

A Handbook of GERIATRIC CARE



Edited by
O.P. Sharma

CONTENTS

<i>Editorial Board</i>	<i>II</i>
<i>Dedication</i>	<i>III</i>
<i>Foreword</i>	<i>IV</i>
<i>Preface</i>	<i>V</i>
<i>Acknowledgement</i>	<i>VI</i>
<i>Contributors</i>	<i>VII</i>
<i>Contents</i>	<i>XI</i>

SECTION-I: AGEING

1 Ageing and Health	PS Shankar	1
---------------------	------------------	---

SECTION-II: IMMUNITY

2 Immunology of Ageing	Sajesh Asokan, Anita Nambiar	5
------------------------	------------------------------------	---

SECTION-III: FRAILTY

3 Frailty Syndrome	PS Shankar	10
--------------------	------------------	----

SECTION-IV: APPROACH TO AN ELDERLY PATIENT

4 Clinical Approach	HK Raogupta	13
5 Comprehensive Geriatric Assessment	Pratibha Pereira	18

SECTION-V: CLINICAL PRESENTATION

6 Presenting Symptoms		
Anaemia	Sudhir Mehta	26
Loss of Appetite	HK Raogupta	26
Weakness	RS Gupta	27
Weight Loss	RS Gupta	28
Nausea	Sudeep Khanna	29
Constipation	Vishal Garg	31
Gastroesophageal Reflux Disease	Saurabh Srivastava, Payal Jain	32
Dysphagia	Sudeep Khanna	34
Hematemesis	Amitesh Aggarwal, Ankur Chikara	35

Diarrhoea	Saurabh Srivastava, Payal Jain	36
Melena	Amitesh Aggarwal, Ankur Chikara	38
Jaundice	Vishal Garg	39
Epistaxis	Kalpana Nagpal	40
Hearing Impairment	Abhinit Kumar	41
Fever	HK Raogupta	43
Cough	Puneet Khanna	43
Hemoptysis	Salil Bendre, Anand Saraf	44
Breathlessness	Agam Vora	45
Chest Pain	Nikhil Sarangdhar	47
Abnormal Heart Rate	Saurabh Srivastava, Payal Jain	49
Edema	Gaurav Sagar	50
Headache	PN Renjen, Dinesh Chaudhari, Kamal Ahmad	52
Confusion	Amit Gupta	53
Dizziness	Sandeep Tamane	54
Tremor	Bindu Menon	55
Memory Loss	Jugal Kishor Sharma	57
Loss of Consciousness	PN Renjen, Dinesh Chaudhari, Abhas Kumar	58
Coma	Anand P Ambali	59
Delirium	M S Sridhar	60
Syncope	Anita Basavaraj	61
Depression	Dominic Benjamin	62
Unable to Sleep Well	S Ramnathan Iyer	63
Giddiness	PN Renjen, Dinesh Chaudhari, Abhas Kumar	64
Burning Micturition	Anita Basavaraj	66
Urinary Incontinence	Rajesh Taneja	67
Pelvic Organ Prolapse	Tripti Sharan	68
Hematuria	Gaurav Sagar	69
Dimness of Vision	AK Manchanda	70
Itching	Racchana D Fadia	71
Falls	NS Neki	73
Joint Pain	Saurabh Srivastava, Payal Jain	74
Frailty Syndrome	Puneet Khanna	76
Ulcers	Amit Gupta	76

SECTION-VII: CARDIOVASCULAR SYSTEM

7	Heart Failure	Rakesh Gupta	78
8	Hypertension	Ashwani Mehta	85
9	Coronary Artery Disease	Vineet Bhatia, Upendra Kaul	91
10	Peripheral Vascular Diseases	Atul Mathur	95
11	Cardiac Arrhythmias	Harsh Wardhan	100
12	Non Pharmacological Measures	SC Manchanda, Kushal Madan	105

SECTION-VIII: RESPIRATORY SYSTEM

13	COPD	Puneet Khanna	108
14	Asthma	Salil Bhargava, Bhupendra Jatav, Shantanu Bhargava	111
15	Cor Pulmonale	PS Shankar	114
16	Interstitial Lung Disease	Unnati Desai, Jyotsna M Joshi	117
17	Pneumonia	Ketaki Utpat, JM Joshi	121
18	Geriatric TB	VK Arora, KK Chopra	126
19	Lung Cancer	PS Shankar	131
20	Sleep Disorders	S Ramnathan Iyer, Revati R Iyer	134

SECTION-IX: GASTROINTESTINAL SYSTEM

21	Upper GI Bleeding	Vishal Garg	140
22	Lower GI Bleeding	Sunil K Mathai	143
23	Gastrointestinal Motility Disorders	Sudeep Khanna	147
24	Liver Disorders	Pazhanivel Mohan, Rakesh Aggarwal	150
25	Gallbladder and Biliary Tract Disorders	Sudeep Khanna	153
26	Pancreatic Disorders	VK Dixit, Manzar Husain Usmani	156
27	Piles	Varun Madan, Satya Prakash, Deepak Govil	161
28	Digestive Cancers	Mohandas K Mallath	165

