

Strategies for Successful Aging  
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William J. Hall, MD, MACP  
University of Rochester School of Medicine  
Rochester, NY 14620  
[William\\_hall@urmc.rochester.edu](mailto:William_hall@urmc.rochester.edu)

One of the greatest challenges for the field of Internal Medicine is the rapidly changing population demographics throughout the world. All developed countries as well as developing ones are experiencing unprecedented growth in the proportion of the population over age 65 years. Life expectancy is also rapidly increasing. In many countries the fastest growing cohort of the population consists of those adults age 85 years and older. The demands on global health systems and national economies are dramatic. In this presentation we will review:

1. The impact on the treatment of chronic disease, and the strategies for caring for adults over age 75 years with congestive heart failure, lung and digestive diseases, often in combination.
2. How should internists react to the growing use of “anti-aging medications” that are available in every country worldwide?
3. Are there physician-recommended strategies, utilizing physical activity, cognitive stimulation, and socialization that can actually improve the quality of life for older adults?
4. What concepts in genetics may be applicable to the field of aging?