

7th Indo Global Diabetes Summit and Medicare Expo

November 23-25, 2015 Bengaluru, India

Challenges in care of elderly diabetics

Shilpa Paranjape

Industrial Research Institute's National Environmental Engineering Institute, India

We are facing challenge of increasing elderly population with diabetes and pre-diabetes. The problems that are specific to elderly diabetics include: (i) Non responsive bacterial and fungal infections, (ii) Hypoglycemia, (iii) Frequent falls, fatigue, dizziness, (iv) Increased incontinence and bladder dysfunction, (v) Electrolyte imbalance and nutritional deficiencies, (vi) Hyper-osmolar non-ketotic coma, (vii) Frozen shoulder, (viii) Cardiovascular events, (ix) Renal decompensation, (x) hepatic dysfunction, (xi) depression, anxiety, (xii) Neurological complications etc., to name a few. All these factors exert serious impact on quality of life of the patient as well as aggravated healthcare burden and cost. The goal of treatment differs in elderly. A delicate balance between Hypoglycemia and Hyperglycemia has to be maintained. Medical nutrition therapy and exercise therapy have to be individualized keeping in view the functional and physical capacity of the person as well as their socio-economic status. Home monitoring of blood glucose and blood pressure should be advocated as frequent hospital visits may not be possible for elderly people. Optimal use of modern technology for communication should be utilized for monitoring the patient. Drug therapy should be designed considering the co morbidities, side effects of drugs and drug-drug interaction between various drugs. Drugs with multiple effects and combination therapies can be advocated to reduce the pill burden. Thus, though care of elderly diabetic is a challenging task, it can be efficiently handled with team effort of qualified physician, diabetes educator, nutritionist, supportive family member, attendant and patient. Individualization of therapy is a key to good management of an elderly diabetic.

Biography

Shilpa Paranjape completed her MD (Internal Medicine) from Maharaja Sayajirao University of Vadodara, India. She started her clinical practice in 1997 in Nagpur, India and has gained vast clinical experience in treating type 2 diabetes mellitus. She is currently working as Physician and Diabetologist at Council of Scientific and Industrial Research Institute's National Environmental Engineering Institute.

sa_paranjape@neeri.res.in

Notes: