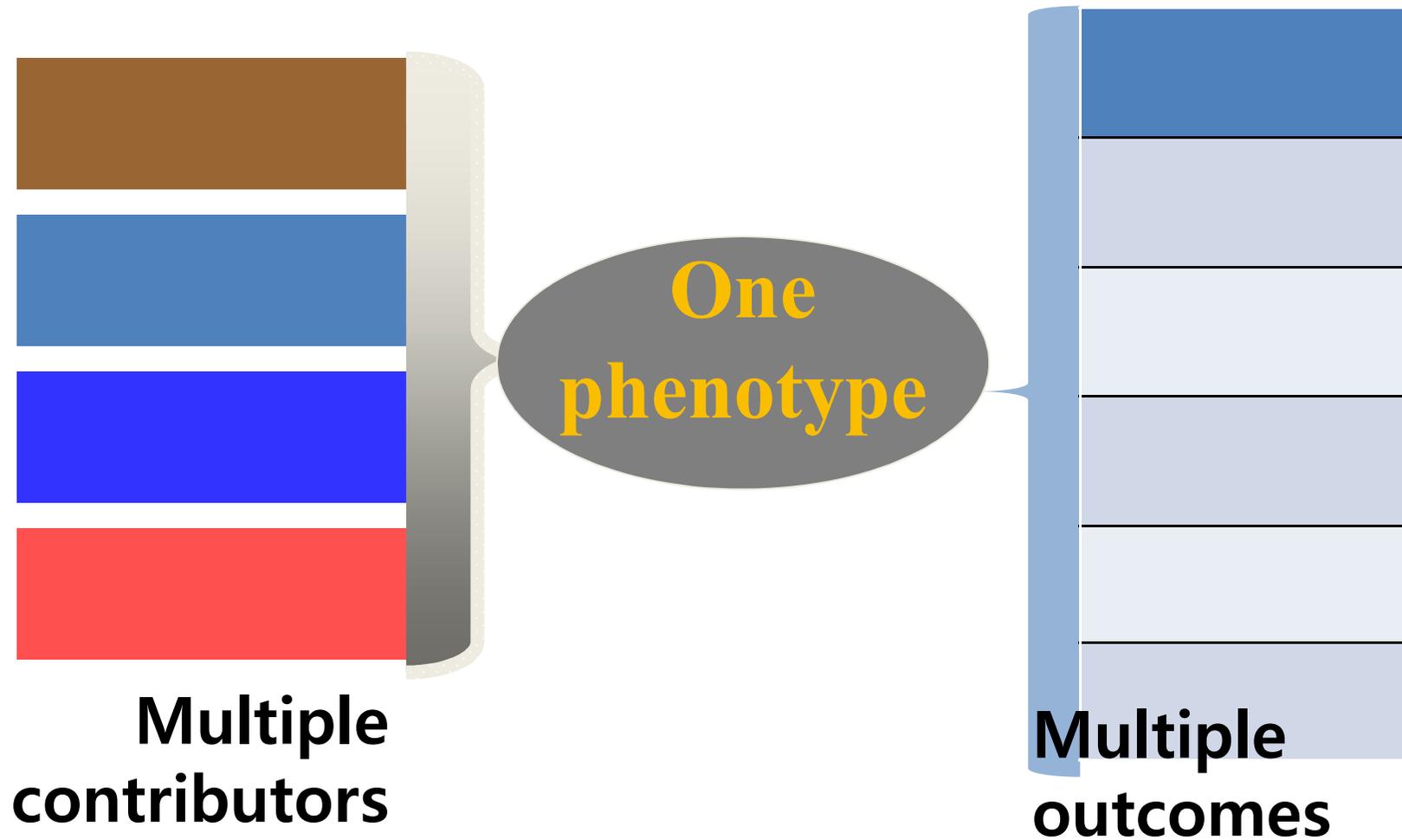
Disability (WHO)



