Epidemiology

3.11 Daily Activities in Hypertensive Elderly People Affected by Diabetes Mellitus Type II

F. D'Amico (1)

(1)UOC Geriatria, Servizio Riabilitazione, Presidio Ospedaliero Patti, Corso di Laurea in Scienze Motorie, Facoltà di Medicina, Messina, Italy

Introduction. The goal of this study is to evaluate the effects on elderly people of a life-style including hypoglucidic diet and physical exercise on blood pressure (BP), HbA1c, Body Mass Index (BMI), Activities of Daily Living (ADL) and on the Instrumental Activities of Daily Living (IADL).

Methods. 47 elderly people were studied for 6 months (M 21, F 26, average age 71 + 6) all affected by mild-moderate hypertension and diabetes mellitus type 2. The design of the study included assessment before and after follow-up. Performed tests were: (1) Glycaemia, HbA1c; (2) BMI; (3) Clinical measurement of BP; 4) Ambulatory blood pressure measurement (ABPM); (5) Activities of Daily Living (ADL); (6) Instrumental Activities of Daily Living (IADL). In the group 21 subjects showed an average ADL score 3/6, 26 had IADL 4/8. All subjects were treated with antihypertensive monotherapy or combined therapy. The prescription was not modified during follow-up. All subjects were prescribed a hypoglucidic and hyposodic diet. They were also proposed an aerobic exercise program including walking and muscle stretching on a 3-4-times-a-week basis. The program was checked by graduated personnel from *Corso di Laurea in Scienze Motorie*.

Results. Before and after follow-up we detected: (1) Blood pressure SBP 157+22 vs 137+15 mmHg ($p<0.01$); DBP 95+14 vs 86+15 mmHg ($p<0.01$); (2) pulse pressure (PP); (3) HbA1c 7.8+0.8 vs 6.2+0.6; (4) Weight 84+13 vs 77+11 Kg ($p<0.01$); BMI 35+11 vs 32+10Kg/m² ($p<0.05$); (5) average ADL 3/6 score vs average 5/6 score ($p<0.01$); (6) IADL average 4/8 score vs average 6/8 score ($p<0.01$).

Conclusions. Lifestyle including diet and aerobic exercise in elderly people determined a reduction of BP, of pulse pressure combined with antihypertensive therapy, HbA1c and weight reduction and an increase of self-efficiency in performing both instrumental activities of daily living (IAD L) and activities of daily living.