

Diseases of Dotage and Their Prevention

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Introduction

Ageing is a natural process. In the words of Seneca, 'Old age is an incurable diseases'. So the old age is being regarded as a natural and indispensable biological phenomenon. As James Sterling Ross rightly comments, "You do not heal old age. You protect it, you promote it; you extend it." Physical and psychological changes of old age are a subject of gerontology, which is a branch of medical science. Gerontology has branches, like Social Gerontology and Experimental Gerontology, which deal with problems of ageing, its Physiology, Biochemistry, Pathology, and Psychology and Instinct of Humanitarian and Social Attitudes.

India is a country of young people. By 2020 more than seventy percent of its population will be young, the reason is Indians are less aware of their health; their dietary habits are traditional and they are less aware of physical work out. In developed countries percentage of old people, nearing 65 years of age.

Health Problems of the Aged People can be Divided into Three Categories

Problems due to the Ageing Process

Old Age comes all of a sudden. Today life style and suppression brings old age earlier than usual. Worry, doubt, fear, anxiety, self-distrust, nuclear families, which result into old people's isolation are some of the reasons of early ageing process. Organisms of the body are deteriorated and sometimes result into sudden death. Still the knowledge of ageing process is incomplete. However some of the diseases are :

1. Cataract
2. Emphysema
3. Nerve Deafness
4. Bony Changes
5. Glaucoma
6. Failure of special senses
7. Changes in mental outlook.

2. Problems due to Long Term illness

Certain chronic diseases are frequent among old people, which are:

1. Degenerative diseases of heart and blood vessels, in which inner walls of arteries break down; and some material deposits inside them. This leads to reduced blood supply, rupture of blood vessels, and high blood pressure. Cardio vascular diseases are the major cause of death in India. Diet, hereditary, over-weight, nervous and emotional strains are all leading to these disorders. Reduction of body weight and modification of life style are required for a healthy and longer life.
2. **Cancer** : Danger of cancer knocks at the middle age. Cancer of prostate and uterus is common after the age of sixty.
3. **Accidents** : Deficiency of calcium leads to fragility of bones which sometimes causes fracture and osteoporosis.
4. **Diabetes**: It is a long term illness resulting from faulty carbohydrate metabolism. It is a leading cause of death.
5. **Diseases of Locomotors System** : The disorders of this order are – Fibrosis's, Myositis, Neuritis, Gout, Rheumatoid Arthritis, Osteoarthritis, Senilities of spine etc.
6. **Respiratory Disease**: Among these diseases can be listed Asthma, Emphysema, etc.
7. **Genitourinary System**: Enlargement of prostate, dysuria, nocturia are some common complaints.

3. Psychological Problems

1. **Mental Changes**: Impaired memory rigidity of outlook and dislike of change are some of the mental changes of the aged.
2. **Sexual Adjustment**: Between 40 and 50 cessation of reproduction of women and diminution of sexual activity on the part of man.
3. **Emotional Disorders**: These disorders are because of social maladjustment. Fact of ageing results into bitterness, depression, weariness of life and even suicide.

Prevention

Old people need proper attention and respect in their respective families and society. Some other measures required are – they should avoid smoking, alcohol, obesity and they need proper sleep and nutrition they should avoid heavy diets, and should prefer liquid diet. They need proper immunization. They should prevent injury and should get screening line to line so that any deadly disease should be avoided in line. Old people need most of all good and respectful social treatment from their younger's .

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