

DOI: 10.5455/msm.2016.28.159-159

Received: 10 February 2016; Accepted: 25 February 2016

© 2016 Mirko Grujić

This is an Open Access article distributed under the terms of the Creative Commons Attribution Non-Commercial License (<http://creativecommons.org/licenses/by-nc/4.0/>) which permits unrestricted non-commercial use, distribution, and reproduction in any medium, provided the original work is properly cited.

BOOK REVIEW

Mater Sociomed. 2016 Apr; 28(2): 159-159

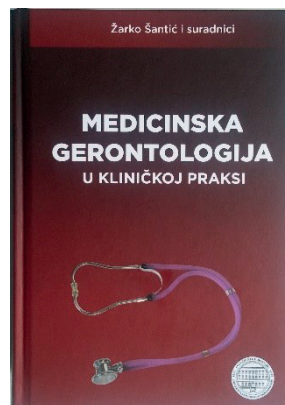
MEDICAL GERONTOLOGY IN CLINICAL PRACTICE

Author: Prof Zarko, Santic, MD, PhD. Publisher: Faculty of medicine, University of Mostar, BiH. Printed by: Grafotisak, Grude, BiH. B5 format, hard cover, 700 pages. ISBN: 978-9958-16-049-3.

In recent years, thanks to better living conditions, improved hygienic conditions as well as advances of modern medicine, the number of people living until very old age has increased considerably. It is believed that in 2020 in the developed world will be around 20% of the population older than 65 years, so this so-called, planetary phenomenon becomes not only a medical and biological problem, but will have a broader socio-economic and demographic implications. The emergence of a large number of elderly represents an inevitable, but positive fact that deserves a lot of attention in order that the life of the elderly is better and more meaningful. Our efforts to help the people to prolong their lifespan should be directed, not only in terms of maintaining physical strength and eliminate the disease, but towards longer life that is more valuable, more beautiful and richer by content. It is said that life should be added to years and not years to life. Gerontology is the science of aging and geriatrics is a medical discipline that deals with the diagnosis, treatment, care, rehabilitation, but also prevention of diseases in the elderly, which are, by definition of the World Health Organization all persons older than 65 years of age. Age, as biologically defined represents a loss of regenerative capacity, or difficulties in renewing cells and tissues. In general, during the youth prevail processed of tissue building, so-called anabolic processes, or an evolutionary phase which includes growth and development, while at the old age prevail degenerative processes of tissue called catabolic processes, or involution phase which involves atrophy and degeneration. During middle age these two processes are generally balanced.

Ageing is therefore a process that affect all organ systems, organs and tissues in the human body, so this book is written at the level of almost all specialist disciplines, which describes all the changes in the body that people are faced in the third age. Geriatrics is not really a particular specialty but it is a general, overall medicine applied to a specific organism response—an older person so it actually includes all specialist branches directed towards the treatment of the elderly.

Group of doctors and teachers, mostly from Mostar, led by Professor Zarko Santic accepted the responsible task to write a textbook on this issue for medical students as well as students of the Faculty of Health Studies, University of Mostar. In writing of this textbook besides professor Santic took part other 57 associates. In the aging process most affected are vitally important organs such as blood vessels, heart, brain, liver and kidneys, followed by the gastrointestinal, respiratory and



genitourinary tract, the peripheral nervous system, as well as hematological, endocrine and locomotor system. Special attention in the book is devoted to the diet of older people, exercise and quality of life, then dental care, prevention and treatment of osteoporosis, and pharmacotherapeutic basics in treating the elderly. The book describes skin diseases in old age as well as geriatric oncology. Further are described changes in the eyes specific for the elderly, changes in hearing, mental changes in old age, as well as death and dying. In detail are described the most common diseases in old age, such as diabetes mellitus, atherosclerosis, hypertension, myocardial infarction, cardiac decompensation, stroke (thrombosis, embolism, hemorrhage), bronchial

asthma, pulmonary emphysema, pulmonary tuberculosis, Parkinson's disease, dementia, bone fractures and changes in menopausal women. At the end, are described the rehabilitation of the elderly, home care, palliative treatment and the organization of preventive measures. The book has a total of 48 chapters and 700 pages, 94 pictures in color and 43 tables which all helps better understanding of the text. Preface to the book is written by professor Ljerka Ostojic. References from the literature are given after each chapter. At the end of the book is provided a list of abbreviations and an index. The book is written by the unique methodology so that the major differences between the individual chapters are not observed, because it is written in simple and clear manner, in clear and beautiful, but also medically correct style, so it is suitable and readily acceptable to the reader. By the decision of the Senate of the University of Mostar was made the agreement that the book is used as a university textbook. The book is intended primarily for students of medical faculties, but will come in handy also to students of the Faculty of Health Studies, in particular because of the well-covered health care of these patients. Also, is intended to doctors of all specialties, general practitioners and family physicians involved in the treatment of elderly people, and number of these people is a big number and it will steadily increase.

Book by professor Zarko Santic and associates is absolutely novelty in our environment and is therefore considerably enriched this great and important area of medicine. The reviewers of the book were: Professors: Mirko Grujic, Hasan Zutic and Boris Hrabac. The book was promoted in Mostar on February 25, 2016.

Sarajevo, March 15th, 2016.

Prof. Mirko Grujic, MD, PhD