

MENTAL WELLNESS AND ILLNESS AS WE AGE

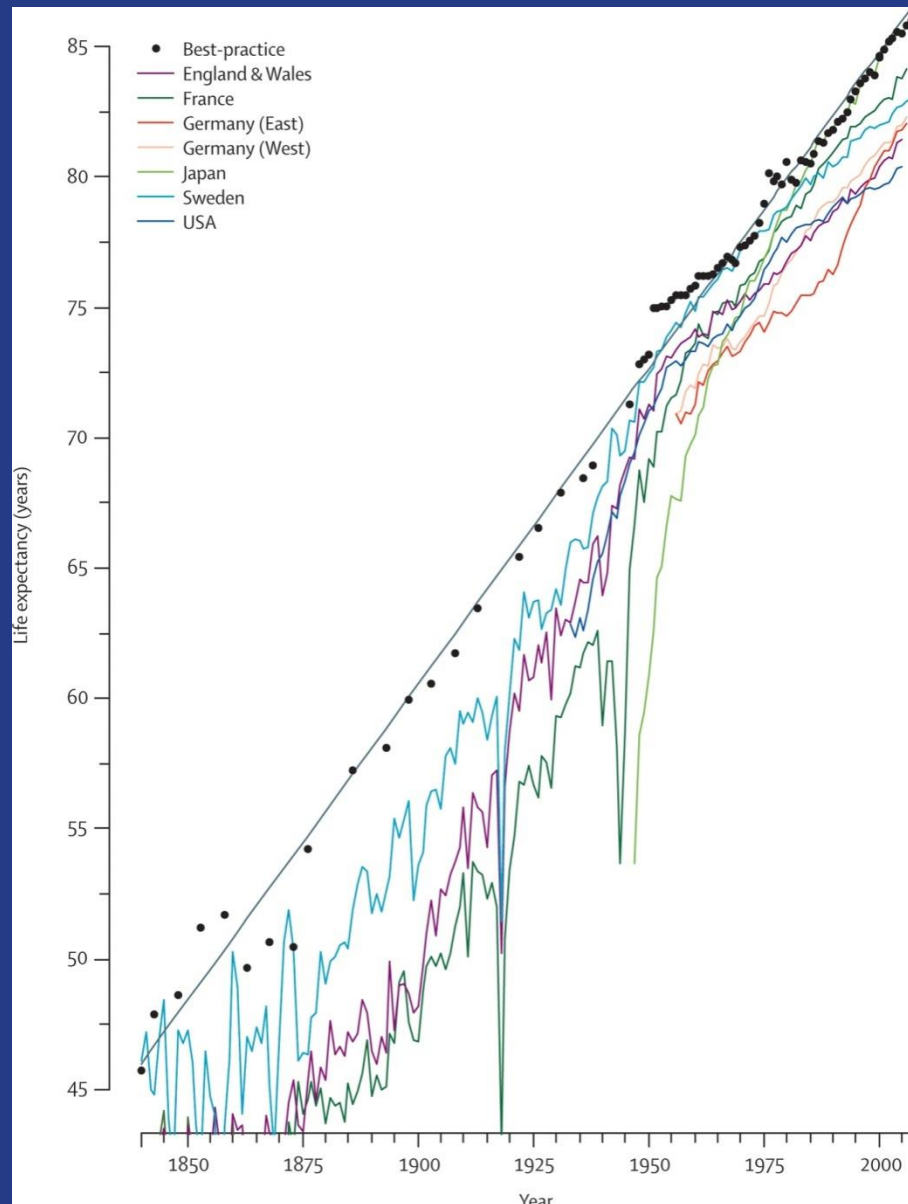
Peter V. Rabins, MD, MPH

5 ISSUES I WILL COVER

1. Loneliness
2. Grief
3. Depression
4. Suicide
5. Cognitive/Memory Decline

BACKGROUND FACTS

LIFE EXPECTANCY HAS BEEN INCREASING FOR 185 YEARS!



Gain in life expectancy is 3 months per year or 2 ½ years every decade

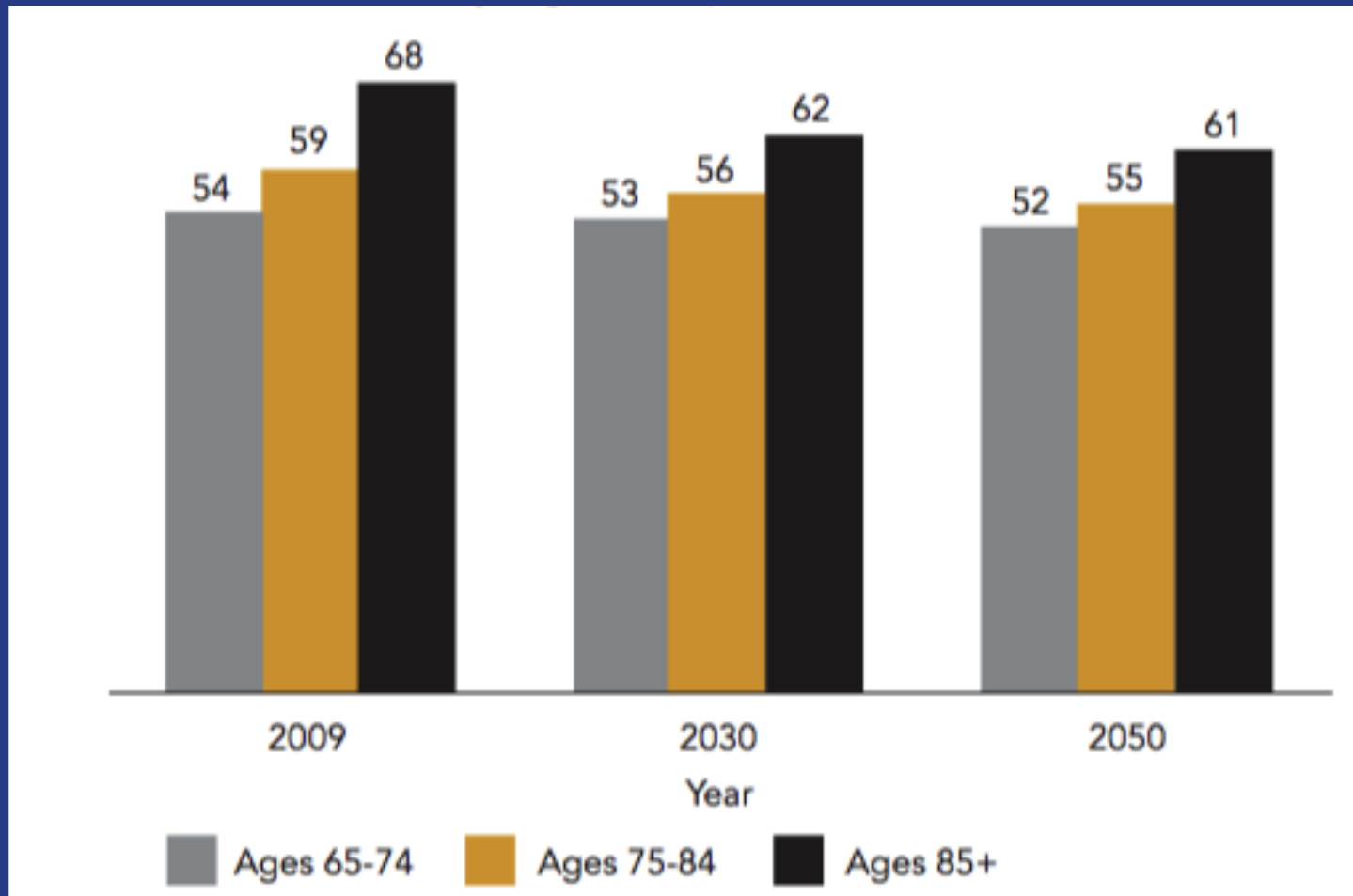
Age-specific Contributions to the Increase in Life Expectancy 1850-2007

	1850-1900	1900-25	1925-50	1950-75	1975-90	1990-2007
0-14 years	62.13%	54.75%	30.99%	29.72%	11.20%	5.93%
15-49 years	29.09%	31.55%	37.64%	17.70%	6.47%	4.67%
50-64 years	5.34%	9.32%	18.67%	16.27%	24.29%	10.67%
65-79 years	3.17%	4.44%	12.72%	28.24%	40.57%	37.22%
>80 years	0.27%	-0.06%	-0.03%	8.07%	17.47%	41.51%

Data derived from reference 12 and the Human Mortality Database.

