AGING SUCCESSFULLY—FOR MEN

Jerry L Old MD
Associate Professor & Geriatrics Clerkship Director
University of Kansas School of Medicine—Wichita
Regional Medical Director
Hospice Care of Kansas
“Everyone Desires to Live Long, But no One Would be Old!”

--Jonathan Swift (1711)
Aging

Becoming Old is the Goal of Most People!
“There are good things about getting older”
--Peer Pressure
--Avoid Temptation
Objectives

- Explore Changing Demographics
- Different Ways of Thinking about Aging (Paradigm Shift)
- General Principles of Aging Well
- Specific Health Issues for Men
Demographics

- Average life-span in 1900—47.3 yrs
- Average life-span in 2000—
  - White Females 84.2 years
  - Black Females 82.3 years
  - White Males 81.1 years
  - Black Males 79.3 years

Dept Health and Human Services
Demographics

- Over 85 years is now the fastest growing segment of our population!
- By 2050 there will be approximately 1.1 million people 100 years or older!
Whatever happened to our sexual relations?

I don't know. I don't even think we got a Christmas card from them this year.
“A generation of Americans is poised at the edge of a frontier—living longer than ever before.”
It’s a Good Time to be Old

- Research shows that we are aging better than ever in history!
- Getting Older does not doom us to poor health!
How Does Society View Aging?
Demographics

Racial and Ethnic Changes

- Afro-American and Hispanic
- Women—70% Chance of Being Widowed
- Mentally Retarded and Handicapped
Changing Demographics & Economics

- Medicare
  - When founded the average life expectancy was 70 years

- Social Security
  - Founded 16:1
  - Now 2:1
  - 2020 expect 1:2
Demographics

- Whatever your occupation, where ever you live— you will be affected by this change!
Where Older Americans Live

States with high proportion of elderly?
Where Older Americans Live

- States with high proportion of elderly
  - Iowa
  - Nebraska
  - Missouri
  - South Dakota
  - Kansas
horror movie
“Functional Life Expectancy”

- “For today aging equates with function and not with chronological age.”

--Richard W. Lindsay MD, Former Head Section of Geriatrics, University of Virginia
Natural Aging

- When You have seen One Older Adult, You have seen One Older Adult!
  - Boston Longevity study and others show people age at different rates
Stages of Life!
Principle of “Compressed Morbidity”
- We don’t expect our patients to live forever
- Push back the time of impairment
“Age is not a Disease”
Aging

- Diversity Increases
- Vision Decreases
- Hearing Decreases
It's windy today!

No, it's Thursday!

So am I! Let's have a beer.
Vintage People

- Diversity Increases
- Vision Decreases
- Hearing Decrease
- Bowel Motility decreases
- “Age Related Memory Loss"
After a record 37-week silent treatment, George finally figures it out!
Homeostasis is harder to maintain

- Decreased Renal Reserves
- Decreased Pulmonary Reserves
- Decreased Cardiac Reserves
- Decreased Body Fat to Water Ratio
"Start coming in every six months for your yearly checkup."
Advantages of Aging

“You cannot tell someone’s age by looking at their mind!”

“You can only run so fast; you can only build your biceps to a certain point; but the brains capacity for stretching is almost unlimited....”

IQ can go up with age!
At 50, our minds can be just as young as at 20. By 80 we can be even more productive mentally because of Experience!
Most of the world’s greatest accomplishments have come from “Vintage People”

- Lee Iacocca
- Galileo
- Michelangelo
Researchers who studied the lives of 400 famous and successful people found that 35% of the groups major accomplishments came from people between 60-70. 23% came from people 70-80; and 8% didn’t achieve their greatest work until after 80!
“It was 88-year-old DeBakey, not a younger American surgeon, whom President Boris Yeltsin’s doctors summoned to Moscow for consultation for Yeltsin’s quintuple bypass operation in 1996.”
“Youth is a gift of nature: Age is a work of art.”

....Unknown
SO NEAR,

YET, SO FAR!
That wasn't chicken.
Aging successfully

- Stay Active
- Sense of Humor
- Enthusiasm
- Optimism
- Flexibility
- Forgiveness
- Have Lots of Friends
Aging

“Use it or Lose It”

- Stay active
  - Body
  - Mind
  - Spiritual Side
    - Strength of the Human Spirit
The boobs are real, the hip's artificial!
Natural Aging

The “Geriatric Cascade”
“More People Still Die from Broken Hips than from Cancer!”
“Use it or Lose It”

- Use your Mind
  - New Experiences
    - Travel
    - Foreign Language
    - Music
    - Computer
    - Volunteer work
    - Be around young people
Mind, Body, Spirit

- Human Spirit--Universal
  - Quest for meaning and purpose in life
    - The mysteries of Life
  - Sustaining force of life
“I have been driven many times to my knees, by the overwhelming conviction that I had nowhere else to go!”

