

ACTIVE AGING: CHALLENGES AND ADVANCES IN MODERN GERIATRICS

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Abstract: Modern geriatrics faces challenges such as the increase in age-related chronic diseases and the growing demand for health services adapted to the elderly. However, significant advances have been made, including innovative treatments, patient-centered care models, and health promotion initiatives. These advances are improving the quality of life of seniors, allowing them to live more independently and healthily. To continue progress, it is crucial to invest in research, education and health policies that promote active and healthy aging. In doing so, we can build a more inclusive and compassionate society, where aging is seen as an opportunity for growth and meaningful connection. Modern geriatrics plays a key role in this process, ensuring that older people receive high-quality care and maintain a good quality of life.

Keywords: Modern geriatrics. Aging. Quality of life.

INTRODUCTION

Active aging is a concept that goes beyond mere longevity and focuses on quality of life as we age. In modern geriatrics, the active aging approach is central, considering not only the presence or absence of diseases, but also the physical, mental and social well-being of the elderly.¹ This implies promoting autonomy, independence and active participation in society, recognizing that aging is a natural process that can be lived with dignity and vitality.²

To achieve active aging, it is essential to address the challenges that older people face. This includes not only physical health issues such as chronic illness and frailty, but also social challenges such as loneliness, isolation and discrimination.¹ Modern geriatrics seeks to address these challenges in an integrated way, offering multidisciplinary health care and promoting policies and programs that support social inclusion and emotional well-

being of older people².

Furthermore, modern geriatrics is also focused on constantly advancing to meet the evolving needs of the elderly population. This includes developing innovative treatments and interventions for age-related illnesses, as well as implementing patient-centered care models that take into consideration, older adults' individual preferences and goals.³ In doing so, geriatrics is helping to shape a future where aging is seen not as a burden, but as a phase of life rich in opportunities and achievements.¹

METHODOLOGY

This is an exploratory bibliographic review, organized through an integrative literature review. The collection of scientific data and the systematization of information come from scientific productions published from 2019 to 2020, in Portuguese and English, indexed in the Virtual Health Library (VHL), Scientific Electronic Library Online (SCIELO) and Google Scholar. The collection of information used in the development of the work was based on the proposed theme, as well as its objectives.

RESULTS AND DISCUSSION

Modern geriatrics faces a number of significant challenges, one of the most prominent being the increasing prevalence of age-related chronic diseases. Diseases such as diabetes, hypertension, cardiovascular disease and dementia place a significant burden on older people and healthcare systems around the world.² Furthermore, polypharmacy, that is, the use of multiple medications, is common among the elderly, which increases the risk of drug interactions and adverse effects³. Effectively managing these complex conditions requires a multidisciplinary approach that takes into consideration not only medical aspects, but also the social, emotional and cognitive factors that impact the health of older people¹.

Another challenge faced by modern geriatrics is the issue of population aging. As life expectancy increases and the proportion of elderly people in the population continues to grow, there is a growing demand for healthcare services tailored to the specific needs of this age group¹. This includes the need for health professionals trained in geriatrics, as well as the development of policies and programs that promote healthy aging and independence in older adults.⁴

Despite these challenges, modern geriatrics has also seen significant advances that are improving the quality of life for older adults. Advances in geriatric medicine, such as new treatments for diseases such as dementia and osteoporosis, are helping to reduce the impact of these conditions on the lives of older adults.³. Additionally, innovative care approaches, such as the patient-centered care model, are placing older adults at the center of their own care, taking into consideration, their individual preferences and life goals.⁴

Another important advance in modern geriatrics is the recognition of the importance of health promotion and disease prevention among the elderly.⁵. Exercise programs, adequate nutrition, stress management, and social activities are proving effective in promoting healthy aging and preventing chronic diseases.². Furthermore, initiatives to combat loneliness and social isolation among older people are gaining prominence, recognizing the significant impact these

factors can have on the health and well-being of older people.⁵

While modern geriatrics faces complex challenges due to an aging population and the rise in age-related chronic diseases, it is also witnessing promising advances that are improving the quality of life for older adults.¹. By addressing these challenges with innovative and integrated approaches, geriatrics is playing a key role in promoting active and healthy aging around the world.⁵

CONCLUSION

Modern geriatrics is a dynamic and challenging field that faces a number of complexities arising from the aging population. However, the significant advances made in this discipline offer hope and opportunity to improve the quality of life of older people. By addressing challenges with a multidisciplinary and innovative approach, geriatrics is empowering older adults to live healthier, more independent and meaningful lives.

It is essential that we continue to invest in research, education programs and health policies that promote active and healthy aging. In doing so, we can not only improve the lives of older people, but also build a more inclusive and compassionate society where people of all ages can thrive and contribute in meaningful ways. Ultimately, modern geriatrics plays a vital role in ensuring that aging is viewed not as a burden, but as an opportunity for growth, wisdom, and lasting connection.

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