



Healthy and Active Aging in the Elderly with Chronic Diseases; Letter to Editor

Vahab karamivand^{1*} and Mohsen karamivand²

¹Assistant Professor, School of Nursing and Midwifery, Kermanshah University of Medical Sciences, Kermanshah, Iran

²Master of Clinical Psychology, Dr. Fanny School, Sanandaj, Iran

***Corresponding Author:** Vahab karamivand, Assistant Professor, School of Nursing and Midwifery, Kermanshah University of Medical Sciences, Kermanshah, Iran.

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The phenomenon of aging

In the past, few people reached old age, but in today world, advances in technology and health have allowed people to live longer and die at an older age, so now more people can experience aging. On the other hand, since almost all countries of the world have gone through or are going through a period of high fertility and fertility, naturally more people are reaching old age at the same time than in the past. Globally, after reducing mortality and the likelihood of children surviving into adulthood, overall fertility declined. As a result, the number of elderly people in societies has increased and now the population of some countries is aging and in other countries it is expected to experience this phenomenon in the future. It is believed that with the increase of the elderly population, the number of chronic diseases increases. Most chronic diseases - such as cancer, cardiovascular disease (CVD), Stroke, Alzheimer's disease, Parkinson's disease, arthritis, diabetes and obesity - are becoming leading causes of disability and death all over the world. On the other hand, the concept of healthy and active aging, despite such conditions, seems difficult and requires proper planning. In general, solutions have been proposed to achieve these goals.

What is healthy ageing?

WHO defines healthy ageing as "the process of developing and maintaining the functional ability that enables wellbeing in older age" Functional ability is about having the capabilities that enable all people to be and do what they have reason to value. Functional

ability consists of the intrinsic capacity of the individual, relevant environmental characteristics and the interaction between them.

What is active aging?

Active aging is a term used to describe the maintenance of positive subjective well-being, good physical, social and mental health and continued involvement in one's family, peer group and community throughout the aging process. It is defined by the World Health Organization (WHO) as "the process of optimizing opportunities for health, participation and security in order to enhance quality of life as people age" [1,2].

From the above definitions it is understood that achieving active and healthy aging is difficult but possible. Chronic diseases in the elderly are among the main obstacles to achieving these goals. Chronic diseases have come a long way in achieving successful aging. But there are solutions that can facilitate the management of chronic diseases in the elderly and subsequently facilitate the achievement of successful aging which includes the following

- Survey of knowledge, attitude and practice of the elders about aging.
- Survey of knowledge, attitude and practice of the elders about chronic diseases.
- Develop regular screening programs for the elderly to prevent chronic diseases.

- Identify sources of stress in the elderly as an important risk factor for many diseases.
- Regular evaluation of drug adherence in the elderly.
- Reduce medication administration if possible to prevent polypharmacy and drug side effects.
- Develop an appropriate diet plan according to the economic and physical condition of the elderly by health centers.
- Develop an appropriate exercise program with the physical ability of the elderly.
- Follow nursing education at home.
- Create elderly-friendly cities appropriate physical situation.
- Teaching the elderly how to properly use drugs and their side effects.
- Identify risk factors in the life of the elderly and reduce it.
- Periodic evaluation of the elderly for cognitive impairment by health centers.
- Training self-care ability in middle age and old age.
- Training of physiological and pathological processes in middle age to better prevent chronic diseases of old age.
- Familiarize family members with the aging process in order to better support the elderly.
- Creating a safe environment to prevent secondary complications of the disease (falls, sleep disorders, etc)

Conflict of Interest Statement

The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

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