Table 2: Age-specific contributions to the increase in record life expectancy in women from 1850 to 2007

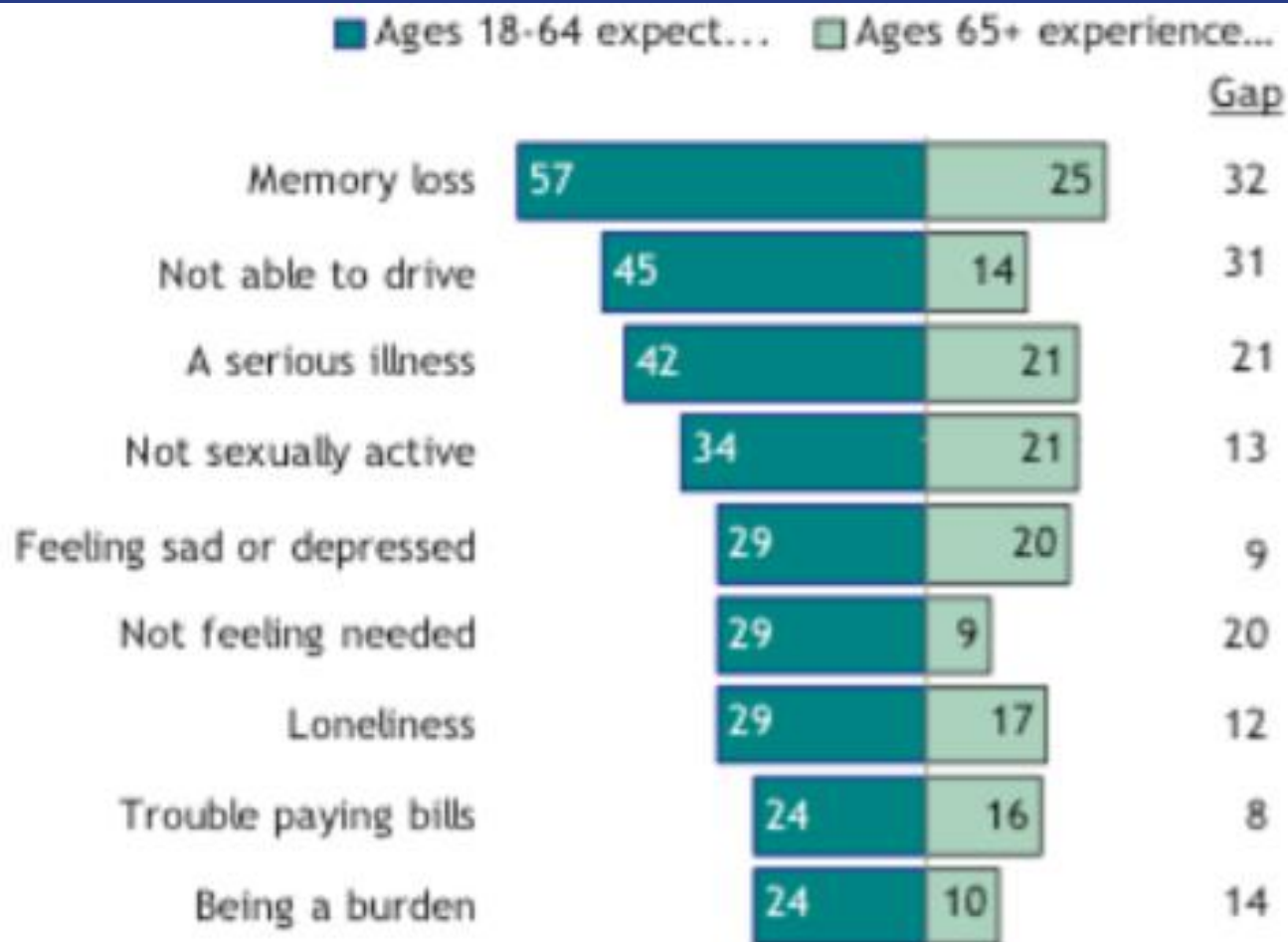
WOMEN LIVE LONGER THAN MEN BUT THE DIFFERENCE IS SHRINKING



LOW AND HIGH DEPENDENCY WILL INCREASE

	1991	2011	Difference
Men			
Life expectancy	12.9	17.6	4.7
Independent	9.5 (9.3 to 9.7)	11.2 (10.8-11.5)	1.7 (1.2 to 2.1)
Low dependency	2.3 (1.9 to 2.7)	4.0 (3.5-4.5)	1.7 (1.0 to 2.4)
Medium dependency	0.7 (0.3 to 1.2)	1.1 (0.5-1.7)	0.3 (-0.4 to 1.1)
High dependency	0.4 (-0.1 to 0.8)	1.3 (0.7-1.9)	0.9 (0.2 to 1.7)
Proportion of life expectancy spent			
Independent	73.6% (71.8 to 75.4)	63.5% (61.4-65.6)	-10.1% (-12.9 to -7.3)
Low dependency	17.8% (14.5 to 22.2)	22.9% (19.9-25.8)	5.1% (0.6 to 9.5)
Medium dependency	5.8% (2.2 to 9.3)	6.2% (2.9-9.5)	0.4% (-4.4 to 5.2)
High dependency	2.9% (-0.7 to 6.5)	7.4% (4.2-10.7)	4.5% (-0.4 to 9.3)
Women			
Life expectancy	16.5	20.6	4.1
Independent	9.5 (9.2 to 9.8)	9.7 (9.3-10.2)	0.2 (-0.4 to 0.7)
Low dependency	5.3 (4.9 to 5.7)	7.8 (7.3-8.3)	2.4 (1.8 to 3.1)
Medium dependency	1.0 (0.5 to 1.5)	1.1 (0.5-1.8)	0.2 (-0.6 to 1.0)
High dependency	0.6 (0.1 to 1.1)	1.9 (1.3-2.6)	1.3 (0.5 to 2.1)
Proportion of life expectancy spent			
Independent	58.0% (56.2 to 59.9)	47.3% (45.0-49.5)	-10.7% (-13.6 to -7.8)
Low dependency	32.4% (29.9 to 34.9)	37.8% (35.3-40.2)	5.4% (1.9 to 8.9)
Medium dependency	5.9% (3.0 to 8.8)	5.6% (2.6-8.6)	-0.4% (-4.5 to 3.8)
High dependency	3.7% (0.8 to 6.7)	9.3% (6.3-12.4)	5.6% (1.4 to 9.8)

LONELINESS: REPORTED AND EXPECTED



GRIEF

GRIEF

1. A universal human experience
2. Its expression varies widely across cultures, but,
3. It has a time course
4. Is characterized by a sudden “welling up” of emotion/feeling
5. ??Stages:
 - numbness
 - emotional turmoil (anger, sadness, guilt)
 - acceptance

