



HARVARD ALUMNI

# Aging: a Geriatrician's Perspective

Patricia Harris MD MS



# 94 year old man

- High blood pressure
- Coronary artery disease (seen on a CT scan)
- Diabetes
- Prostate cancer with recent spread to lymph nodes
  - Recent radiation treatment
- Arthritis
- Almost deaf
- Very poor sleep
- 10 medications a day

# 94 year old man

- Primary caregiver for his wife
- Shops (orders online and then drives for pick-up)
- Cooks
- Manages the housekeeper and paid caregiver
- Online book group weekly
- Weekly virtual gathering with family
- Plays golf, weather permitting (3 holes)

# Which 94 year old?

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# Aging well = maximizing function

- Balance
- Exercise
  - Aerobic
  - Strength—thighs, shoulders
  - Pelvic floor
- Osteoporosis—screen, treat
- Preventive care
- Vaccinations!
- Hearing aids

- Treat high blood pressure
- Avoid obesity
- Treat pain
- Sleep
- Grab bars
- Socialize

# Aging & Increased Risk

- Loneliness
- Depression
- Anxiety
- Alcohol/drug use
- Car accidents
- Injuries
- Cognitive decline

# Hope for the best -- plan anyway

- Assisted living studio: \$6000/month on average
- Extra help at that assisted living: \$35/hour
- 24 hour care at home: \$25,000/month

What kind of medical care do you want?

- Health system?
- Advocate for more home-based health care