

SactAge Project

"Nutrition and Adequate Supplementation for the Physical Activity of the Third Age"

Abstract

Aging and age-related diseases are among the biggest challenges facing society today. People are living longer, but not healthier. More than 65% of people over the age of 65 have two or more chronic diseases, such as heart disease, stroke, cancer, dementia, lung, liver and kidney disease. The current epidemic of abdominal obesity and type 2 diabetes is setting the stage for an even bigger problem in the future. This accumulated burden from multiple chronic diseases has become the main driver of healthcare costs, constituting an important and probably unsustainable burden on our societies.

The risk of malnutrition is increased in elderly patients due to their reduced lean body mass, sarcopenia, and many other factors that can compromise the intake of nutrients and fluids. Dysphagia, which is one of the major causes of malnutrition in the elderly, can also depend on the sarcopenic state of the skeletal and swallowing muscles (Sarcopenic Dysphagia). The elderly patient is at serious risk of loss of independence due to acute and / or chronic diseases (multimorbidity), as acute and / or chronic inflammatory states cause hypercatabolism, which worsens lean mass. Consequently, an adequate supply of energy, proteins and micronutrients must be guaranteed in every patient regardless of her nutritional status.

The beneficial role played by physical activity in increasing the body's plasticity, muscle tone, improving mood, maintaining the efficiency of the synapses and the immune system, counteracting osteoporosis - (in practice, increasing the well-being of the individual) it is widely recognized and documented in the literature.

Therefore, carrying out physical activity, even in old age, takes on the precise meaning of mitigate the effects due to the consequent physiological psycho-physical transformations advancing age, in order to remain physically and cognitively efficient as much as possible. Furthermore, exercising regularly is also an important primary and secondary prevention tool for chronic diseases.

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