

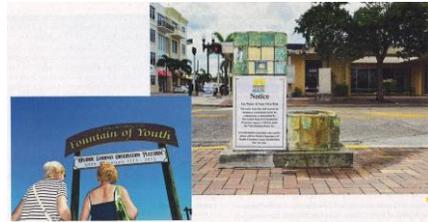
### Aging: The Good, The Bad, and The Ugly

Robert L. Kane, MD

Minnesota Chair in Long-term Care and Aging  
University of Minnesota School of Public Health  
Director, University of Minnesota Center on Aging and Minnesota Area Geriatric Education



### Seeking the Fountain of Youth



### What is age?

Chronological age



Risk of death



### Anti-aging Sells





### Best Anti-Aging Ingredients - Anti-Aging Beauty Ingredient WebMD Commentary from "Good Housekeeping" Magazine

- Retinol (wrinkles)
- Niacinamide (dark spots)
- Alpha Hydroxy Acids (exfoliators)
- L-ascorbic acid (Vitamin C) (immune system)
- Avobenzone (sunscreen)
- Antioxidants



### Top 6 Antiaging Breakthroughs (WebMD)

- 1: Fractional CO2 Laser Skin Resurfacing
- 2: The New Wrinkle Injection
- 3: Antioxidants
- 4: Peptides
- 5: Vitamin A
- 6: Antiaging Sunscreens

### Fighting Aging-Lotions



### Fighting Aging-Potions



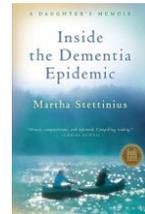
### Aging Stereotyping



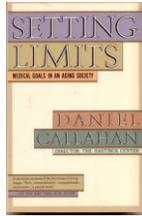
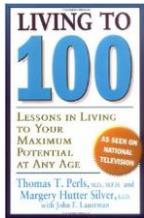
### Images of Aging



### Studies in Contrast



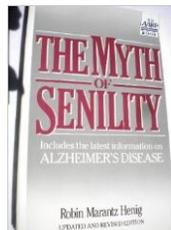
Studies in Contrast



The Down Side



Studies in Contrast



Aging is Not for Sissies

"Maybe the Gods are merciful when they make our lives more unpleasant as we grow old. In the end, death seems less intolerable than the many burdens we have to bear"

Sigmund Freud

"Do you realize that the only time in our lives when we like to get old is when we're kids?"

George Carlin

## Aging as a Burden

- Financial burden
- Health care burden
- Social burden.



Why I Hope to Die at 75  
By Richard J. Davidson  
The Atlantic | November 11, 2014

## Aging represents the accumulation of losses

- Loss of resiliency and responsiveness
- Loss of position
- Loss of friends and family
- Loss of energy

Don't all occur at once

The triumph of aging is the ability to cope with these losses and continue to lead a productive and fulfilling life.

## Frailty is a part of aging for many but not all

- Negative synergism
- Insufficient nutrition can lead to loss of muscle mass, which can reduce strength and walking speed, which in turn reduces overall activity and energy.
- All of these factors interact to dysregulate the immunological, endocrinological and other systems in the body.

## Selective Optimization with Compensation Theory (Baltes)

- As individuals advance through life they are increasingly faced by age-related deficits which place limits on their cognitive and behavioral resources.
- To deal with these limits placed on domains, individuals will begin to invest resources into particular styles and behaviors that are deemed adaptive to the new constraints.
- This specialization in particular domains and styles will increase the ability in those particular faculties that are deemed more adaptive to growing age-related deficits



### Successful Aging

- Freedom from disease and disability
- High cognitive and physical functioning
- Social and productive engagement

Rowe and Kahn, 1987

### The Up Side



### Positive Aging

- Older people who feel good about aging are more likely than those who hold negative stereotypes to recover after suffering from disability

Levy et al. JAMA 2012

- Link between one's personality and attitude toward aging and a longer life
- Personality and positive thinking may play a role in one's vigor, both physically and mentally, as they grow older.

### Aging Perceptions