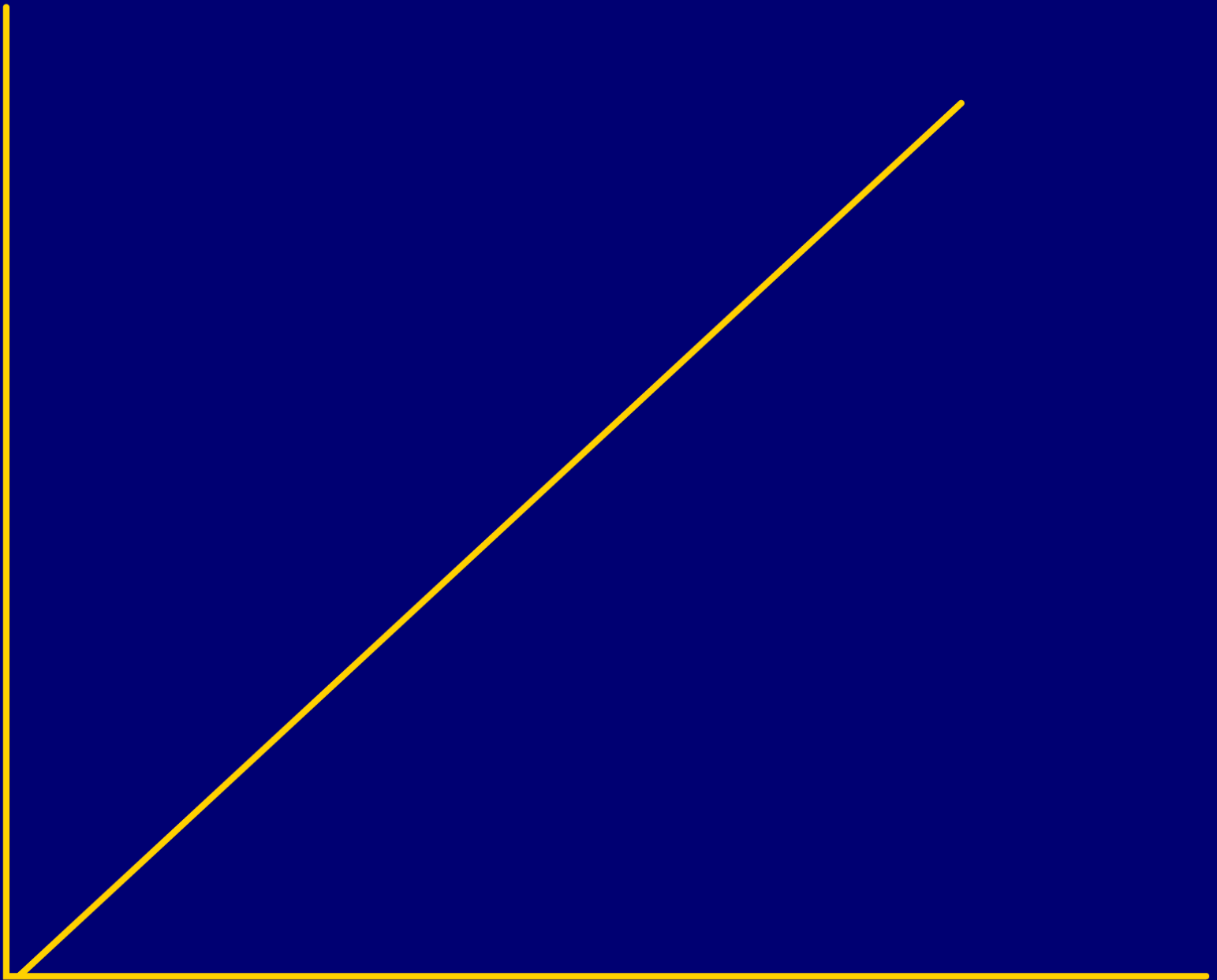
'Treatment' of Grief

- Identify as a normal experience
(“Grief \neq Major Depression”)
- Listen
- Treat sleep disorder for brief period with pharmacotherapy

3 Challenging Questions

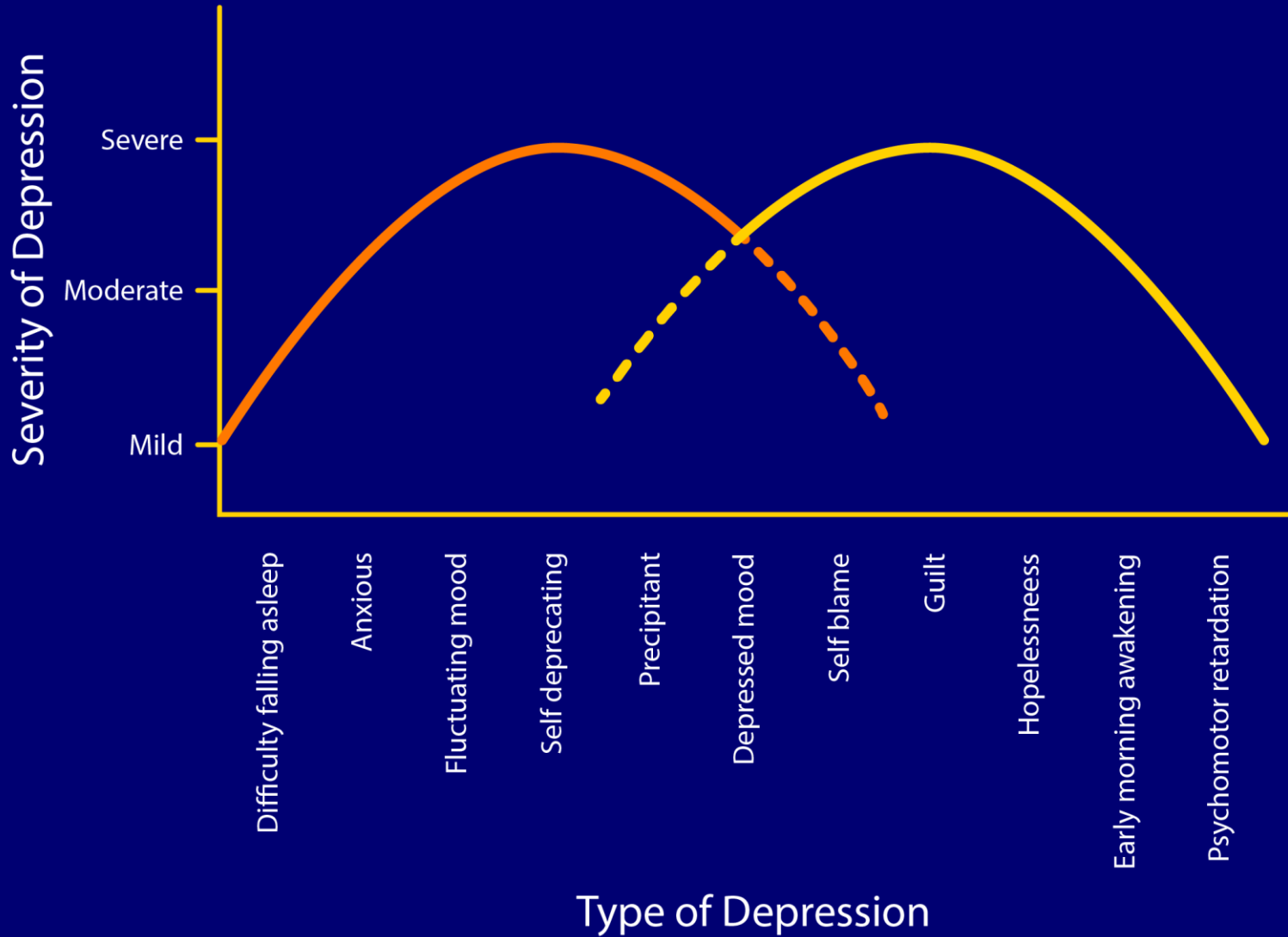
1. What do we mean by “DEPRESSION”?
2. How do we detect them
3. How do we treat them?


