

Active and Healthy Ageing
—
A Long - term View up to 2050

The Ageing Challenge

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Can 'Healthy' Life Span be Increased by an Average of Two Years

Perfectly feasible

But is it the right target?

- **Should the aim be to increase the proportion of patients who survive until 80 years?**

Do Preconceptions about Older People Cloud Judgement?

- **Older people could stimulate youth employment**
- **Are older people necessarily less innovative?**
- **What if they were only chronologically old ?**

Ageing as a Medical Problem

Challenges

- Most people aged >60 yrs have one or more medical problems
- Living longer with disease is a sign of success
- Medicine will cure some diseases in some people
- For most people, better management will increase (quality-adjusted) survival

Issues

- **Prevention**
 - Uncommon
 - Mistakenly confused with procrastination
- **Procrastination**
 - Common
 - Delaying the onset of disease is highly valuable
- **Management**

The Ageing Challenge

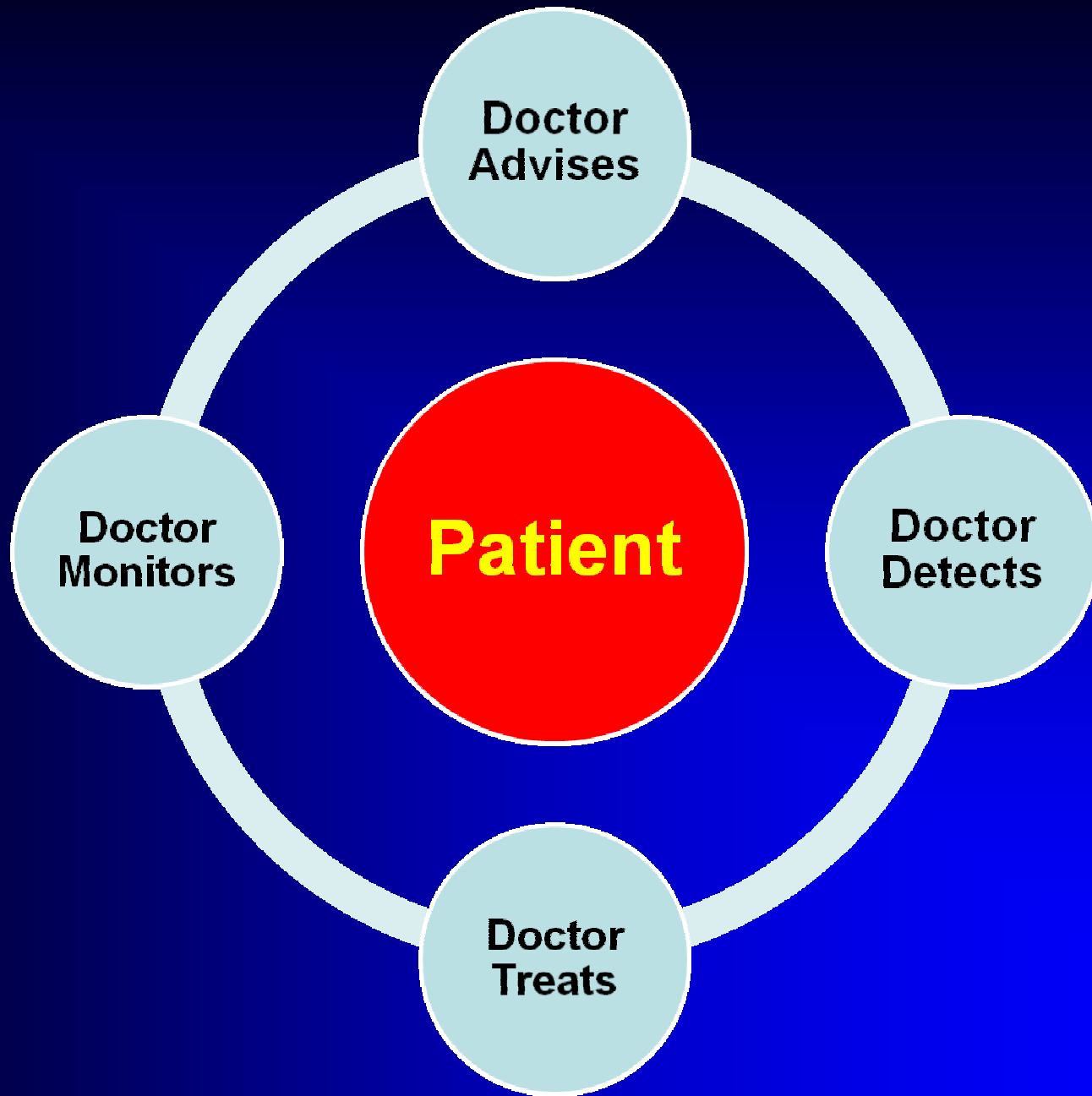
- **Raising retirement age**
- **Socio - economic adaptations**
- **Compression of morbidity**
- **Ageing as a disease**
- **Balance efficiency with good care**
- **All of the above!**

Raising retirement age

- **Healthy option for many**
- **Social inclusion**
- **Prevents**
 - Boredom
 - Loss of self-worth
 - Poverty
- **Second or third careers**
- **May create new jobs & wealth (if managed properly)**
- **Need for increasingly flexible workforce and employment law**

Socio-Economic Adaptations

- **Relief of Poverty**
- **Family**
- **Housing**
- **Social Networks**
- **Travel**
- **Social Health Contracts**