--Abraham Lincoln
Positive proof of global warming

Men’s health issues

- Retirement
  - Health Issues
    - Mental Health
    - Physical Health
  - Relationship Issues
  - Social Situations
Men’s health issues

- Exercise
  - =Walking
  - =Biking

- Dementias
  - “Some Physical Activity” reduced dementia risk by 29%-41%
  - “Much Physical Activity” dropped dementia risk by 37%-50%
Men’s health issues

- Exercise MUST be FUN!
Men’s health issues

- Heart Disease
  - Don’t Smoke
  - Diet
  - Cholesterol
  - High Blood Pressure
  - Maintain Healthy Weight
  - Exercise
  - Watch Salt intake
Men’s health issues

**Cancer**
- Limit Sun Exposure
- Regular Cancer Screening
- Don’t Smoke
- Drink only in moderation
- Avoid cancer-causing substances

**Injuries**
- Follow Speed Limit
- Wear Seat Belt
- Don’t Drink and Drive
- Don’t Drive Sleepy
- Avoid falls
Men’s health issues

- Stroke
  - Don’t Smoke
  - Control Blood Pressure
  - Exercise
  - Avoid excessive Alcohol

- COPD/Emphysema
  - Don’t Smoke
Men’s health issues

- Infections
  - Flu
  - Pneumonia
  - Zostavax
  - Routine
Men’s health issues

- Suicide
  - 8th leading case of death
  - Men are more successful
  - Depression is treatable
    - Men are less likely to ask for help
Men’s health issues

- Dementias
  - Alzheimer’s type is 75-80%
  - Vascular Dementia
  - Others
  - Prevention
    - Exercise
    - Mental Fitness
Men’s health issues

- Prostate Gland
  - Normal enlargement with aging
  - Benign Prostatic Hypertrophy “BPH”
- Prostate Cancer
  - Treatment has become less Aggressive
  - PSA test not recommended for screening
What about vitamins???

- Most studies show no effect!
  - Vitamin C does not prevent colds
  - Vitamin E does not prevent heart disease, arthritis or Alzheimer's disease
  - Too much antioxidant has been linked to increase in certain cancers
  - Vitamin D may be helpful???
Being Negative is bad for your health

- Negative People do not age well!
- “Joy Suckers”
PHARMACY

LAUGHTER

TAKE ONE TABLET AT LEAST 5 TIMES DAILY AS NEEDED.

LAUGHTER 500MG

60 TABLETS

LIMITED REFILLS/NO EXPIRATION
Humor

- Humor is a coping mechanism
  - Medication
  - Social Lubricant
  - Humor affects our general health
    (psychoneuroimmunology)
- Humor is a natural, free, powerful medication
a Sense of Humor

- “Suddenly, problems of life seem less important when we can laugh about them”
Humor in Medicine

Is There Humor in Hospice?

You must clearly explain your problem
Humor in Medicine

Really Sick People Like to Laugh—because it makes them feel good!
Humor in Medicine

“Life does not cease to be funny when someone dies any more than it ceases to be serious when someone laughs!”

--George Bernard Shaw
Humor in Medicine

- Humor Can Defuse Situations
  - When you laugh, you are in control of a situation
  - Humor & Laughter exclude other negative emotions (anger, resentment, depression)
Humor—Life is Funny!

“"A circumcision is a very serious operation. I got a circumcision when I was born... and I couldn’t walk for a year!"
Humor—Life is Funny!

Maybe next time you'll try a little sunscreen...
Look for the Absurd in Life

- “A male gynecologist is like an auto mechanic who never owned a car!”
Modest Sunbathers
Medical Records

- “The patient had no previous history of suicide”
- “The patient was alert and unresponsive”
- “When she fainted her eyes rolled around the room”
“I get no respect from my doctor. I went in to get a vasectomy...He told me with a face like mine, I didn’t need one!”

--Rodney Dangerfield
My wife said "Watcha doin' today?"
I said "Nothing."
She said "You did that yesterday."
I said "I wasn't finished."
If Women controlled medicine

The Manogram
Humor and General Health

“Laughter is a bodily exercise precious to health”

--Aristotle
“A merry heart doeth good like a medicine, but a broken spirit dries the bones”

— Proverbs 17:22
Aging successfully

- Enthusiasm
  - “God within”
  - “Abundant Life”
Fear of failure often stops individuals or organizations from achieving their full potential

“If I had my life to live over, I’d make more mistakes!”
- Alexander Graham Bell

“I now know a thousand things that won’t work!”
- Thomas Edison
Have Courage

- Don’t be afraid to fail:
  “Wayne, you miss 100% of the shots you don’t take!”
Optimistic people live longer—

Enthusiasm
Aging Successfully Means Knowing When to Transition Your Life!
Aging Successfully

- "Recognizing REALITY, and Live in It!"
Aging Successfully

- Use it or Lose it
  - Body
  - Mind
  - Spirit
- Have a Sense of Humor
- Live Life with Enthusiasm
“I’d rather be ashes than dust. I’d rather my spark go out in a burning flame than it be stifled with dry rot. I’d rather be a splendid meteor blazing across the sky, every atom in me in magnificent glow, than to be a sleepy and permanent planet. Life is to be lived—Not to exist. I shall not waste my days trying to prolong them, I will use my time.” —Jack London

Living Life with Enthusiasm
I ❤️ MEDICARE