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## Acta Medica Iranica

2009;47(4) : 14

### Review Article

#### Diabetes in old age, a review

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Received: June 10,2009  
 Accept : August 20,2009  
 Available online: September 14,2009

#### Abstract:

The elderly population is usually defined as those at least 60 or 65 years of age. In tandem with the rest of the world, Iran has seen a dramatic increase in this age group in recent decades. It is estimated that the percentage of men and women over 65 years old in 2020 will be 9.4% and 9.1%, respectively. The old are liable to suffer from coincidental diseases; decisions as to the most appropriate treatment modality should, therefore, be made on an individual basis in harmony with the physical and mental status of the patients as well as possible drug interactions. Diabetes, together with its complications such as hypoglycemia, is one of the most prevalent chronic diseases and its prevalence rises considerably by aging. Educating patients and their families empowers them to maintain their independence in the management and treatment of their medical condition. In addition, regular ophthalmologic, cardiovascular, and other laboratory examinations can reduce treatment costs and burdens and confers a better overall quality of life. Given the increase in the aged population around the globe and in Iran and the relative paucity of data on diabetes in this age group, it seems advisable that more attention be paid to raising awareness of the problems of diabetes in this age group.

#### Keywords:

Diabetes . Elderly . Education

TUMS ID: 14130

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