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Over 100 years in Turkey: evaluation of a centenarian woman living in residential home

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Background: &Aim: It was reported that the group especially 85 years old and above needing care increased faster in aging Turkey. In this study, an example of healthy and long aging was evaluated in a 101- year old elderly aging healthily and staying at the residential home.

Method: Records of the case of single centenarian woman, exceeding 100 years old and living at Narlidere Residential and Nursing Home and data about patient interviews were evaluated.

Results: The old woman having been staying at Residential Home for 12 years was a housewife and literate. She had right nephrectomy, appendectomy and choledochoduodenostomy operations in her history. She had no chronic disease other than hypertension for about 20 years. She used acetylsalicylic acid with anti hypertensive treatment regularly. Blood pressure was followed regularly, tension was regulated. She had never used alcohol and cigarette. BMI of 1.50 m in height elderly was 31.5 (obese). Clear deterioration was not applicable for the self care she was not dependent. Oter than partial support requirement for transportation and money management, ability of performing daily life activities did not reduce. Clear deterioration of cognitive functions was not observed, she could communicate with her friends, share common areas, could go to mess hall without support, she used medicines herself. She did not report extra problem other than arthralgia due to osteoarthritis becoming clear for the last 3 years and dyspeptic complaints. She did not visit the health office at the residential home very frequently in general. She did not apply for healthcare services other than prescription of chronic disease medications and routine controls.

Conclusions: The number of elderly having a long life, exceeding 100 years old is increasing in our country like all over the world. Not smoking all her life, being very careful with using medicines mainly analgesic since she has single kidney and preserving cognitive functions are significant characteristics. Moreover, it is known that the woman sex lives longer. Habits of centenarian individuals, modes of living in addition to nutrition, physical, mental and social components for keeping healthy should be considered carefully. Assessments of family physicians being the physicians following the persons for long-term and most closely can be directive in the way to healthy and long life.