Severity of Symptoms




Amount of Depression

Depression Comparison

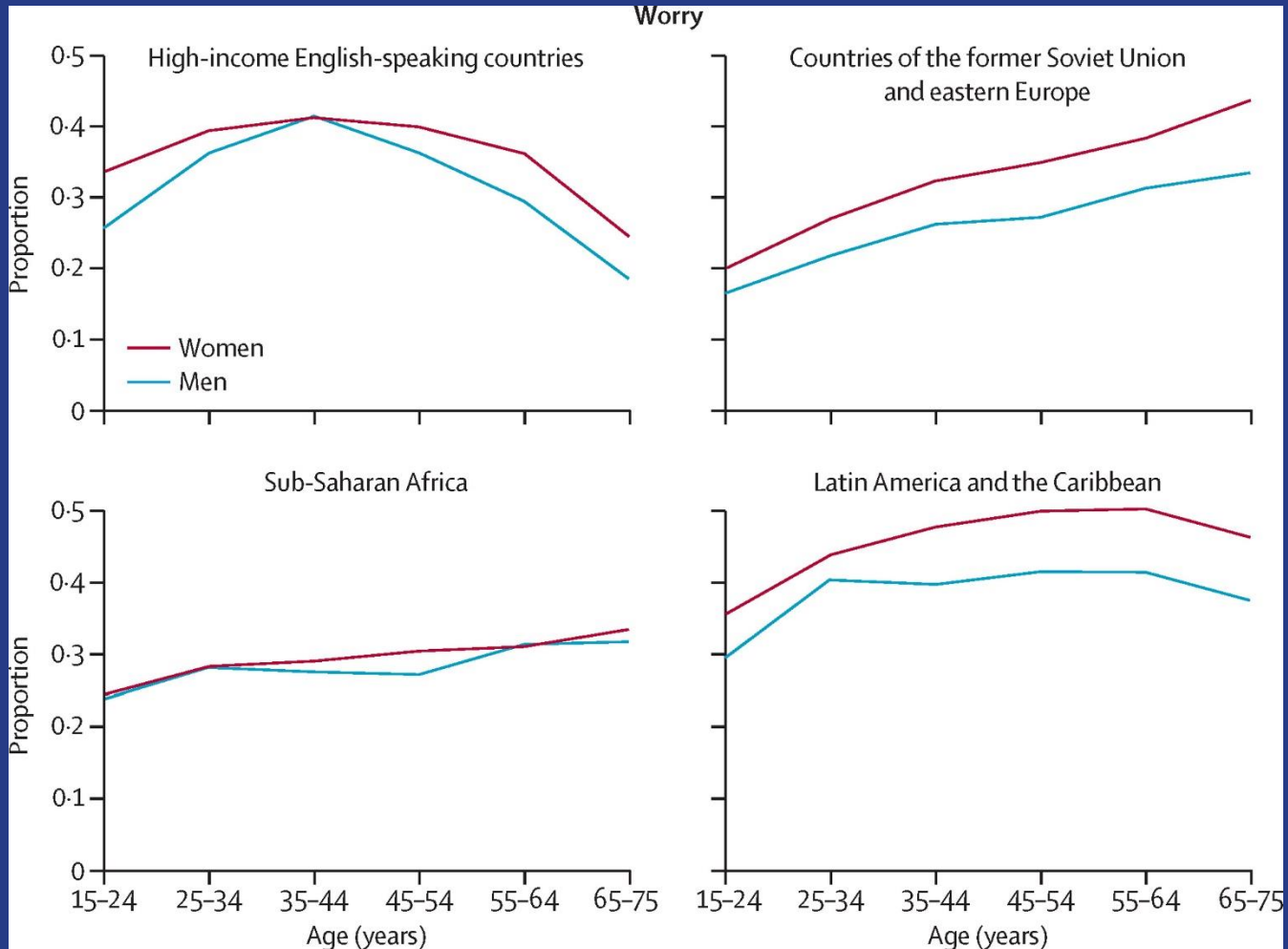


Demoralization 

Melancholy
(Major Depression) 

	DEMORALIZATION	MAJOR DEPRESSION	GRIEF
	Universal	Distinct Episodes, Periodic	Universal after loss
Essence	Feeling of sadness/ loss of control	<ul style="list-style-type: none"> • Low Mood • Low self confidence • Vegetative Sx (Physical) 	Sudden crash into the 'abyss' of depression
Mood	Variable, no pattern	Persistent, Pervasive Diurnal Variation	Variable, sadness often triggered
Course	Can be brief or long	>2 weeks, every day Untreated: 6-12 months	<ul style="list-style-type: none"> • Numbness • Emotional turmoil • Resolution MANY MONTHS/NEVER
Past History	Response to prior disappointments	Similar prior episodes	
Precipitant	Almost always	+ - : NO help in diagnosing	Always