SECTION-X: RENAL SYSTEM

29	Acute Kidney Injury	Anupam Bahl, Gaurav Sagar, Sanjiv Jasuja	168
30	Chronic Kidney Disease	Gaurav Sagar, Anupam Bahl, Sanjiv Jasuja	172
31	Electrolyte Imbalance	Dhruva Chaudhry, Sateesh Chandra Alavala	176

SECTION-X: RHEUMATOLOGY

32	Inflammatory Rheumatic Diseases	Neeraj Jain	180
33	Soft Tissue Problems	Sanjay Wadhwa	184

SECTION-XI: GENITOURINARY SYSTEM

34	Urinary Incontinence	Rajesh Taneja	188
35	Pelvic Organ Prolapse	Tripti Sharan	193
36	Benign Prostatic Hyperplasia	Rajesh Taneja	198
37	Urinary Tract Infection	Anita Basavaraja	204

SECTION-XII: ENDOCRINOLOGY

38	Oral Antihyperglycemic Drugs	Atul Luthra, Anoop Misra	208
39	Insulin Therapy	Subhash Kumar Wangnoo, Harsha Pamnani	213
40	Andropause	Dheeraj Kapoor, Ranjana Bhatt	217
41	Thyroid Disorders	Jugal K Sharma, Girish Khurana, Amit Gupta	220
42	Sexuality	Dheeraj Kapoor, Ranjana Bhatt	226
43	Obesity	NS Neki	228

SECTION-XIII: NEUROLOGY

44	Epilepsy	Bindu Menon	231
45	Stroke	Bindu Menon	235
46	Alzheimer's Disease	Sandeep Rai	239
47	Dementia	Amitesh Aggarwal, Ankur Chikara	245
48	Mild Cognitive Impairment	Amitesh Aggarwal, Ankur Chikara	251
49	Syncope	Sandeep P Tamane	254
50	Movement Disorders	Bindu Menon	257
51	Parkinsons Disease	PN Renjen, Abhas Kumar, Dinesh Chaudhari	264
52	Neuropathies and Neuralgias	MV Jali	267
53	CNS Infection	UK Mishra	275
54	Coma	AP Ambali, M S Biradar	283
55	Restless Leg Syndrome	Puneet Khanna	286

SECTION-XIV: PSYCHIATRY

56	Behavioural Disorders	Shrikant Sharma	288
57	Depression	Shrikant Sharma	292

SECTION-XV: DERMATOLOGY

58	Skin Disorders	Racchana D Fadia	296
----	----------------	------------------------	-----

SECTION-XVI: DENTISTRY

59	Edentulousness	Manu Rathee	304
----	----------------	-------------------	-----

SECTION-XVII: EYE

60	Diseases of the Eye	Tahir Islam, Bharat Kapoor	308
----	---------------------	----------------------------------	-----

SECTION-XVIII: ENT

61	Deafness	Abhinit kumar	317
62	Hearing Aids	Abhinit Kumar	320
63	Dizziness and Vertigo	Abhinit Kumar	322

SECTION-XIX: ORTHOPAEDICS

64	Osteoarthritis	Sudeep Upadhyaya	326
65	Back Pain	HN Bajaj	330
66	Mobility Aids	Sanjay Wadhwa	332
67	Osteoporosis	Rajesh K Marya	336
68	Falls	NS Neki	342

SECTION-XX: HAEMATOLOGY

59	Anemia	Shaurya Mehta, Sudhir Mehta	344
70	Leukemia	Sudhir Mehta	350
71	Bleeding Disorders	Sudhir Mehta	359

SECTION-XXI: NUTRITION

72	Nutrition	Seema Puri, Majida Shaheen	365
----	-----------	----------------------------------	-----

SECTION-XXII: PALLIATIVE CARE

73	Care of the Terminally Sick	KB Lingegowda	369
74	Management of Chronic Pain	GP Dureja	372

SECTION-XXIII: INFECTIOUS DISEASES

75	Fever	Anand P Ambali	379
76	Infections	Shilpi Khanna	381

SECTION-XXIV: SAFER MEDICATIONS

77	Polypharmacy	Anita Nambiar, K Hari, Sajesh Asokan, Rama Subbu	386
78	Safe Antibiotics	Prabha Adhikari	388
79	Safer Analgesics	Nagesh G Kavi	392
80	Drugs to be avoided in Liver Diseases	AK Manchanda	396
81	Drugs to be avoided in Kidney Diseases	AK Manchanda	399

SECTION-XXV: GERIATRIC CARE INITIATIVES

82	Government Initiatives in Geriatric Care in India	Sachin V Desai	402
83	Corporate Initiatives	Ratna Rao, OP Sharma	409
84	Medical Education	Anand P Ambali	412
85	Legal and Constitutional Provisions	Vivek Handa	416

SECTION-XXVI: ONCOLOGY

86	Cancers	Sumeet P Mirgh, Dinesh Bhurani	421
----	---------	--------------------------------------	-----

SECTION-XXVII: PREVENTIVE GERIATRICS

87	Adult Immunization	OP Sharma, Mohit Sharma	423
88	Devices- Trackers	Sandeep Tamane	431
89	Elder Abuse	Anand P Ambali, OP Sharma	433