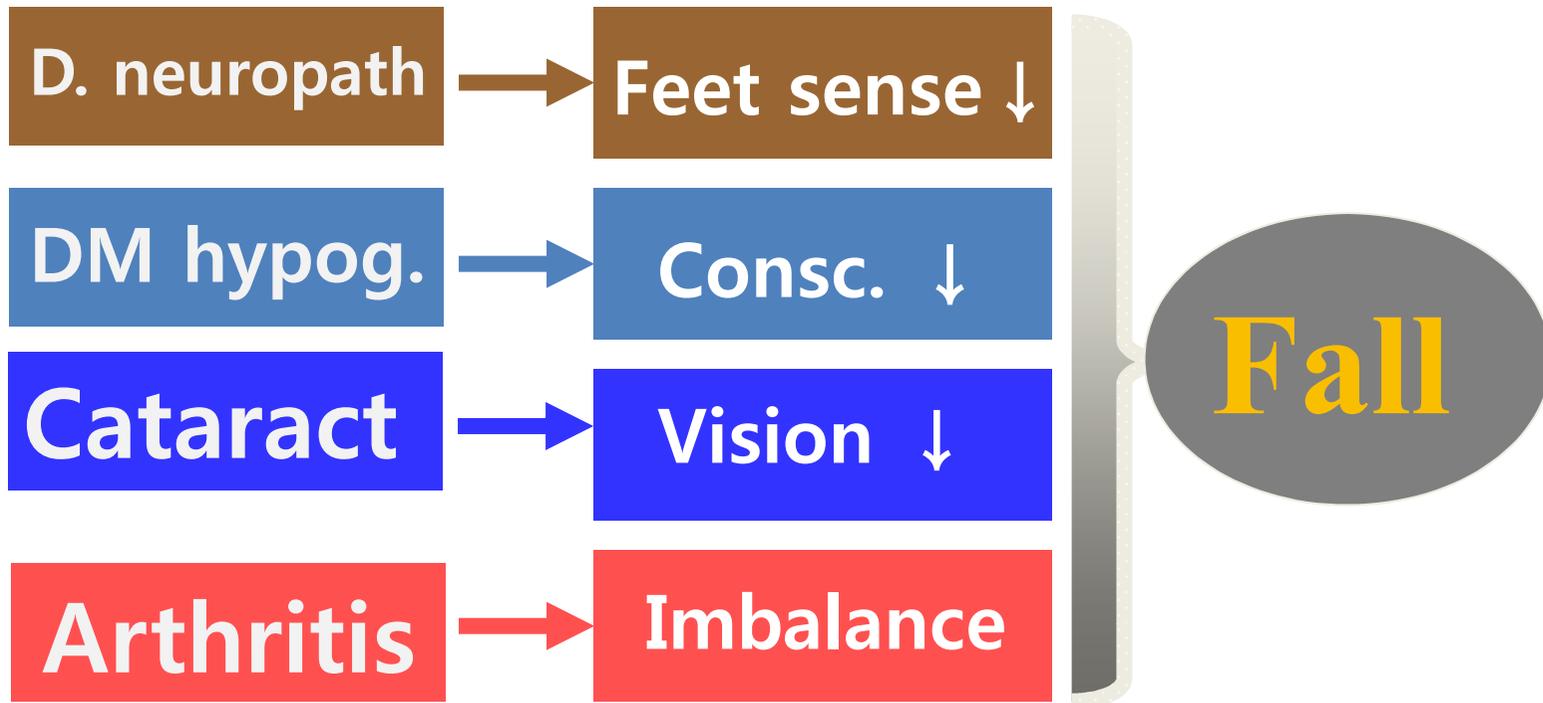
Metabolic syndrome



Geriatric syndrome



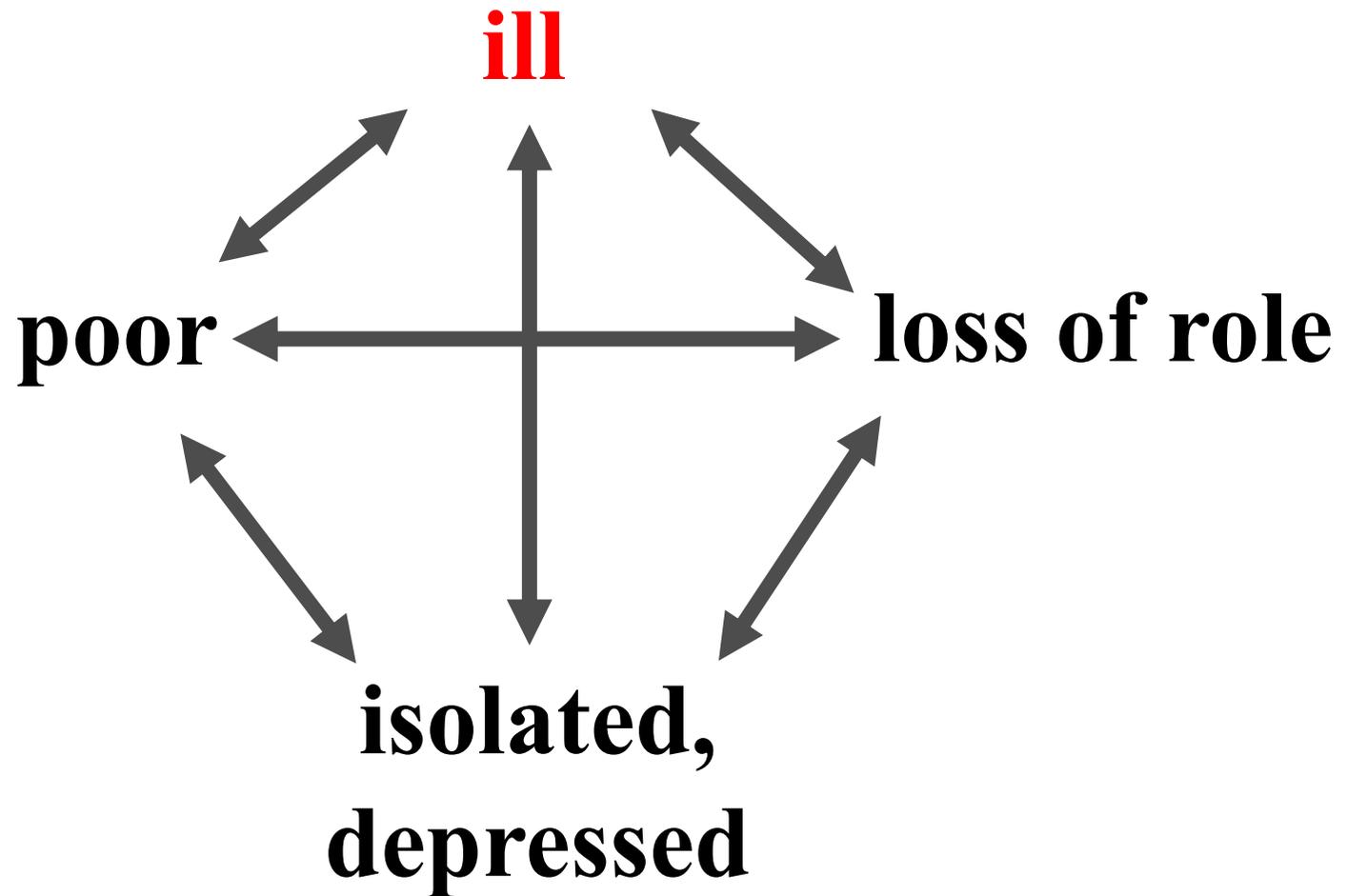
Geriatric syndrome in DM



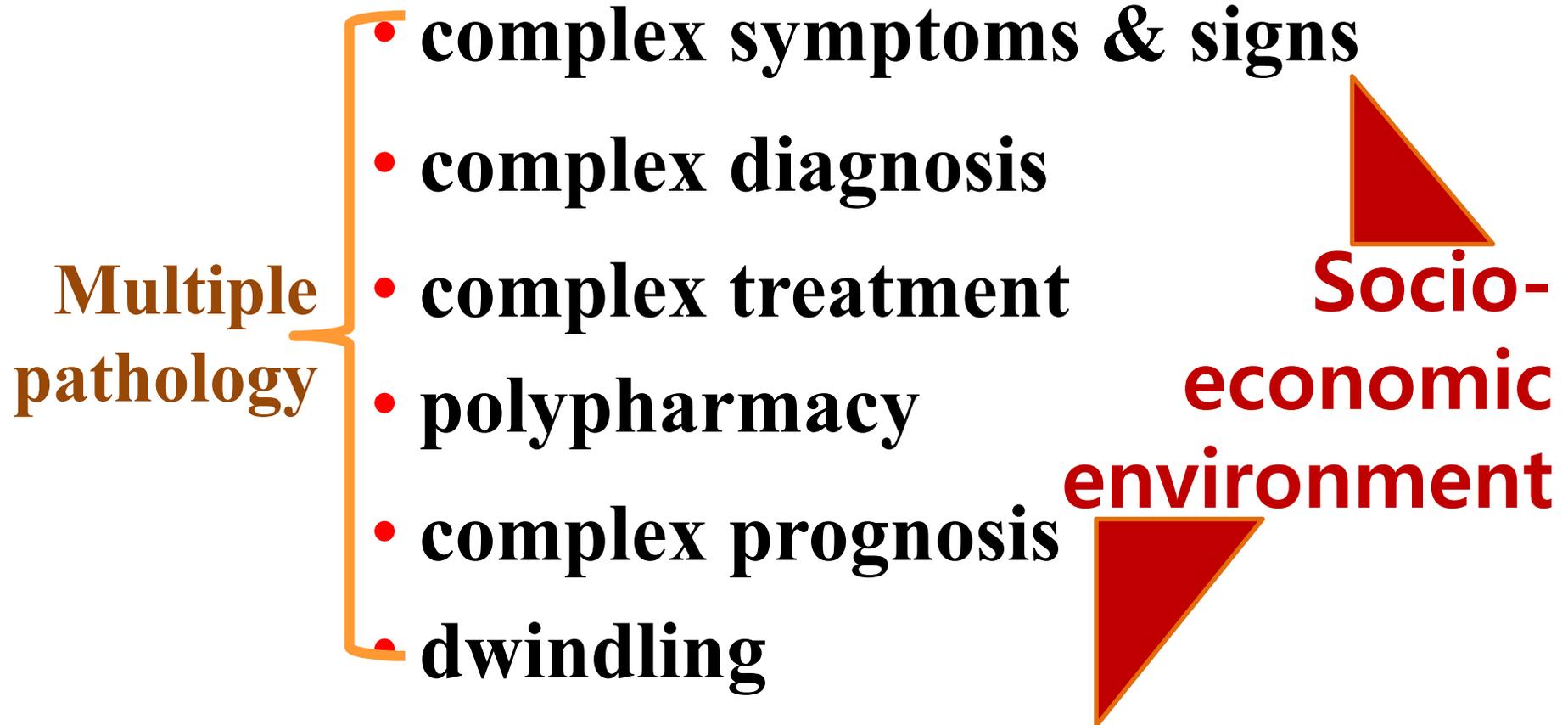
**Geriatric
syndromes
(AGS ECWG)**

- **Incontinence**
- **Depression**
- **Delirium**
- **Iatrogenic problems**
- **Fall**
- **Osteoporosis**
- **Sensory changes**
- **failure to thrive**
- **Mobility-gait disturb.**
- **Pressure sore**
- **Sleep disorder**
- **Demintia**
- **Inappropriate Rx**

Old man – 4 hardships

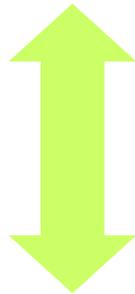


Geriatric disease(s)