WORRY ACROSS CULTURES



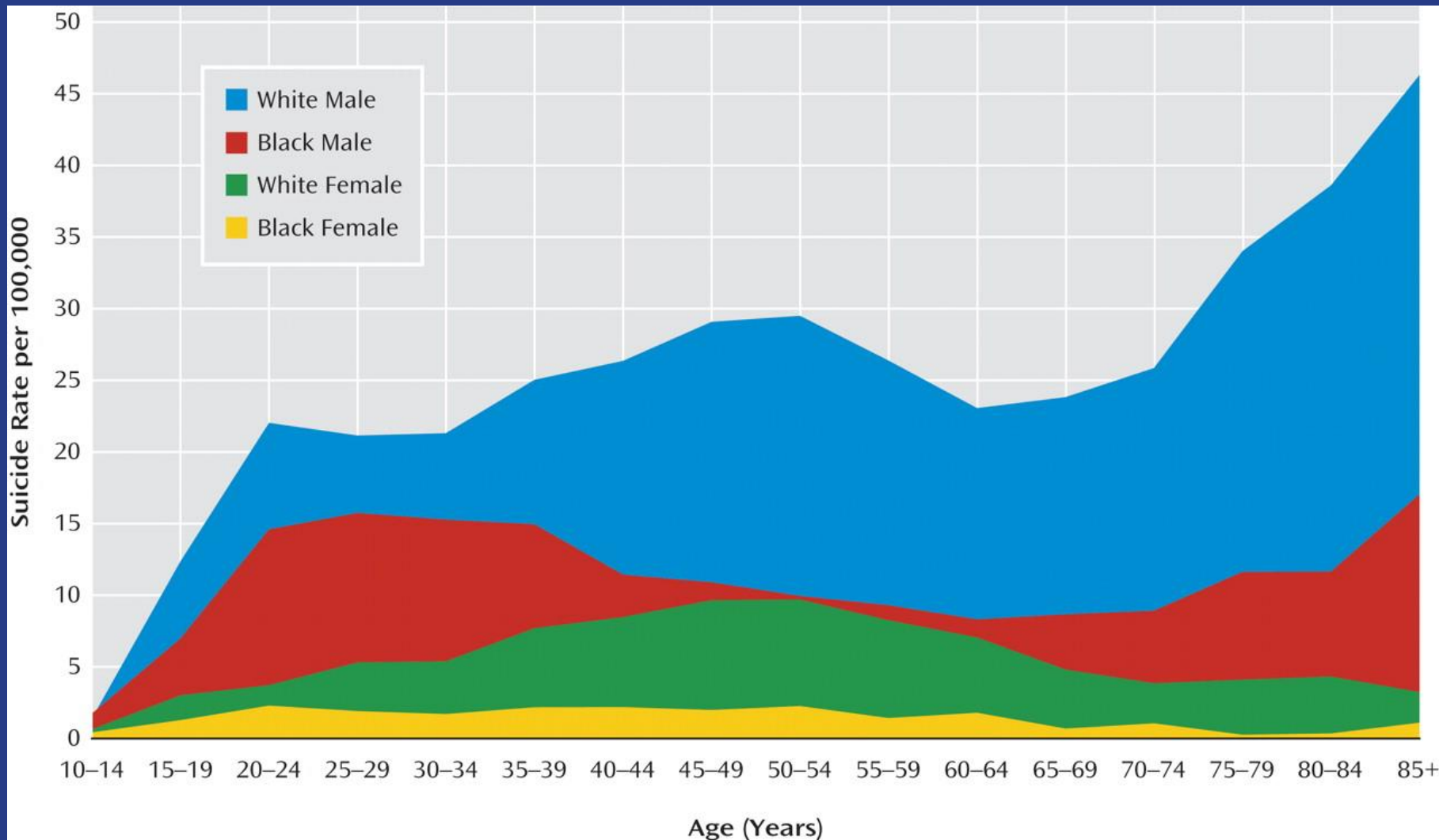
STRESS ACROSS CULTURES



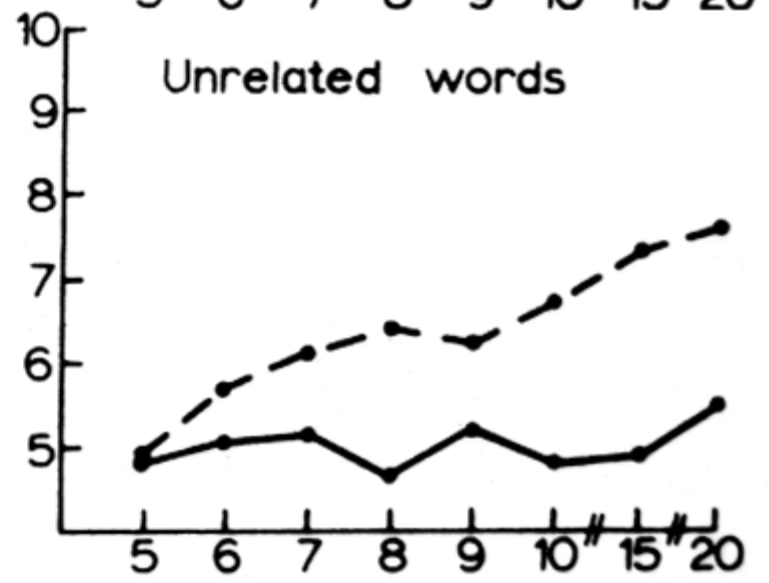
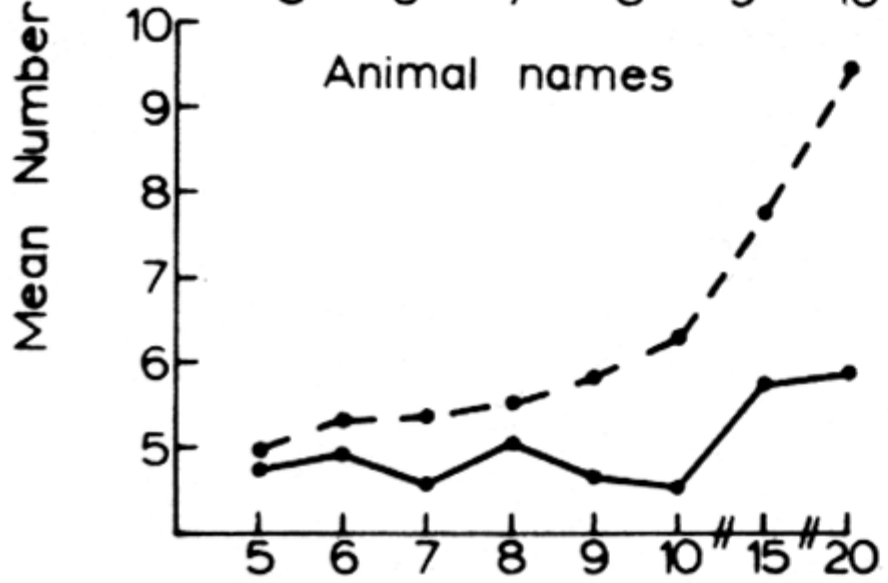
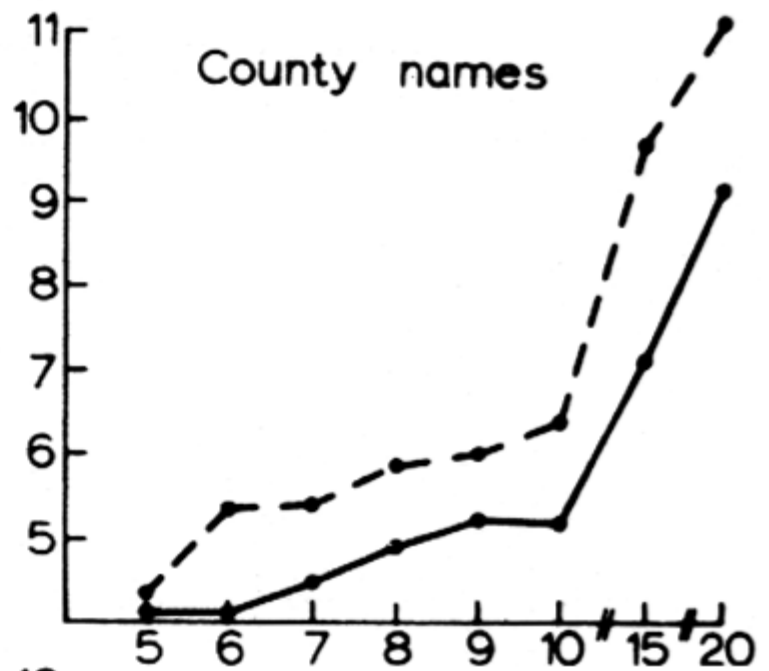
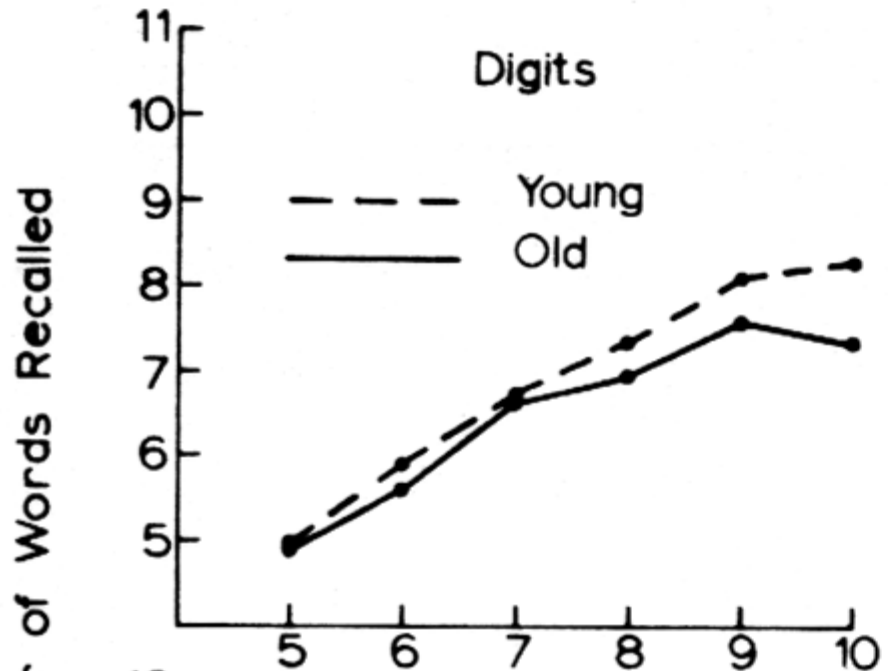
TREATMENT OF MAJOR DEPRESSION

- Mild Major Depression:
psychotherapy > pharmacotherapy
- Moderate Major depression:
psychotherapy = pharmacotherapy
- Moderate-severe Major Depression
Combination > drugs > psychotherapy

