

# Geriatric cardiology: Promoting heart health in an aging population.

Kimberly Wendy\*

Department of Cardiology, University of Pennsylvania, Pennsylvania

## Introduction

As medical advancements and improved quality of life lead to a global increase in life expectancy, the world is witnessing a significant rise in the number of elderly individuals. With this demographic shift comes a growing concern for age-related health conditions, particularly cardiovascular diseases. Geriatric cardiology, a specialized field within cardiology, is devoted to understanding and managing heart-related issues in older adults. As the elderly population continues to expand, the importance of geriatric cardiology becomes ever more crucial in promoting heart health and enhancing the quality of life for our senior citizens. Geriatric cardiology is an interdisciplinary branch of medicine that focuses on the unique cardiovascular challenges faced by older adults. As people age, the heart undergoes various physiological changes, making it susceptible to a range of cardiovascular conditions. These changes include alterations in the structure and function of the heart, reduced elasticity of blood vessels, and an increased risk of coexisting health conditions such as hypertension, diabetes, and arthritis, which can all impact heart health. [1].

## Challenges and Innovations in Geriatric Cardiology

Despite the growing importance of geriatric cardiology, this specialized field faces several challenges. Older adults often present with atypical symptoms or may have multiple underlying health issues, making the diagnosis and management of cardiovascular diseases more complex. Additionally, age-related physiological changes can affect how medications are metabolized, leading to potential drug interactions or adverse effects. To overcome these challenges and geriatric cardiology continues to embrace innovations in medical technology and research. Advanced diagnostic tools, such as cardiac imaging techniques and biomarker assessments, aid in accurate diagnosis and risk stratification. These tools enable geriatric cardiologists to develop tailored treatment plans for each patient, optimizing therapeutic outcomes while minimizing potential side effects [2].

Moreover, on-going research in geriatric cardiology focuses on understanding the molecular and genetic basis of age-related cardiovascular conditions. By deciphering the underlying mechanisms, scientists aim to develop targeted therapies that could revolutionize the treatment and prevention of heart diseases in older adults. Geriatric cardiology emphasizes a holistic approach to cardiovascular care, recognizing

that an individual's heart health is intricately linked to their overall well-being. Therefore, a team-based approach is often employed, involving not only cardiologists but also geriatricians, nurses, pharmacists, nutritionists, and physical therapists. This multidisciplinary collaboration ensures that all aspects of a patient's health are considered, leading to more comprehensive and personalized care plans [3,4].

In addition to medical interventions, geriatric cardiology recognizes the importance of social support and mental well-being for older adults. Maintaining social connections and engaging in meaningful activities can positively impact heart health by reducing stress and promoting emotional well-being. Hence, geriatric cardiologists often encourage patients to stay socially active and participate in activities that bring them joy and fulfillment. An essential aspect of geriatric cardiology is patient education and empowerment. Older adults must be actively involved in their care and informed about their heart health. Geriatric cardiologists take the time to explain medical conditions, treatment options, and lifestyle modifications in a manner that is easily understandable to patients and their families. Empowering older adults with knowledge enables them to make informed decisions about their health, leading to better adherence to treatment plans and improved outcomes. As the demand for geriatric cardiology services increases, it is essential to integrate this specialized field into healthcare systems effectively. Medical schools and training programs need to incorporate geriatric cardiology training to produce a workforce equipped with the knowledge and skills necessary to address the unique needs of older patients. Additionally, healthcare policies should support research in geriatric cardiology and promote initiatives aimed at preventive care and early detection of heart diseases in the elderly [5].

## Conclusion

Geriatric cardiology stands as a vital pillar in ensuring the well-being of aging populations across the globe. As medical advancements and improved quality of life continue to increase life expectancy, we must recognize and address the specific cardiovascular challenges faced by older adults. By embracing a holistic approach to cardiovascular care, incorporating innovations in medical technology and research, and empowering older adults to take charge of their heart health, we can promote heart-healthy living and enhance the quality of life for our senior citizens. As a society, we owe it to our elders to invest in geriatric cardiology and other

---

\*Correspondence to: Kimberly Wendy, Department of Cardiology, University of Pennsylvania, Pennsylvania, E-mail: Wendy.kimberly@cuanschutz.edu

Received: 28-Jul-2023, Manuscript No. AACTS-23-109242; Editor assigned: 01-Aug-2023, PreQC No. AACTS-23-109242(PQ); Reviewed: 15-Aug-2023, QC No. AACTS-23-109242; Revised: 21-Aug-2023, Manuscript No. AACTS-23-109242(R); Published: 28-Aug-2023, DOI: 10.35841/aaacts-6.4.158

geriatric specialties to create a future where individuals can age gracefully and maintain their health and independence for as long as possible. By prioritizing heart health in the elderly, we can ensure that our senior citizens continue to be vibrant contributors to society, enjoying the fruits of their labor while cherishing their golden years with the warmth and comfort they deserve.

## References

1. Forman DE, Rich MW, Alexander KP, et al. Cardiac care for older adults: Time for a new paradigm. *J Am Coll Cardiol.* 2011;57:1801-10.
2. Lampropulos JF, Kim N, Wang Y, et al. Trends in left ventricular assist device use and outcomes among Medicare beneficiaries, 2004–2011. *Open Heart.* 2014;1:e000109.
3. Barreto-Filho J, Wang Y, Dodson JA, et al. Trends in aortic valve replacement for elderly patients in the United States, 1999–2011. *JAMA.* 2013;310:2078-85.
4. Afilalo J, Alexander KP, Mack MJ, et al. Frailty assessment in the cardiovascular care of older adults. *J Am Coll Cardiol.* 2014;63:747-62.
5. Pirozzo S. Whispered voice test for screening for hearing impairment in adults and children: Systematic review. *BMJ.* 2003;327:967.