Function ↓
Geriatric syndromes

Multiple pathology — *Disease-Disease Interaction*



— *Disease-Drug Interaction*

Polypharmacy — *Drug-Drug Interaction*

Socio-environment

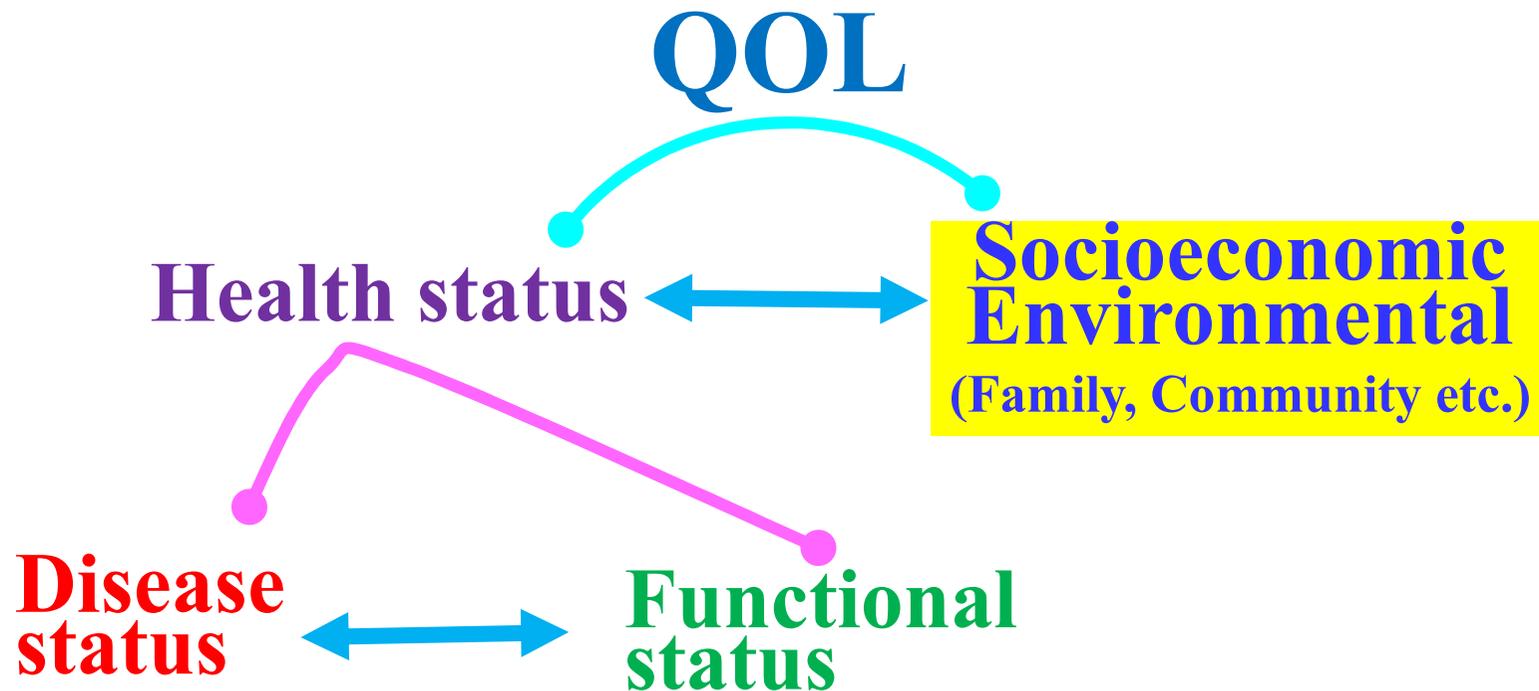
Indications of oral drugs in elderly DM

- stubborn resistance to insulin
- 70 y < onset, glucose < 350 mg/dl
- 50 ~ 70 y, Type 2 DM

Sociomedical contraindications to Insulin

- *poor vision*
- *physical incapacity*
- *alcohol dependence*
- *no assistance*

Components of QOL in Old



: modified from Rubenstein LV et al.
JAGS, 1989

Geriatric

= Sociomedical hybrid

Contents



• **Dr. Nascher**



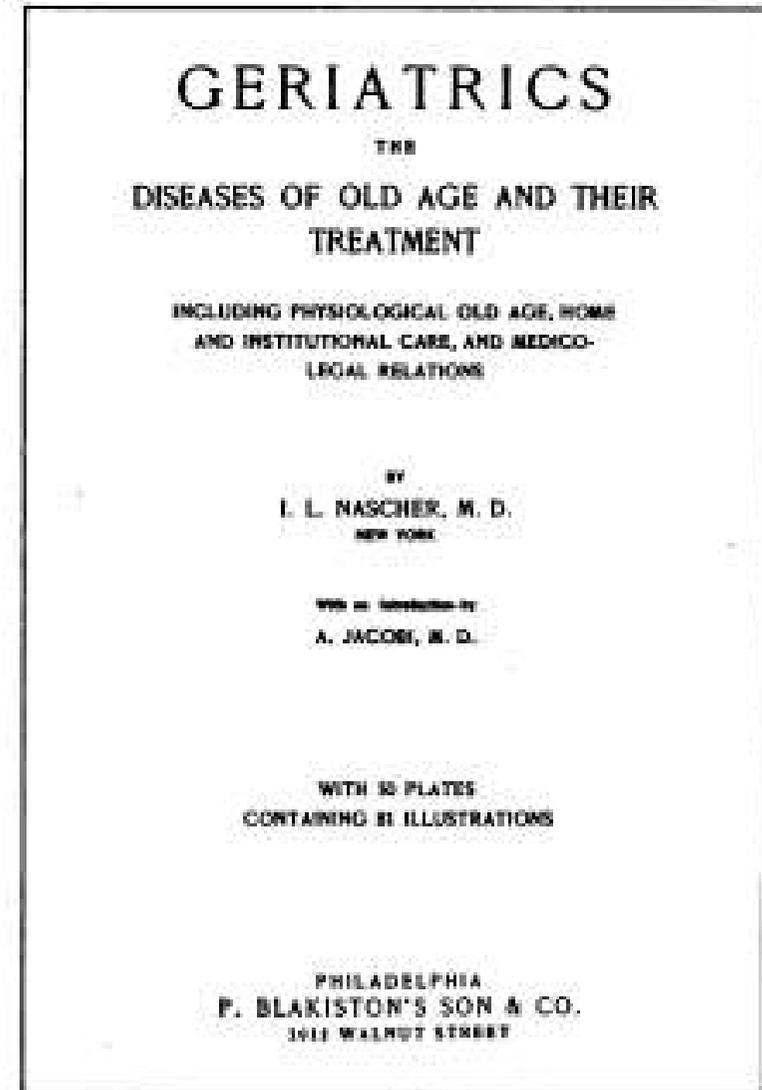
As a medical student late last century, *Nascher* was making rounds when he came upon an acutely ill elderly woman.