SUICIDE RATES IN US VARY BY AGE , RACE, AND SEX



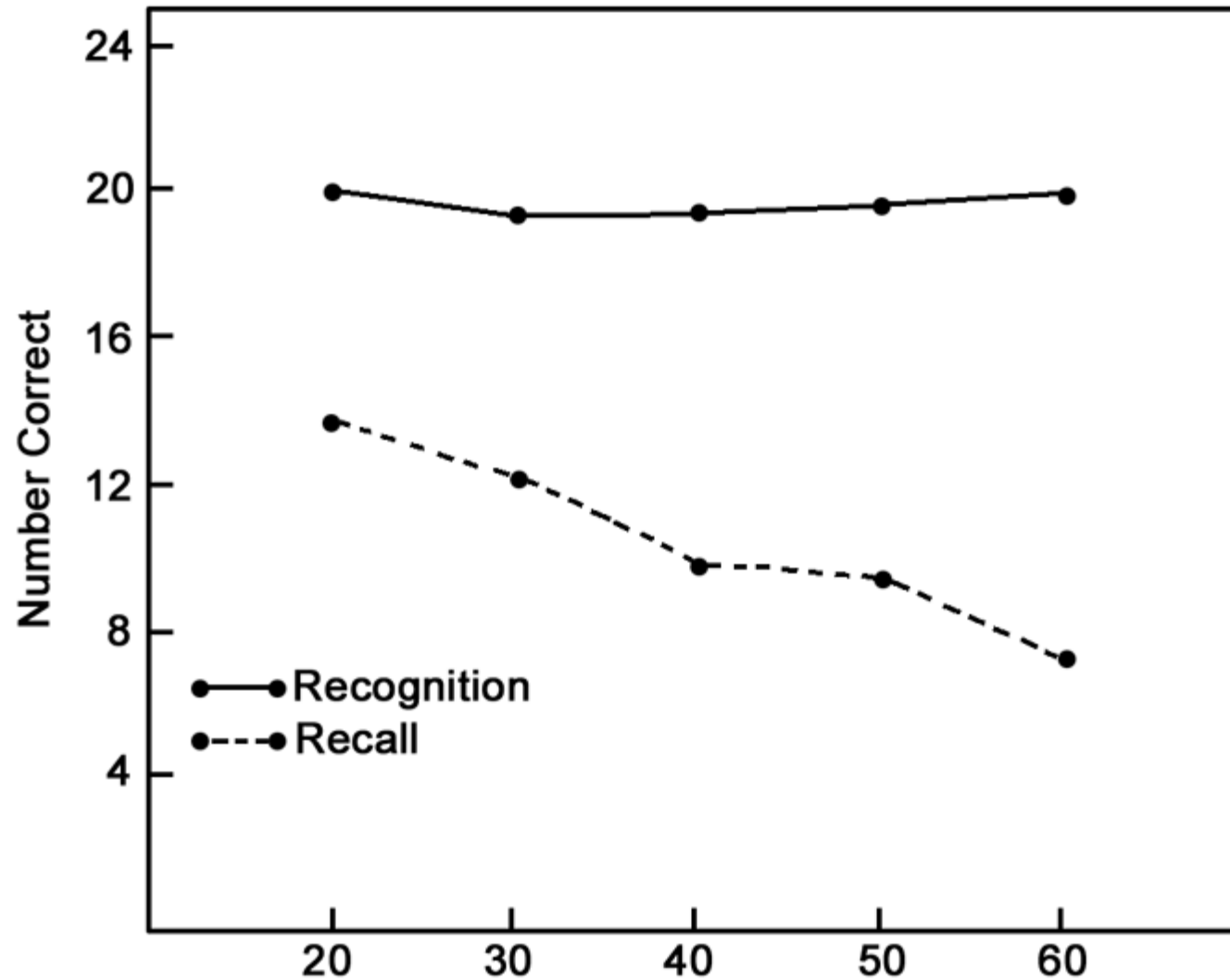
Cognitive Changes

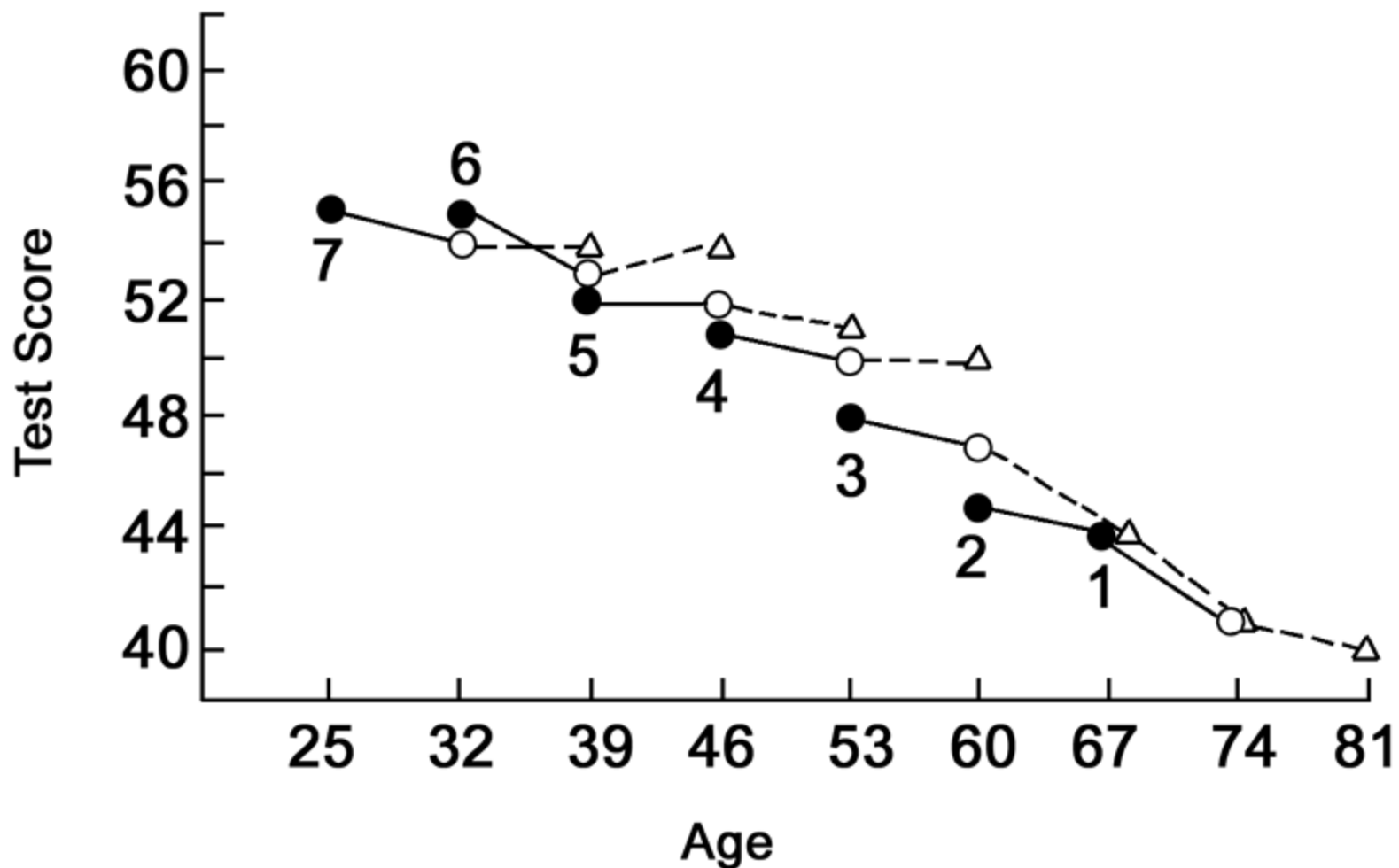


List length

Age Group

Recognition and Recall Scores as a Function of Age





Differences in fluid intelligence with age as measured by generational studies:

●—○--△ = generations 1-7 as measured in 1956 (●—), 1963 (○--), and 1970 (△).

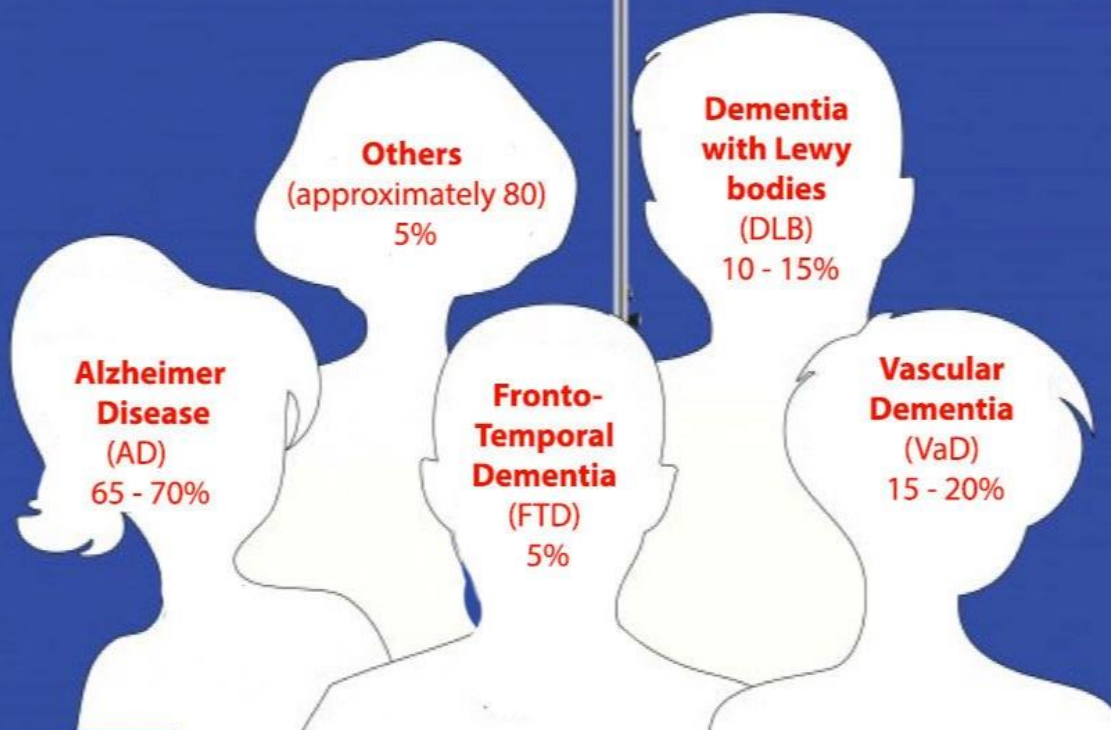
K.W. Schaie, G.V. Labouvie, B.U. Buech, 1973

