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AFFECTIONS ON RETIRED PERSONS OF THE HEALTH SECTOR IN THE STATE OF CHIAPAS, MEXICO

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This research analyzes the events in the retired people of the health sector in the state of Chiapas, Mexico. The affections that originate in the retired person depend to a great extent on how he was prepared for this stage, how he was carried away, whether it was voluntary or statutory, as well as the economic perception he receives from pension. For Soler, the affections can be: sadness, dejection, grief and weariness to live, she refers to these as main affections because in their trajectory are those that generate a demand for analysis. "Always in the form of a suffering difficult to bear and awaiting a cure". For Rage, these affections are accentuated in people with more years of age, due to the loss of egoic integration expressed through Of despair and fear of death. Freud affirmed, that after the forty years of age the structures were rigged and it is difficult to change. In the state of Chiapas, the population of retirement age is in the increase, going from 5% in 2000 to 26% in 2015. For this reason, this work seeks to contribute to the understanding of the elderly population to guide public policies on population health that allows access to a decent life.

PROGRESSIVE BIOCHEMICAL DEFECTS DURING AGING: THEIR ATTENUATION BY SIMULTANEOUS ACTIVATION OF NRF2 AND ELEVATION OF ANTIOXIDANT COMPOUNDS

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Broadly, aging can be defined as a gradual and progressive decline in cellular functions leading to dysfunction of the organs. Decades of research on aging have identified several biochemical defects that include increased oxidative stress, mitochondrial dysfunction, chronic inflammation, impairment of proteasome and lysosomal-mediated proteolytic activity, and shortening of the length of telomeres. I propose that increased oxidative stress precedes other biochemical defects. Oxidative damaged cells initiate chronic inflammation and together with other cellular defects participate in the progression of aging. Therefore, reducing oxidative stress and chronic inflammation simultaneously may be one of rational choices for healthy aging. I propose that in order to optimally reduce these biochemical defects simultaneously, it is essential to enhance the levels, antioxidant enzymes and phase-2-detoxifying enzymes and dietary and endogenous antioxidant compound at the same time. Antioxidant compounds are increased by supplementation; however, increasing the levels of antioxidant enzymes and detoxifying enzymes requires activation of the nuclear transcriptional factor-2/ antioxidant response element (Nrf2/ARE) pathway that is impaired during aging. Transcription of Nrf2 and its binding to ARE is reduced in aged animals that are restored by antioxidant treatment. Activation of Nrf2 and antioxidant compounds also reduces chronic inflammation. I propose a mixture of micronutrients that can simultaneously activate the Nrf2/ARE pathway and enhance antioxidant compounds levels for optimally reducing oxidative stress and chronic inflammation.