

Study to assess the physical changes seen in old age in Punjab region (India)

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Abstract

in the present study, various physical changes that occur in old aged persons like arcus senilis, a cataract of eyes, presbycusis, wrinkles on the skin of face and memory (intact or not) were studied. Old aged persons need special attention according to the physical change that has occurred, so they need tender care both psychological as well as physical care. regular mood and memory check-ups should be encouraged for all older adults, just as we now encourage regular physicals (1). The speed, at which people age, as well as how aging affects their outlook on life, varies from person to person (the speed at which people age, as well as how aging affects their outlook on life, varies from person to person).

Keywords: Arcus senilis, cataract of eyes, presbycusis, wrinkles on skin of face; memory

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Introduction

Old age comprises "the later part of life; the period of life after youth and middle age . . . , usually with reference to deterioration" (2). Physiological changes occur with aging in all organ systems (3). Age estimation in old persons both male & female is a big task since long. The methods devised till today determine age in young person up to the age of 25 years by +/- six months. By epiphyseal fusion and dental examination, we can determine age in young individuals but not in old age because these methods are used to determine age in younger age are more reliable than in old aged person. Chronologic age is not an accurate predictor of physical condition or behavior (4). The body changes with aging because changes occur in individual cells and in whole organs (5). As your body ages, you can expect gradual changes, at your body's own pace. How your body ages depend in part on your family (genetic) patterns of aging. But your lifestyle choices have a more powerful impact on how well your body ages. Fortunately, you can control your lifestyle choices (6).

So present study is carried to determine the age in old individuals by various changes that occur in old age e.g. arcus senilis, a cataract of eyes, presbycusis, wrinkles on the skin of face and intactness of memory.

Age of each individual studied was confirmed from the birth certificate, service record, driving license, passport, ration card or voter's card etc.

Material and Methods

In this study, total hundred cases were selected of Male & Female both between the age group of 45-70 years who are assessed according to the changes occurring in old age with regard to arcus senilis, a cataract of eyes, presbycusis, wrinkles on the skin of face and memory.

Age of each individual studied was confirmed from the birth certificate, service record, driving license, passport, ration card or voter's card etc.

Results and Discussion

A total number of cases examined in each age group were twenty.

Table 1: Distribution of cases for showing presence of physical characters with advancing age

Physical character	Age Group 45-50 years		Age Group 50-55 years		Age Group 55-60 years		Age Group 60-65 years		Age Group 65-70 years	
	Cases	%age	Cases	% age	Cases	% age	Cases	% age	Cases	% age
Arcus senilis	16	80	18	90	20	100	19	95	20	100
Cataract of eyes	5	25	18	90	19	95	20	100	20	100
Presbyacusis	2	10	5	25	4	20	10	50	18	90
Wrinkles on skin of face	17	85	19	95	20	100	20	100	20	100
Memory intact	20	100	20	100	20	100	20	100	19	95

Table 2: Age at which maximum cases show physical change found to be as follows

Physical character	Total No. of cases examined	Age group at which Maximum cases show physical change	No. of cases showing maximum physical change	%age
Arcus senilis	20	45-50	20 each	100
Cataract of eyes	20	50-55	20 each	100
Presbyacusis	20	65-70	18	90
Wrinkles on skin of face	20	45-50	20 each	100
Memory intact	20	45-70	20 each	100

Table 3: Different changes according to different studies

Physical Change	Arcus Senilis	Cataract	Presbyacusis	Wrinkles on Skin of Face	Menopause	Memory
Author						
1. Narayan KS (7) 2014	50 Years Or More	-	-	35-40 Years	-	-
2. Krishan Vij (8) 2014	40 Years	-	-	-	-	-
3. Parikh (9) 2016	After 40 Years	Old Age	-	-	-	-
4. V.V. Pillay (10) 2016	Advancing Age	Advancing Age	-	Advancing Age	-	-
5. Present Study	45-50 Years	50-55 Years	65-70 Years	45-50 Years	45-50 Years	Up to 70 Years.

From above table it is concluded that arcus senilis is present in 45-50 year age group in 16 (80%) of cases, in 50-55 year age group in 18 (90%), in 55-60 and 65-70 year age group in 20 (100%) of cases and in 60-65 year age group in 19 (95%) of cases .

A cataract occurs in the age group of 45-50 year in 5 (25%) of cases, in 50-55 year age group in 18 (90%), in 55-60 year age group in 19 (95%) and in age group 60-65 & 65-70 year age group in 20 (100%).

Presbycusis occur in age group of 45-50 year in 2 (10%) of cases, in 50-55 year age group in 5 (25%), in 55-60 year age group in 4 (20%) and in 60-65 age group in 10 (50%) of cases & 65-70 year age group in 18 (90%).

Wrinkles on the skin of face are present in the age group of 45-50 year in 17 85%, in 50-55 year age group in 19 (95%), in 55-60, 60-65 and 65-70 year age group in 20 (100%).

Memory was intact in all cases except one case in the age group of 65-70 year.

Conclusions

- a) Arcus Senilis present in the age group of 45-50 years.
- b) A cataract occurs in the age group of 50-55 years.
- c) Presbycusis occurs in the age group of 65-70 years.
- d) Wrinkles on the skin of face are present in the age of a group of 45-50 years.
- e) Menopause in female occurs in the age group of 45-50 years.
- f) Memory is intact in 98% of cases up to 70 years.

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