Dementia Syndrome

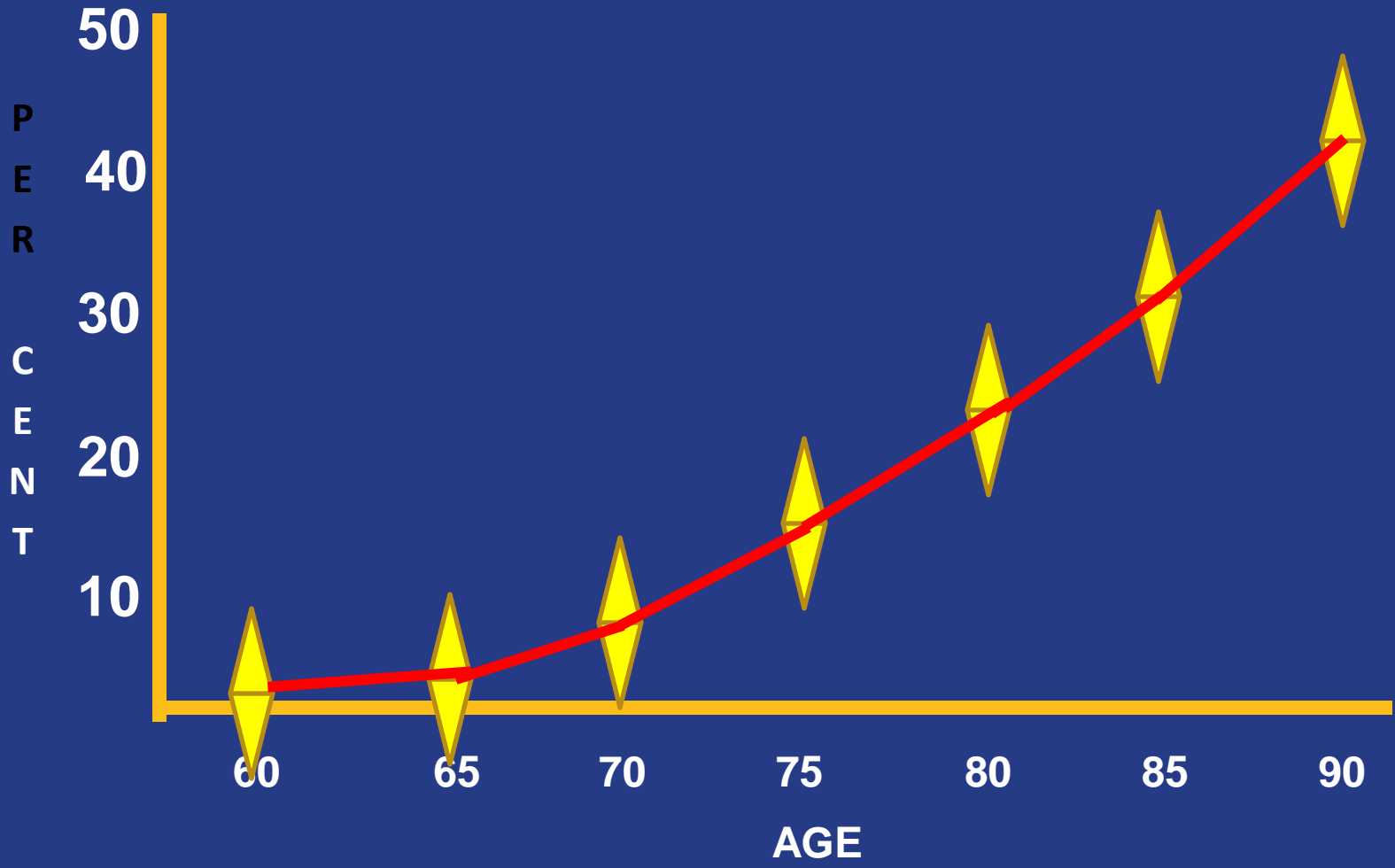
- Onset in adulthood of
- Declines in 2 or more cognitive capacities
- That cause decline in daily function
- Normal level of consciousness and alertness

