



3 big problems in adulthood



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Human life is normally divided in four phases: childhood, youthfulness, adulthood and old age. In each of these phases, a person finds different situations and faces many problems. Old age is considered the unavoidable and undesirable phase. “Aging problems usually appear after 65 years old” Said Dr. Roland Camilo Gómez, geriatric specialist.

“A long life offers many opportunities to improve professional knowledge and increase experiences, but also can mean a poor quality life” Said Gómez. The gradual loss of physical and mental abilities and the increased risk of disease presents a considerable challenge and can have a big impact on welfare.

Age does not necessarily lead to poor health, but several problems manifest without being able to avoid it as we age: hearing less, cataracts, hypertension, hair failure, arthritis, diabetes, different types of cancer. cardiovascular disorders, and many more, all these health problem can affect our quality of life, however, Doctor Roland Camilo, shares with us what are the three biggest problems we face when we reach old age:

Cancer: Increased risk with age: According to Gómez, almost

90% of Colombians who have cancer are over 50 years old. Some types of cancer are more common in older people. For example, breast cancer on women, prostate cancer on men, skin, lung and colorectal cancer.

Mental diseases: Mental health in old people can be caused by unique factors: older people who have had a chronic mental illness in adulthood, or those who live with chronic health problems since an early age, for example: parkinson's disease, neurovascular disease, obstructive pulmonary disease.

Although, a lot of old people have chronic health conditions that lead to serious mental illness usually common in people of 65 years of age or older, that includes: Mood disorder, anxiety, depression, suicidal behavior, dementia and delirium, personality disorder, excess of substances such as alcohol and prescription drugs, psychotic disorders, social distance.

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The online inquiries of the Consejo Nacional de Personas Mayores have revealed that loneliness and Social isolation have a significant impact on the health and wellness of older adults.

Old people who live alone,

without family and with low social contact, have more probabilities of appropriate behaviour with negative effects on health (alcohol consumption, smoking, limited physical activity, unhealthy eating). Furthermore, they are between four and five times more likely to fall and be hospitalized. In addition, social isolation has been shown to generate a high indicator of mortality, giving as result of coronary arteries or a stroke.

Factors which contributes to social isolation of older adults

People of 80 years or more who live alone generally have bad health, restrict their activities and are not in contact with their family. The limited access to transport, living in a rural zone and earning low salaries are factors of isolation. ▼

