



Management of Cancer in Older Adults

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DESCRIPTION

First, there is no reason for older people to refuse appropriate cancer treatment, surgery, chemotherapy, or radiation therapy, simply because of their age. Customization is important. 80-year-old can tolerate standard chemotherapy very well, while the other dislikes it.

Surgery, radiation, chemotherapy and hormone therapy can all be used to relieve symptoms. Other medications may relieve symptoms such as pain and shortness of breath. Palliative treatment can be used at the same time as other treatments intended to cure cancer.

Cancer treatment can be more difficult and complex for the elderly. This is because older people are more likely to suffer from chronic health conditions such as diabetes and heart disease. Even if a person is healthy, body will probably react differently to treatment than the body of a young person. For example, older people are more likely to have serious side effects from chemotherapy. Body does not always function as usual, so the risk can be higher as a person get older. Before a surgery for older adults they have to check whether they have any diseases related to kidney, heart. Surgery can exacerbate heart problems. It is important to consider the function of the heart before undergoing surgery. Older people are more likely to have heart disease and arrhythmias than younger people. Also, heart may not be able to tolerate changes in blood pressure in old people. This can happen during operation. Surgery involves many medicines. A person has to drink plenty of water to maintain body's functioning. Kidneys have to process medicines and fluids. If the kidneys are not functioning as they used to, surgery can cause problems. As a person get older, blood flow to the liver decreases, helping the liver function. Liver breaks down medicines. As a person gets older, lungs don't hold that much air. And they may not work well to move air in and out of the body. If you have a lung condition such as emphysema or

Chronic Obstructive Pulmonary Disease (COPD), person may have problems recovering from anesthesia. This includes medications given before and during surgery. Lung problems increase the risk of post-surgery pneumonia, which can be very serious. Weigh the risks and benefits of surgery. Cancer in the elderly grows more slowly because their bodies develop cells slower than those who are already young. However, some data show that elderly people with tumors have a poor prognosis due to delayed diagnosis. Therefore, older people need to learn the right attitude and knowledge to fight against cancer. Older people had cancer-related experiences. Individual and family experiences are full of fear and secrets, and the final stages are full of pain and suffering. People often retain these emotional memories and become unaffected by new information. Thus, a series of cures or changes to treat cancer are available now.

Elderly people have come from an era when the details of the diagnosis were not fully disclosed. For example, in the past, doctors did not explain to patients the actual condition and fatal prognosis. Although these approaches have changed, they still tend not to convey the diagnosis to the elderly. With that in mind, families who come into contact with a doctor are sometimes reluctant. This condition suggests that the patient appears to be returning to the pediatrics. Families, especially Latin American countries, have a protective trade-oriented attitude. This justified attitude can mean impaired communication. Our data show that 77.2% of older people want to know their cancer diagnosis and prognosis.

The risk of cancer increases exponentially with age. About 60% of cancers occur in people over the age of 65. In addition, about 70% of cancer deaths occur at this stage. Therefore, cancer is a disease of old age. Given the increased incidence of cancer and quality of life in the elderly population, a special approach to the diagnosis, treatment, and survival of older cancer patients is needed.

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