

Gender and healthy ageing

Gender and health through life
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Next 15 seconds

Imagine yourself as an old person

Next 20 minutes

Broad view

- 1) Ageing process
- 2) Gender and healthy ageing

Diversity - Four older adults

Retired professor – still very active

Retired teacher – ischemic heart disease but
without disability

Retired butcher – dementia but good social
network and support

The poor lonely

- And a lot of social, cultural and ethnic diversities

Evidence

To grow old is a much more dynamic process than we thought for 30 years ago

Evidence

Never have so many old people had so many years
with so high functional ability as old people to
day

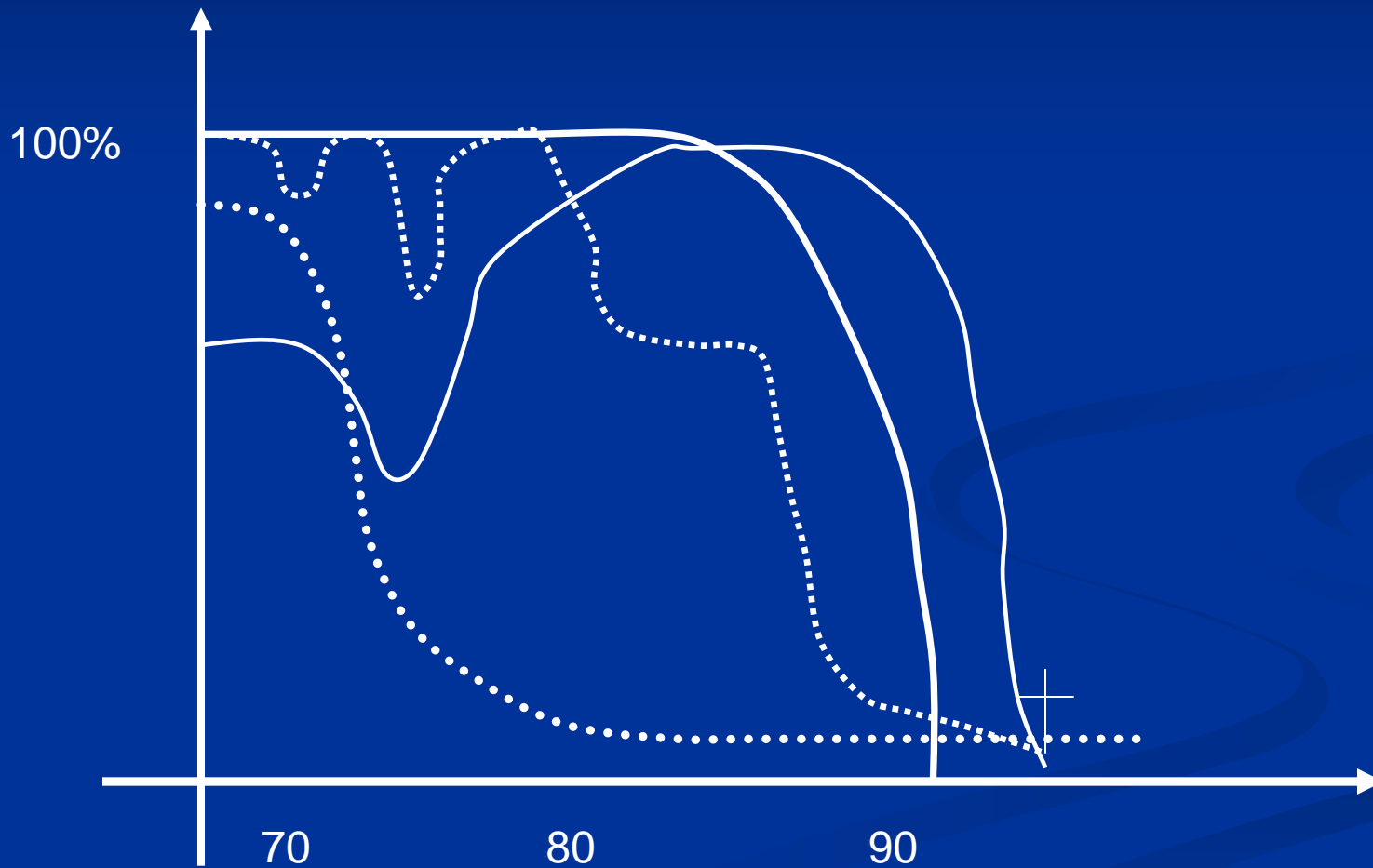
– why?

Because of

Improved

- Social conditions
- Education
- Life style
- Technical possibilities
- Medical/surgical treatment
- Rehabilitation

Functional ability



Health promotion and prevention

What can you do yourself?

Have good genes

Be graduated

Be employed

Avoid chronic diseases

Have a close social network

The most important in old age

Good functional ability in everyday life

- physical
 - mental
 - social
- despite chronic diseases

Old men and old women

A lot of similarities in relation to
the ageing proces

but differences in the "starting point" and in
the hormones

Have men more to give/reduce/loose before a health
problem?

Gender - dilemmas

Old women – in general – have

More symptoms

More contacts to General Practitioners

Higher intake of medicine

More years with disability

More years alone

Longer life expectancy

than old men

Gender - dilemmas

Are these differences a problem
for women?
for men? or
for both sexes?

What can you do yourself?

”Use it or loose it”

Your brain and your muscles

- and do not misuse it

Physical activities

If I have to choose only one preventive strategy in old age

Physical activities

Sedentary life style is dangerous

Physical activities – evidence in both sexes

Diabetes

Hypertension

Dyslipidemias

Heart-vascular diseases

Obesity

Osteoporosis

Back pains

Depression

Cancer

Dementia???

Etc.

Physical activities

How to move/motivate old men?

Medical treatment

Never have so many old people had so many years with so high functional ability as old people today

- also because of medical treatment

But -

Medication in old age

Evidence often based on trials where included participants had no comorbidity and people aged 75 years and over are rarely represented

two-edged-sword?

Medication in old age - dilemmas

Polypharmacy

Effect

Side effects

Symptoms

because of disease or because of side-effects?

When to stop preventive medication?

I hope you will grow old

and

thank you for your attention