

Investigation and Analysis about Common Chronic Diseases of the Elder in Xiaogan

Daqing Wang

Wuhan University, Wuhan, Hubei, 430072, China

[Abstract] Objective: To investigate the distribution characteristics of the common chronic diseases of the old people in Xiaogan and provide basis for the prevention and health - care measures. **Methods:** Do the questionnaire survey on the 1785 old people who are over 55 years old and obtain the material of the common diseases. Results: The prevalent rate of the common diseases of the old people in Xiaogan is hypertension (28. 01%), neck lumbar vertebra disease (19. 33%), rheumatism (12. 32%) and heart disease (9. 24%). The gender differences of various diseases have no statistics significance ($P > 0.05$). The differences of the age, the urban and the rural as well as the movement custom of some diseases have statistics significance ($P < 0. 05$). Conclusion: The prevalent rate of the common diseases of the old people in Xiaogan is high and they have several diseases at the same time. The rate of chronic diseases per person is 98. 04% (The male is 101. 0% and the female is 93. 88%). The diseases affect the old people's lives seriously and the society should pay much attention to them.

[Keywords] The elder; Chronic disease; Prevention

1. Introduction

In recent years, as China's population has become more aging, the health problems of the elderly have received much attention from the society. The research team conducted a sample survey on the elderly population over 55 years old in Xiaogan City, and proposed to understand the distribution characteristics of common diseases in the elderly. Provide a scientific basis for the development of disease prevention and health measures for the elderly to promote the health of the elderly and improve the quality of life of the elderly.

2. Materials and Methods

1.1 Survey Objects

A cross-sectional study was conducted to investigate the elderly population in urban, suburban and rural areas of Xiaogan City. The minimum age was 55 years and the maximum age was 92 years. The number of people to be investigated is 2,000, and the actual number of investigations is 1,785, including 1,050 males and 735 females.

1.2 Survey Methods

Using the questionnaire survey method, the investigators were divided into two groups, and the questionnaires were conducted in the homes of the residents to obtain detailed information.

1.3 Statistical processing

Data processing was performed using SPSS Statistics 17.0 software. The count data was expressed by the number of cases and the rate. The data were analyzed by χ^2 test, and $P \leq 0.05$ was statistically significant. Per capita chronic disease frequency = sum of chronic diseases / number of people $\times 100\%$.

3. Results

3.1 Common Chronic Disease Prevalence

Through the statistics on the prevalence of common diseases in the elderly, the frequency of chronic diseases was 98.04% (101. 0% for males and 93.88% for females), and the disease with the highest prevalence was hypertension (28. 01%).), followed by cervical and lumbar disease (19. 33%), rheumatism (12.32%), heart disease (9.24%), stomach disease (9.24%), respiratory disease (7.28%), urinary system diseases (4.76%), diabetes (4.48%), liver disease (2.24%), and tumor (1.12%). Through statistical analysis, there was no statistically significant difference in gender between the diseases ($P > 0.05$)

3.2 Age and the Relationship between Common Chronic Diseases

Through the statistical analysis of the age and common diseases of the elderly, the prevalence of cervical and lumbar spondylosis and rheumatic diseases was statistically significant ($P < 0.05$), while the prevalence of other diseases was not statistically significant between ages ($P > 0.05$).

3.3 Urban-rural Differences and the Relationship between Common Chronic Diseases

The difference between the family address of the elderly and the common disease statistics was statistically significant ($P < 0.05$), while other diseases were not statistically significant between urban and rural areas ($P > 0.05$).

3.4 Exercise Habits and Relationship with Common Chronic Diseases

Rheumatic diseases and cervical and lumbar spondylosis were statistically significant ($P < 0.05$), and other diseases were not statistically significant ($P > 0.05$).

