

Preventing Functional Decline in Older Adults

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As the population of older adults around the world grows, so, too, does the importance of keeping them as healthy and functional as possible. It is important for individual patients, health care systems and societies to maintain and/ or improve the health status of older adults to minimize the burden of disease and disability.

Studies have shown that most older adults have thought about aging well and hope to be able to do so. There is now enough research-based evidence to support recommendations regarding lifestyle changes and pharmacological interventions that will enhance and improve functional status and patient well-being. Dr. Fabiny will describe interventions that the primary care physician can recommend to patients to achieve the goal of aging well.