DEMENTIA

FOUR MOST COMMON CAUSES



PREVALENCE OF DEMENTIA BY AGE



INCIDENCE OF DEMENTIA

P
E
R

1
0
0

P
E
R

Y
E
A
R

32

16

8

4

2

1

65

70

75

80

85

90

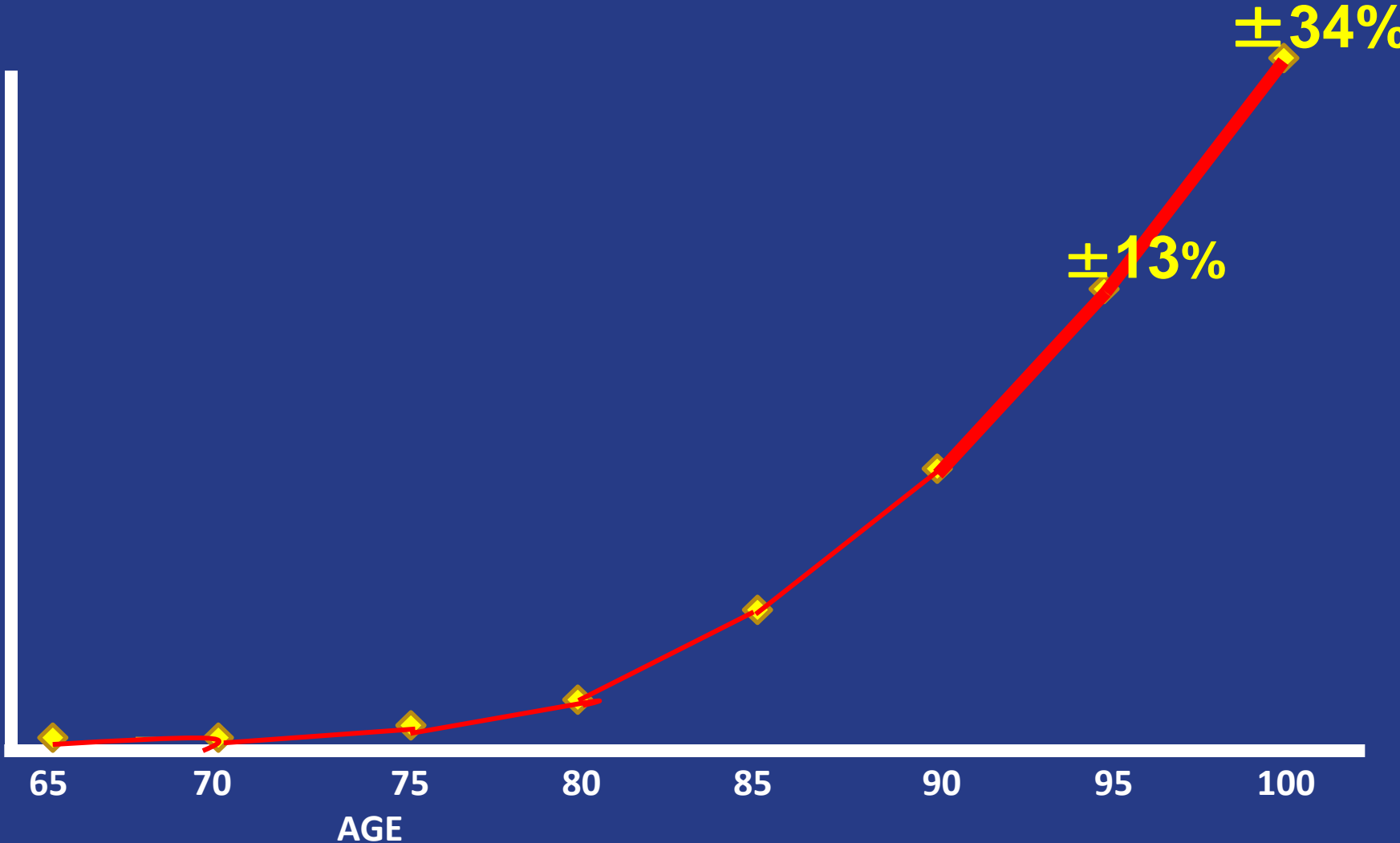
95

100

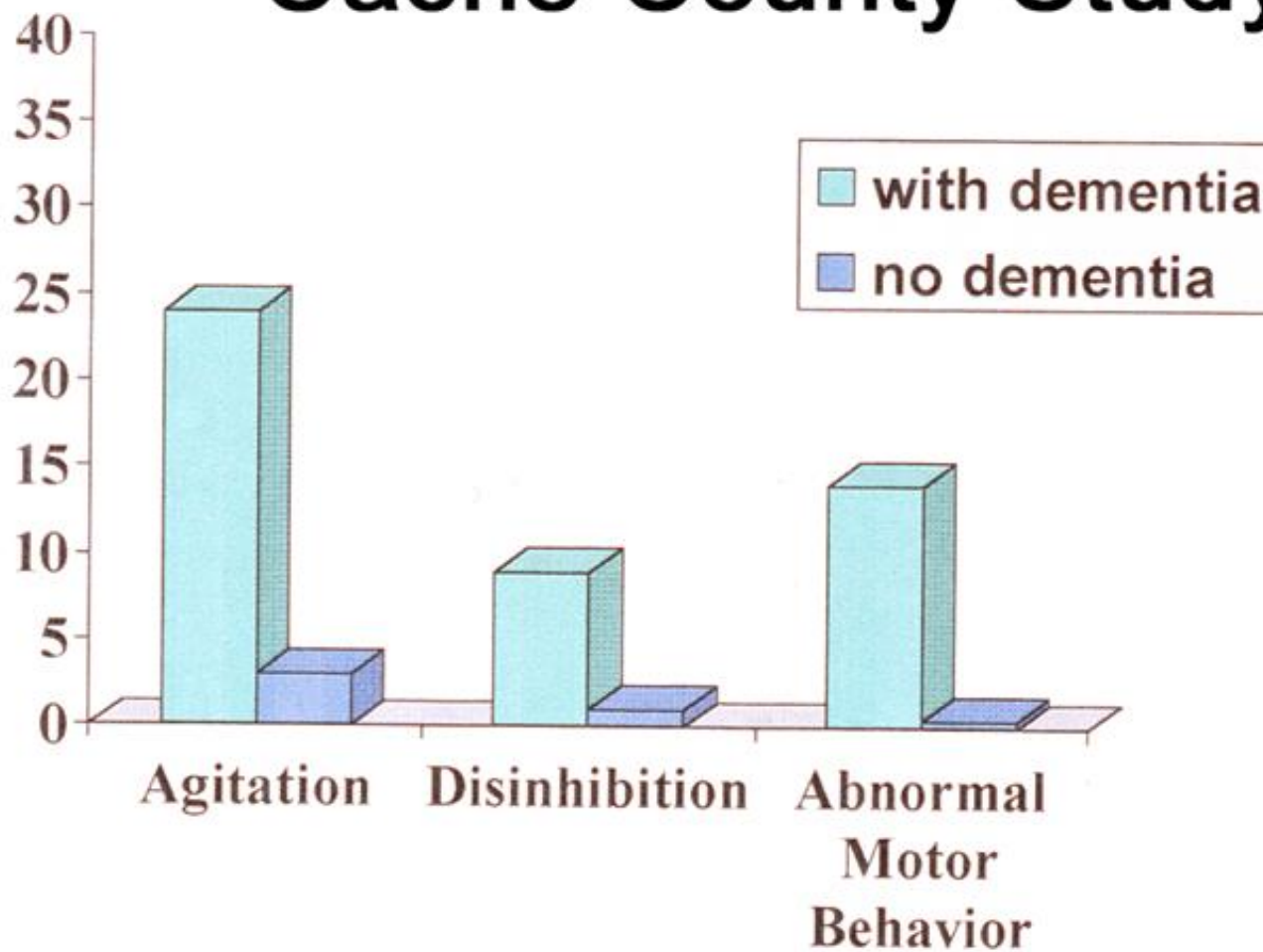
AGE

$\pm 34\%$

$\pm 13\%$

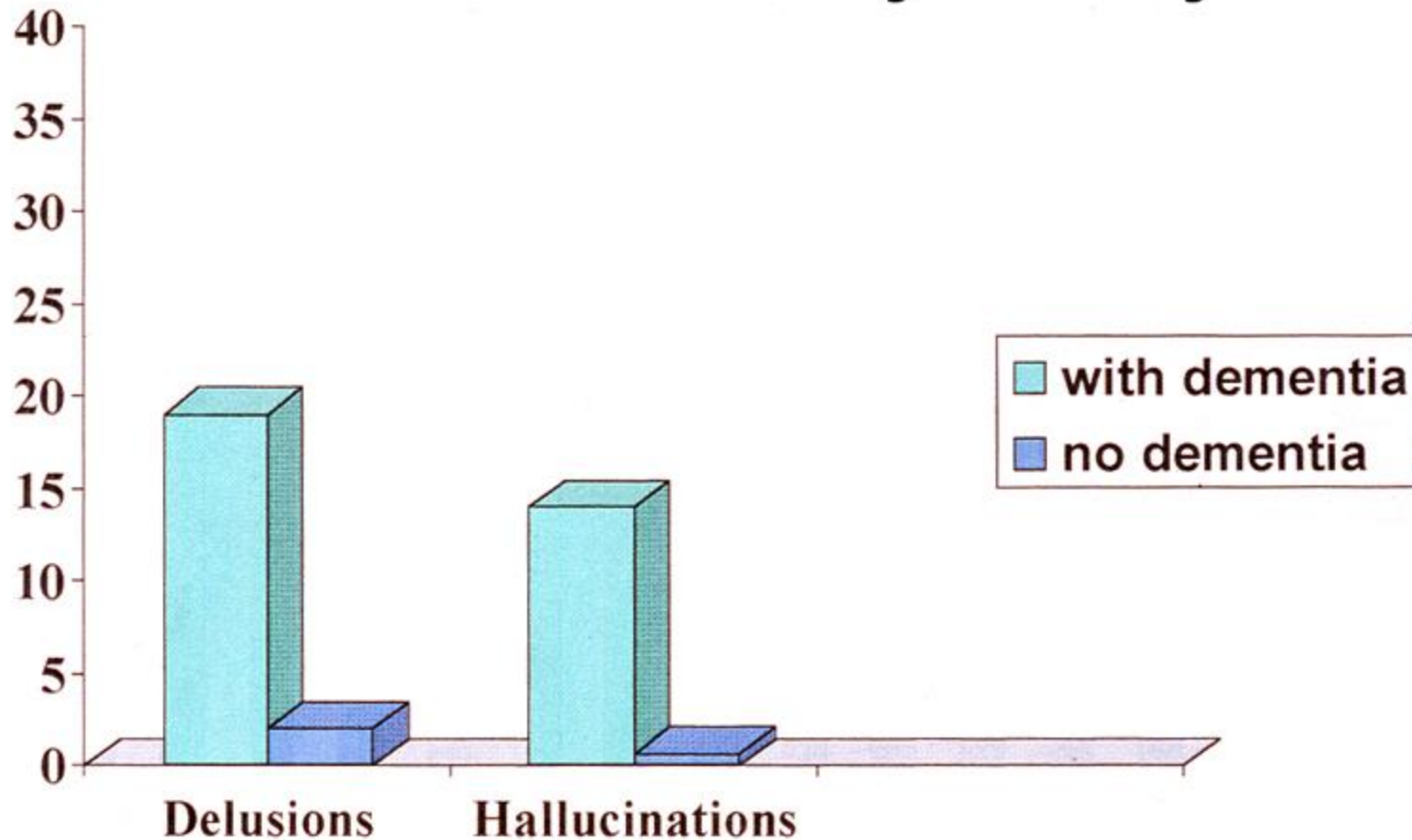


Frequency of NPI Disturbance by Cache County Study



Lyketsos (2000)

Frequency of NPI Disturbance by Cache County Study



Lyketsos (2000)

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OLD
Without
GETTING
ANXIOUS

PETER V. RABINS, M.D.
coauthor of *The 36-Hour Day*
WITH LYNN LAUBER