4. Discussion

It can be seen from the survey results that hypertension, cervical and lumbar spondylosis, and rheumatic diseases are high-risk species of the elderly in Xiaogan City, and seriously affect the daily life of the elderly, especially hypertension. With the continuous improvement of people's living standards and the aging of the population, the incidence of various diseases has also increased. How to improve the health of the elderly population will become one of the key objectives of medical work in the city in the future. The incidence of hypertension in the elderly is different between urban and rural areas and cities and suburbs are significantly higher than rural areas, which mainly related to lifestyle and environmental factors.^[1] According to the literature analysis, the prevalence of hypertension increases with age, which can cause damage to vital organs such as heart, brain, kidney, retina, etc. It is difficult to achieve the effect of complete cure, and should be based on prevention. To reduce the incidence of high blood pressure, we should mainly provide correct and effective guidance for the current lifestyle of the elderly. Its health guidance is as follows:^[2]

(1) Pay attention to a reasonable diet. Such as reducing the intake of sodium and fat, Add the right amount of protein, eat more vegetables and fruits, pay attention to potassium and calcium, and limit drinking;

(2) Appropriate increase in exercise. Older people can participate in some outdoor activities, such as walking, jogging, doing aerobics, and playing Tai Chi, depending on their own situation;

(3) Maintain an optimistic attitude. You can participate in social activities and make more friends.

Cervical and lumbar spondylosis is the second most common disease, and it is a degenerative change with age.^[3] It is mainly caused by overwork, long-term maintenance of incorrect posture and lack of corresponding physical exercise, and its incidence is negatively correlated with exercise, indicating that the elderly should actively participate in physical exercise to actively prevent cervical and lumbar spondylosis. Rheumatic diseases are autoimmune diseases, and many organs are often involved. The cause of the disease is not clear, but it may be related to environmental and genetic factors. The survey shows that the incidence of rheumatic diseases is negatively correlated with exercise, accounting for the third place. The control and treatment of this disease cannot be ignored. However, the cause of this disease is unknown. At present, there are still no measures for radical treatment and prevention in the clinic. However, daily exercise is planned to enhance the body's disease resistance. Protecting joint function and preventing waste use is of great significance for the prevention and treatment of rheumatic diseases.^[4]

Coronary heart disease is the most common type of organ disease caused by atherosclerosis, and it is also a common disease that seriously endangers human health. Numerous studies have shown that many diseases can cause coronary heart disease, such as hypertension, hyperlipidemia, and diabetes. Hypertension is an important risk factor for coronary atherosclerosis. 60% to 70% of patients with coronary arteriosclerosis have high blood pressure. Therefore, early prevention and control of hypertension can reduce the incidence of coronary heart disease.^[5] Among the respiratory diseases, COPD (chronic obstructive pulmonary disease) and asthma is the most common, and smoking is one of the important risk factors. Advocating smoking cessation, prohibiting smoking in public places and forging the body, reducing upper respiratory tract infections, and avoiding exposure to allergens can effectively control respiratory diseases. In addition, investigations have shown that stomach diseases, urinary system diseases, diabetes, liver diseases, and tumors are prone to occur in the elderly, and prevention is required. Regular and regular health checks are performed to detect early treatment.^[6]

5. Conclusion

The survey also found that the prevalence of chronic diseases in the elderly population is high, and often suffer from multiple diseases at the same time. The frequency of chronic diseases per capita is 98.04% (101.0% for males and 93.88% for females), which seriously affects the quality of life of the elderly. It is necessary to arouse the attention of the society. To improve the quality of life of the elderly, on the one hand, we must guide the healthy lifestyle of the elderly, and on the other hand, we must raise the social customs of respecting the elderly and respecting the elderly, and pay attention to the health of the elderly.

References

- [1] Feng Zixiu, Zhao Yuming. Analysis of common diseases among the elderly in Binhe Community, Jiaonan City[J]. Chinese Journal of Contemporary Medicine, 2005 (3): 94-95. (in Chinese)
- [2] Yu Zhenqiu. Practical Hypertension[M]. The 3rd Edition. Beijing: Science Press, 2007. (in Chinese)
- [3] Li Wei, Li Dongzhen, Liu Fengyun, et al. Survey of common diseases in middle-aged and elderly people in the General Staff Department [J]. Journal of Health Medicine of the People's Liberation Army, 1999 (1): 45-46, 50. (in Chinese)
- [4] Wu Donghai. Clinical Rheumatology[M]. Beijing: People's Medical Publishing House, 2008. (in Chinese)
- [5] Li Qiang, Zhang Zhiling, Wang Xuelian, Liu Yuren. Relationship between common diseases of the elderly and carotid atherosclerotic plaques[J]. Journal of Practical New Medicine, 2007 (6): 522 - 523. (in Chinese)
- [6] Qin Wenzhao. Common diseases and home care for middle-aged and elderly people [M]. Beijing: China Esperanto Press, 1994: 9. (in Chinese)