After a quick look, *Nascher's* professor diagnosed her condition with terrible finality: “*Old age.*” “*What can be done about it?*” *Nascher* inquired. “*Nothing*”, the professor replied.

geriatrics
geras + iatrikos
(NYMedJ 1909)

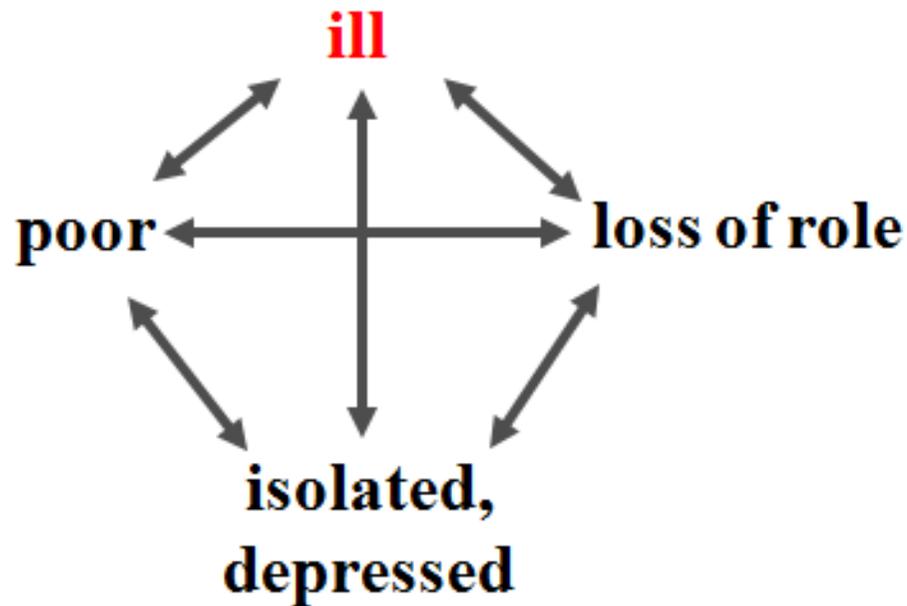


The Father of Geriatrics
Ignatz Leo Nascher, MD (1863-1944)



