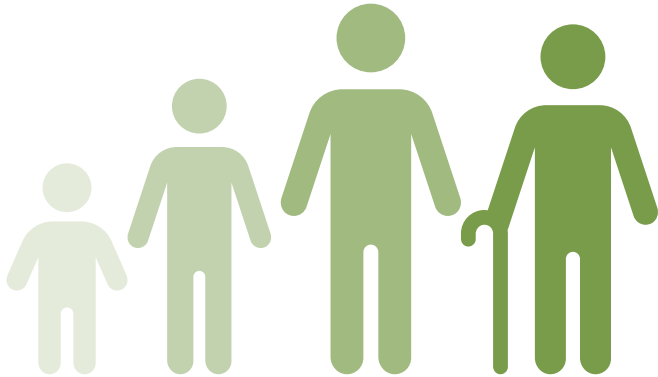


# HEALTHY IS THE RIGHT DOCTOR AT EVERY STAGE OF LIFE

## ONE IN FIVE Americans are 65+



In fact, older adults over age 85 are the fastest-growing segment of the population

### HEALTH CONCERNS

- **Frailty:**  
May affect an elderly person's ability to function independently at different times and in different ways, making them more susceptible to falls and needing more supervision.
- **Multiple medical problems:**  
Many older adults have multiple medical conditions such as arthritis, heart disease, diabetes and neurological conditions.

- **Multiple medications:**  
Multiple medical conditions often require taking numerous prescription drugs. An older body breaks down medications differently than a younger one.
- **Cognitive decline:**  
Some loss of cognitive ability is an inevitable part of aging, but symptoms may indicate depression or Alzheimer's disease.

### WHAT DO GERIATRICIANS DO?

Geriatricians are primary care doctors who have had additional training in the health care needs of older people

Specifically, they concentrate on the following areas that tend to affect older adults in greater numbers:

- Arthritis
- Alzheimer's
- Balance issues
- Cancer
- Dementia
- Diabetes
- Depression
- Frailty
- Heart disease
- Incontinence
- Insomnia
- Osteoporosis



## CARE STRUCTURE

**Geriatricians categorized the five primary areas on how to structure care for older adults:**

- **Mobility:**  
Identify issues of mobility and understand causes for falls and how to prevent them
- **Medication:**  
Manage medicinal intake, especially when the person is taking multiple medications
- **Mind:**  
Understand what happens to the mind with regard to cognitive, affective, and behavioral health
- **Multicomplexity:**  
Manage complex or chronic illnesses that affect older adults
- **Matters Most:**  
Help patients deal with palliative and end-of-life care

## REASONS TO SEE A GERIATRICIAN

There's NO set age to see a geriatrician, but you should talk to your primary care provider if you think you should see one.



Consider seeing a geriatrician if you're over 65, have trouble with daily functioning, experiencing chronic problems, taking multiple medications or have memory loss.

## HOW CAN THEY HELP ME?

**A geriatrician can be helpful if you:**

- Suffer from multiple conditions.
- Find that treatment for one condition negatively impacts a second condition.
- Are experiencing functional decline.
- Have a disease associated with aging such as dementia, incontinence or osteoporosis.
- Manage multiple medications (especially if they're causing side effects that interfere with your well-being).

**Often, the geriatrician will not treat every active medical condition with a medication, they prioritize the conditions and medications to maximize the patient's physical functioning and well-being.**

**Those who are trained in geriatric medicine are superb primary care providers, focusing on wellness and preventive health as well as managing chronic medical conditions.**



### Looking for a Geriatrician?



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