SUDDEN DECLINE AFTER 70

Six things linked to decline in healthy people over 70, from Episode 6.

WHAT THE STUDIES FOUND

☐ 6	**A hospital stay**	Of 2,293 hospital patients 70 and older, 35% left worse at daily tasks like bathing and dressing than before admission, and 63% at 90 and older. *(Covinsky et al., Journal of the American Geriatrics Society, 2003)*
☐ 5	**A fear of falling**	Of 673 adults 65 and older who were afraid of falling, about 3 in 4 had cut back their activities, and those who cut back most declined faster over 3 years. *(Deshpande et al., Journal of the American Geriatrics Society, 2008)*
☐ 4	**Cloudy vision**	In 3,038 adults 65 and older with cataracts or glaucoma, those who had cataract surgery had a 29% lower risk of dementia. *(Lee et al., JAMA Internal Medicine, 2022)*
☐ 3	**Hearing loss**	In 639 adults followed for about 12 years, mild hearing loss went with about twice the risk of dementia, and severe hearing loss with nearly 5 times the risk. *(Lin et al., Archives of Neurology, 2011)*
☐ 2	**Loneliness**	Of 1,604 Americans over 60 followed for 6 years, 24.8% of those who felt lonely lost ground on daily tasks, against 12.5% of those who did not. *(Perissinotto et al., Archives of Internal Medicine, 2012)*
☐ 1	**Hospital delirium**	In a hospital program for 852 patients 70 and older, 9.9% developed delirium, against 15.0% in a matched comparison group. *(Inouye et al., New England Journal of Medicine, 1999)*

QUESTIONS TO ASK YOUR DOCTOR

- ☐ If I go into the hospital, can I get up and walk early?
- ☐ Could you check my balance, vision and pills for fall risk?
- ☐ Do I have a cataract, and would surgery make sense for me?
- ☐ Could a hearing test or hearing aids make sense for me?
- ☐ Could loneliness or time alone be affecting my health?
- ☐ Could sudden confusion in the hospital be delirium?

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Findings from published studies, not a treatment plan. Informational and educational only, not medical advice. Talk to your doctor before you change your medications, diet, exercise, or health routine.