**Patient
Monitors**

**Patient
Motivation**

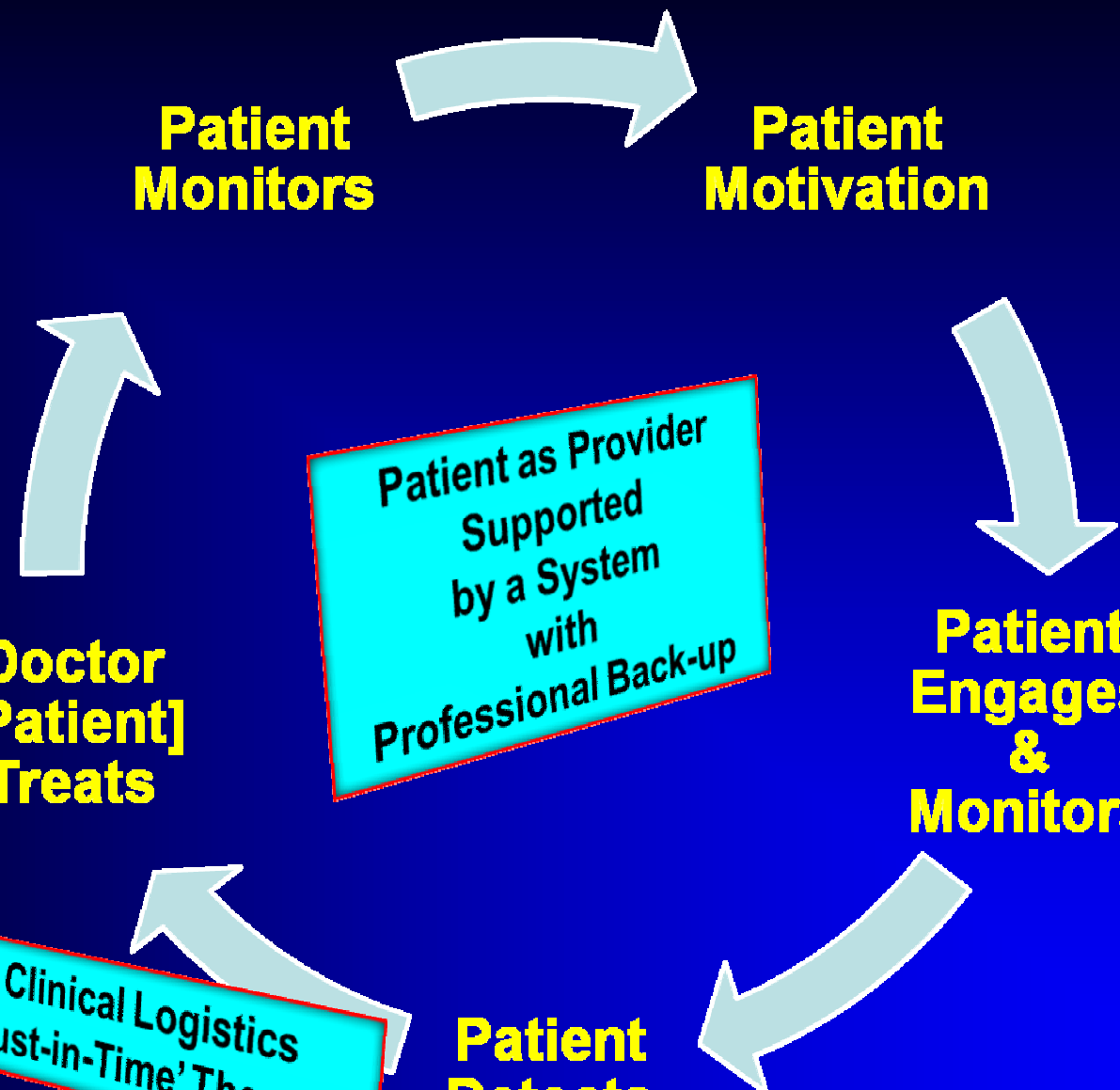
**Doctor
[Patient]
Treats**

**Patient
Engages
&
Monitors**

**Patient
Detects**

**Patient as Provider
Supported
by a System
with
Professional Back-up**

**Clinical Logistics
'Just-in-Time' Therapy**



Compression of Morbidity

- **Improbable concept**
 - Unless accompanied by a strategy of euthanasia.
- **Earlier disease detection & better management will:-**
 - Increase the total duration of morbidity
 - Delay the onset of disability
 - Increase the duration of disability
- **Euthanasia**
 - one of the most important issues for our society.
 - An issue of individual freedom and self-determination.
 - Should the moral views of some dictate the personal choice of others in a free society?

Ageing as a Disease

- **There is absolutely no doubt that medicine will develop treatments to arrest or reverse some or many aspects of ageing.**
- **Stopping scientific progress in this area**
 - Unlikely
- **Progress will occur either because**
 - Ageing processes are specifically targeted
 - Treatments for disease have collateral anti-ageing effects
- **Substantial human research on biologically plausible anti-ageing compounds already underway.**

What's Required

- **Better motivational (educational) strategies**
- **Better Therapy**
 - Ageing as a disease rather than inevitable
 - Sarcopaenia & Balance
- **Better Implementation**
- **Better Integration**
 - Social and Medical Care
 - Research & Clinical Practice
- **Improved Regulatory Framework for Research**
 - Inappropriate regulation is stifling innovation
 - Over-enthusiastic (profit-driven) monitoring by CROs – which may account for the majority of costs in a clinical trial

