

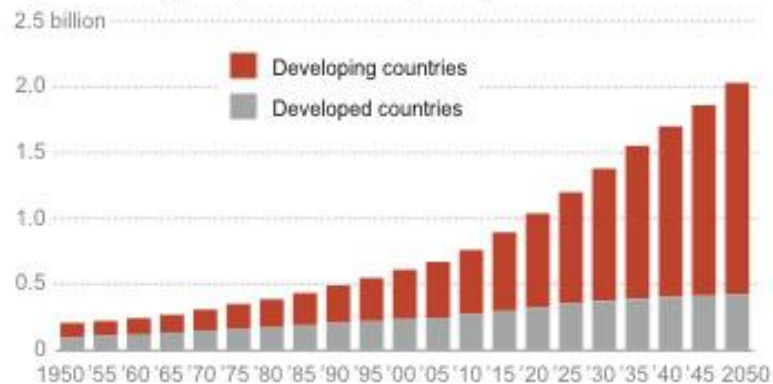
MENTAL HEALTH IN EDLERLY

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Aging population

Global rise in aging population

The number of people in the world aged 60 and older is expected to grow past 2 billion by the year 2050.



SOURCE: United Nations Population Fund.

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- The number of people age 65 and older is expected to grow from 39 million in 2008 to 72 million in 2030 (CDC)
- Life expectancy in the US is 78 years of age
- Changes in health with aging:
 - Physical health
 - Hearing and vision
 - Cognitive Decline
 - Other disabilities

Mental Health in Later Life

- As many as **ONE IN FIVE** adults aged 65 and older experience mental health problems
- Feeling sad or worried **IS NOT THE SAME** as suffering from depression or anxiety disorders
- Older adults with mental disorder are **LESS LIKELY** than younger and middle aged adults to receive mental health services
- Most common: **ANXIETY AND DEPRESSION**

Mental Health in Later Life

- **Good news:** most MH problems respond well to treatment
- **Bad news:** not too many seniors seek or receive help
- Good mental health = Good physical health
- Untreated MH disorders = Poor physical health; Poor quality of life; Misuse of medications.
- Success of treatment of many MH disorder in older adults can be similar to that of younger adults.

Risk factors

- Live alone
- Are economically disadvantaged
- No relatives or friends nearby
- Recent losses
- Acute or chronic illness
- H/o head injury causing loss of consciousness

System Problems

- Medicare covers 80 % of a physical health problem, but only 50 % of mental health problem.
- Close to 60% of older adults with a mental disorder do not receive necessary services.
- PCP often misdiagnose depression, mood disorders, etc.
- 75 % percent of those who commit suicide have visited a primary care physician within a month of their suicide

Causes and Risks

- Physical illness (thyroid etc.)
- Physical disability
- Long-term illness (e.g., heart disease, cancer etc.)
- Change of environment, e.g., moving into assisted living
- Illness or loss of a loved one
- Medication interactions
- Alcohol or substance abuse
- Poor diet or malnutrition

Common Mental Health Disorders

- Depression
- Anxiety
- Dementia
- Substance Abuse
- Delirium
- Suicide

Warning signs

- Sadness lasting longer than two weeks
- Hopelessness, helplessness, worthlessness; Suicidal thoughts
- Significant change in energy level
- Changes in weight and appetite
- Increasing problems with memory
- Physical problems
- Trouble handling finances or working with numbers

Depression

- Sadness, depressed
- Irritability
- Sleep changes
- Appetite changes
- Low energy, physical and mental
- Loss of interest in previously pleasurable activities
- Lack of motivation
- Have trouble making decisions
- Suicidal thoughts
- Problems concentrating
- Hopelessness, helplessness, worthlessness
- Tearful
- Guilty feelings

Anxiety

- Excessive worries
- Sleep problems
- Irritability
- Aches and pains
- Tension
- Dizziness, lightheadedness
- Gastrointestinal problems
- Sweating
- headaches
- muscle tension
- muscle aches
- difficulty swallowing
- trembling
- Twitching
- hot flashes.

Alzheimer's Dementia (early)

- find it hard to remember things
- ask the same questions over and over
- get lost in familiar places
- lose things or put them in odd places
- have trouble handling money and paying bills
- take longer than normal to finish daily tasks
- have some mood and personality changes.
- trouble finding the right words
- vision and spatial issues
- impaired reasoning or judgment.

Alzheimer's Dementia (later signs)

- difficulty learning new things and coping with new situations
- trouble carrying out tasks that involve multiple steps, like getting dressed
- impulsive behavior
- forgetting the names of common things
- hallucinations, delusions, or paranoia
- wandering away from home.

Alzheimer's Dementia (severe)

- Loss of the ability to communicate.
- Major changes in sleep cycle
- Weight changes
- Trouble swallowing
- Incontinence
- Eventually, need for total care.

Risk Factors for Dementia

- Age
- Vascular disease
- Diabetes mellitus
- Female gender
- Sedentary lifestyle
- Low education level
- Race/Ethnicity
 - Increased risk among African Americans and Latinos, even when controlled for educational level
- HIV-positive status, especially with co-morbid hepatitis C
- History of:
 - Cardiovascular accident
 - Alcohol abuse
 - Head trauma

What to do

Eat well and healthy

- fruits and vegetables
- grains, especially whole grains
- low-fat or fat-free dairy products
- seafood, lean poultry and meats, beans, eggs, and unsalted nuts
- limited amounts of solid fats. Consume less than 10 percent of calories from saturated fats. Keep intake of *trans* fats as low as possible.
- limited amounts of cholesterol, salt (sodium), and added sugars.

Exercise

- walking
- treadmill, elliptical machine, stationary bike
- swimming laps
- joining a water aerobics class
- dancing
- performing martial arts
- gardening
- heavy housework
- exercise DVDs
- sweeping
- raking
- shoveling snow
- bowling

- Falls
- Health Screenings and Immunizations
- Healthy Eyes
- Skin Care
- Falls and Fractures
- Foot Care
- Getting Your Affairs in Order
- Medicines: Use Them Safely
- Skin Care and Aging

Prevention of Dementia

- **Keep your mind active:** Mentally stimulating activities: puzzles and word games
- **Be physically and socially active.**
- **Quit smoking**
- **Control your blood pressure**
- **Healthy Diet**
- **Pursue education:** lower level of mental decline in those who spent more time in formal education

Questions?