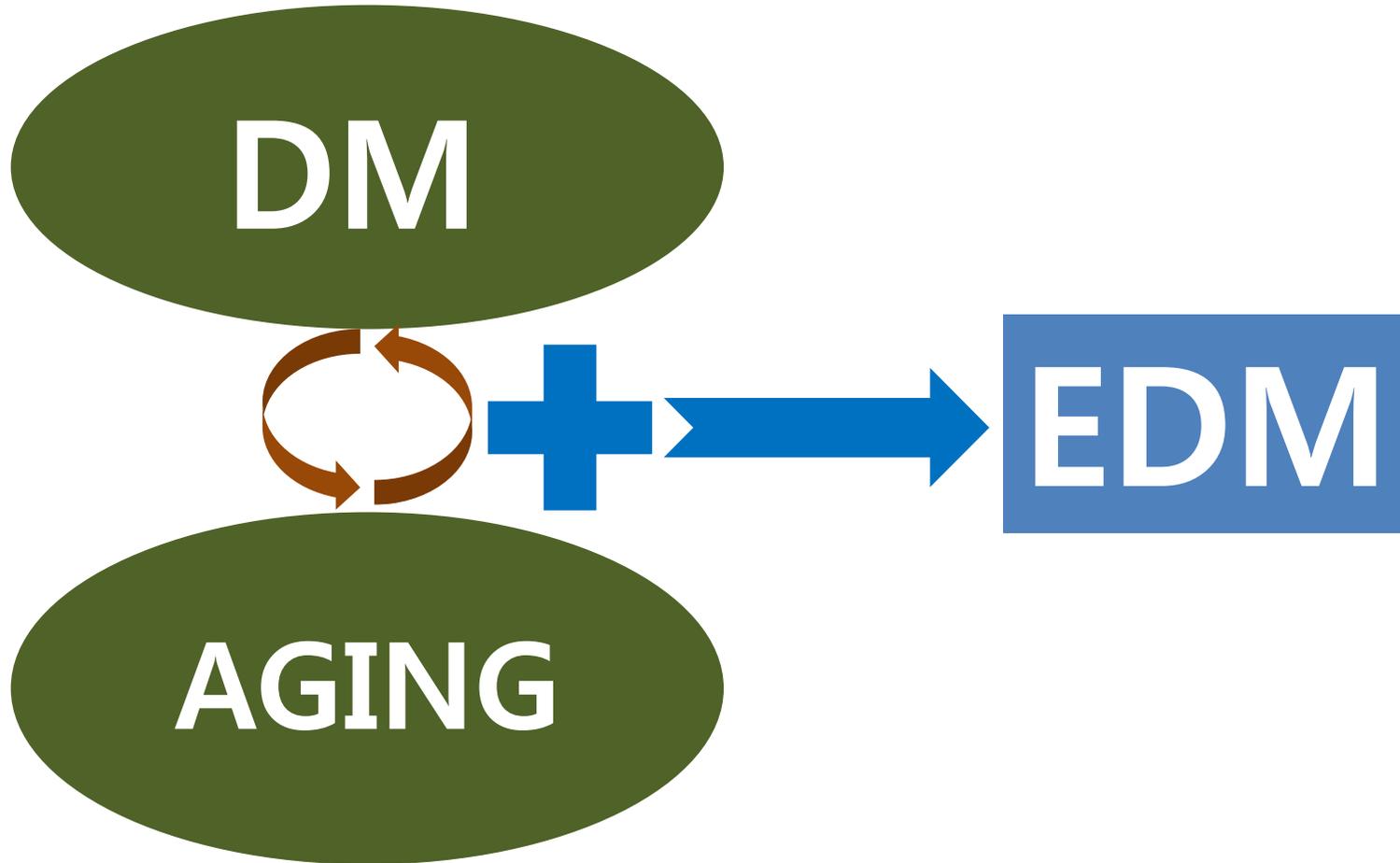
Gerontology

Old man – 4 hardships

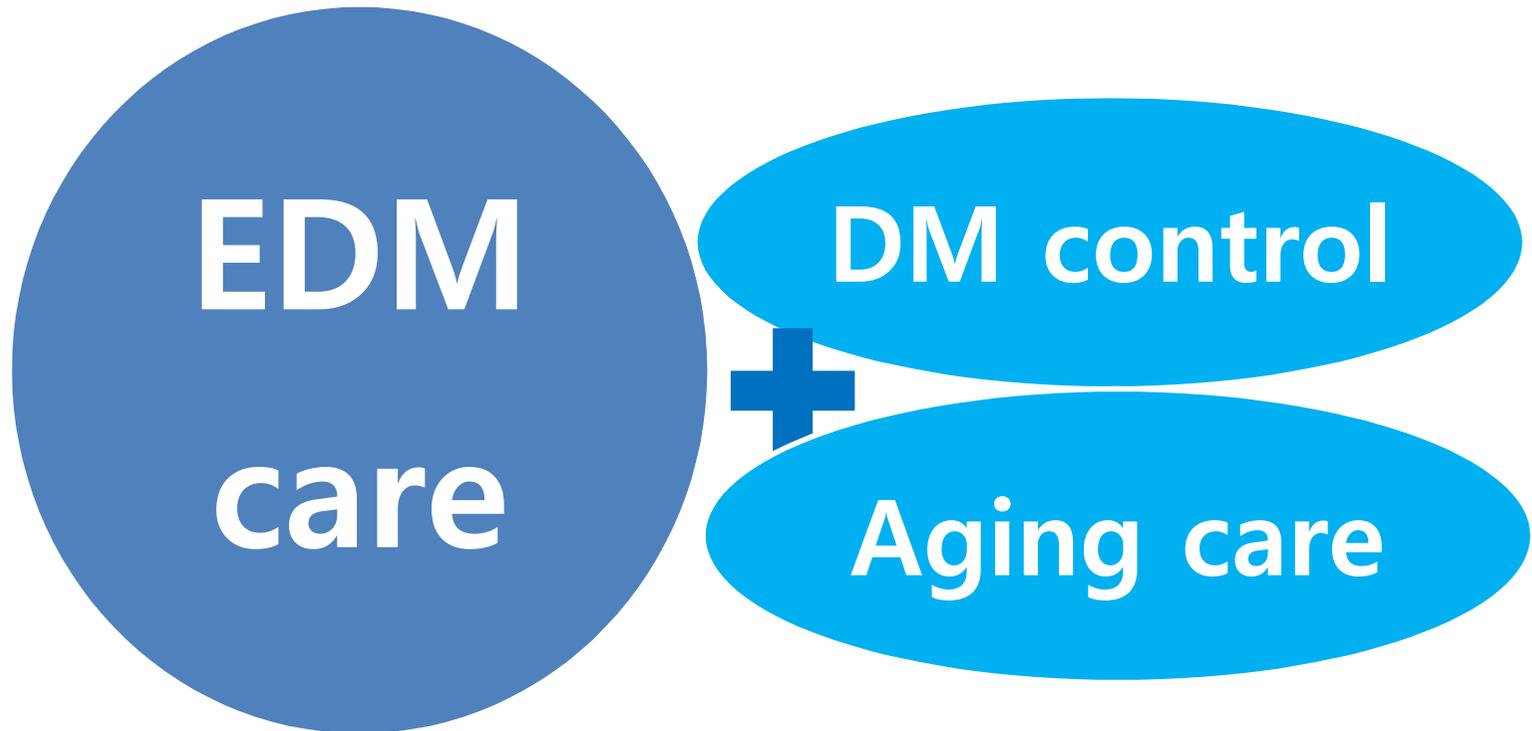


- Geriatric medicine
- Geriatrics
- Clinical gerontology
- Medical gerontology
- Social Gerontology
- Biological Gerontology

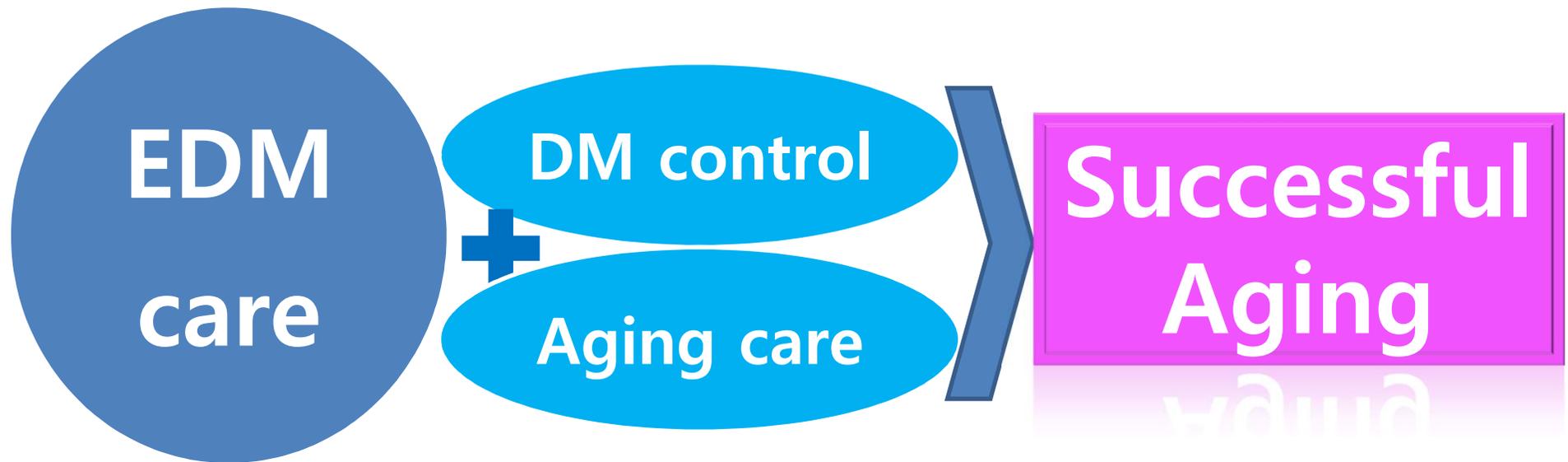
Elderly DM



Care of EDM



Goal of DM care in Elderly



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- **Summary & conclusion**

Geriatric secrets

- ➔ **Multiple pathology**
- ➔ **Frail**
- ➔ **Geriatric syndrome(s)**
- ➔ **Sociomedical hybrid**
 - **family-oriented**
 - **interdisciplinary**

- **Communication**
- **Education**

The background features a white background with several stylized, colorful leaves scattered across it. The leaves are in various colors including light green, cyan, pink, blue, and orange. A central horizontal bar is light green and contains the text.

“Thanks for your attention.”