
BRONCHIAL ASTHMA IN THE ELDERLY: A REVIEW OF CLINICAL STUDIES

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Abstract

Asthma affects a significant proportion of elderly patients, but unfortunately, it is responsible for a high asthma-related morbidity and mortality in this population. In this review, the literature has examined important points concerning the etiology, diagnosis and control of bronchial asthma. Taking into account the severity of the diagnosis of bronchial asthma in the elderly due to concomitant pathology and cognitive impairments, it is difficult to diagnose and control the course of the disease. Medication strategies for asthma have been dominantly derived from younger cohorts so that effective medication strategies have usually not been explored in older people. Older people with asthma are very concerned regarding side effects of medication so that adherence to therapeutic regimes is often poor. Elderly people with asthma are very concerned about the side effects of medications, so adherence to therapeutic regimes is often bad. In addition, physical infirmity can lead to difficulties in access to treatment and use of inhalator devices. Practical strategies for improving asthma in elderly people have not been studied infrequently, and self-monitoring goals suitable for younger age groups can not be applied in this group. Consequently, asthma in the elderly deserves additional attention as to the main mechanisms of the disease, accuracy in diagnosis, and to effective therapeutic strategies, including self-monitoring and the use of devices.

Keywords: asthma, elderly, control, therapy.

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