

## Health Promotion and Disease Prevention in Aging

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### ABSTRACT

With the growing population of older adults and increasing average life expectancies, issues of primary, secondary and tertiary prevention are becoming critically important. Older people are well known to have a high prevalence of undetected and correctable conditions and comorbid diseases. However, research on preventive care for older people is not conclusive. Most clinical trials of screening interventions have excluded people over 75 years of age. Therefore, indirect evidence must still be used to determine when results in younger people should be extrapolated to older persons. The current lack of a robust geriatric evidence base forces primary care practitioners and geriatricians to use extra levels of clinical judgment in choosing screening tests for their senior population. Guidance on screening and prevention is

available from many professional societies and consensus groups and can be considered. In this regard it is also worth keeping in mind that health and well being in old age is intimately related to the life course. Hence, prudent life-style of the person and application of guidelines for prevention and care in young and middle age by health care professionals are likely to contribute favorable to optimization of health and quality of life in old age.