

Contents

Ack	nowledgements	oage	xiii
1	An overall perspective		1
	What is meant by old age?		1
	The potential benefits of health promotion and preventive strates	gies	2
	Health promotion and cost savings		6
	Risks and disadvantages		6
	Variance		8
	Primary, secondary and tertiary prevention		9
	Separation versus integration		10
	Starting early versus starting late		11
	References		12
2	What is health in old age?		14
	The absence of disease		15
	An optimal functional status		15
	An adequate system of social support		17
	References		18
3	The goals of health promotion for elderly people		19
4	A task for everyone		21
	Tasks for elderly people		21
	Tasks for families and carers		23
	Tasks for health care providers		24
	Tasks for Public Health		26
	Tasks for government		27
	Collective tasks		27
	References		28
5	Critique of strategies		30
	The importance of the health problem		31
	The feasibility of detection		31



X	Contents	
	The effectiveness of preventive strategies	32
	The cost of applying detection and prevention strategies	34
	References	34
6	Cancer prevention	36
	Breast cancer	36
	Cervical cancer	43
	Colorectal cancer	48
	Prostatic cancer	53
	Lung cancer	55
	Endometrial cancer	57
	Ovarian cancer	59
	Gastric cancer	61
	Bladder cancer	63
	Pancreatic cancer	64
	Skin cancer	64
	Oral cancer	66
	References	67
7	The prevention of non-cancerous health problems	77
	Hypertension	77
	Hyperlipidaemia	80
	Stroke	82
	Abdominal aortic aneurysms	87
	Ischaemic heart disease	89
	Smoking	91
	Anaemia	95
	Open angle glaucoma (OAG)	96
	Bacteriuria	97
	Benign prostatic hypertrophy	99
	The complications of 'silent' gallstones	100
	Hypothermia	102
	Glucose intolerance	107
	Hypothyroidism	109
	Oral and dental problems	112
	Problems with feet	113
	Pressure ulcers	115
	Overweight	117
	Subnutrition	118
	Influenza	120
	The sequelae of Herpes zoster	123



	Contents	xi
	Pneumonia	125
	Tuberculosis	127
	Tetanus	129
	Iatrogenic insult from hospitalisation	130
	Motoring accidents	132
	Osteoporosis	134
	Hip fracture	138
	Depressive illness	142
	Alcohol dependence	144
	Retirement stress	145
	Bereavement	146
	Problems from medication	146
	An 'unhealthy lifestyle'	149
	The ageing process	150
	References	152
8	Enhancing functional status	171
	General deconditioning with age	171
	Memory impairment	174
	Poor mobility	179
	Falls	183
	Inability to perform the activities of daily living	189
	Feeding/eating dependency	191
	Impaired social functioning	193
	Incontinence	193
	Nocturia	197
	Constipation	198
	Poor vision	199
	Deafness	203
	Insomnia	206
	References	207
9	Strengthening support systems	217
	Imposed burden on family carers	217
	Absence of resident supervision and support	224
	Substandard housing	229
	Relocation morbidity and mortality	230
	Relative poverty	231
	Overprotection	234
	Abuse and neglect	235
	References	238



xii	Contents	
10	Summary of problems and strategies	242
11	Tailoring strategies to individuals	265
	Time the intervention precisely	265
	Minimise unnecessary disruption to lifestyle	266
	Respect the older person's autonomy	267
	Recognise that death is a legitimate 'end-point'	268
	References	269
12	Targeting, screening and surveillance in primary care	271
	Primary care as a resource for elderly people	271
	Screening and surveillance	272
	Targeting	281
	The annual health examination	285
	References	286
13	Practical aspects of implementation	290
	Public health	290
	Health providers	293
	Health professionals	295
	Collaboration in care	299
	Methods of delivering care	300
	References	301
14	The costs of preventive care and health promotion	303
	Types of costs	303
	The magnitude of costs	304
	Costing techniques	307
	Current funding of health promotion	308
	Obtaining value for money	310
	References	313
Ind	ρχ	315