

Aging: The Current Situation Globally and in Egypt

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Editorial

Aging is the procedure of increasing age to become elderly. Aging denotes to the biological aging of humans, animals, and all other living organisms. Further, aging could denote to the cellular aging or to the population aging [1].

Aging, in humans, exemplifies the cumulation of alterations over time during the whole lifespan of a subject [2]; including physical, psychological, and social alterations. For instance, time of response may slow down with increasing age, meanwhile awareness of the world situations and foresight may extend. Further, aging is one of the major risk factors for almost human illnesses. Furthermore, roughly 100,000 subjects, worldwide, die each day due to causes related to age. This figure represents roughly two thirds of the total about 150,000 subject also who die each day, worldwide [3]. Moreover, aging is accompanied with excess death-rate in diseased patients [4]. However, aging alone is not a powerful strong foreteller for mortality. There is proof proposing that acute physiological deterioration and accompanied co-morbidities were foretellers of death-rate after arrangement of age [5].

Aging is a universal event, which is happening more rapidly in the less developed countries, involving countries with high percentage of the youngster populations, and had social and economic challenges regarding to the work [6]. The rapid rise in the elderly across the globe was matched by growing rise in using and profit of health care services and facilities [7]. In details, the percentage of aging had risen because the progress that had introduced and enabled best nutrition, sanitation, health care services, education, and economic welfare. Thus, fertility rates had persisted to decrease and life expectancy had persisted to increase. Life expectancy at birth is recently over 80 years in more than 30 countries worldwide [6]. So, aging is among the most important population tendencies in the 21st century [8]. Currently, over 11.0% of the universe populations are subjects aged ≥ 60 years. The United Nations Population Fund speculates estimates that this

percentage will increase to be about 22.0% within approximately 40 years (by year 2050) [9].

In Egypt, like much another countries worldwide, the elderly population is expanding. There were 4,400,000 persons aged ≥ 60 year; 6.9% of the total population in 2006. The expected percentage of older people may reach 8.9% in 2016 and 10.9% in 2026. Life expectancy for Egyptian females was 63.5 year in 1986 and increased to 73.6 year in 2006. Meanwhile, life expectancy for males was 60.5 year in 1986 and increased to 69.2 year in 2006 [10].

Also, data showed that more than half (55.0%) of all intensive care unit bed-days were used by elderly patients aged ≥ 65 year.

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