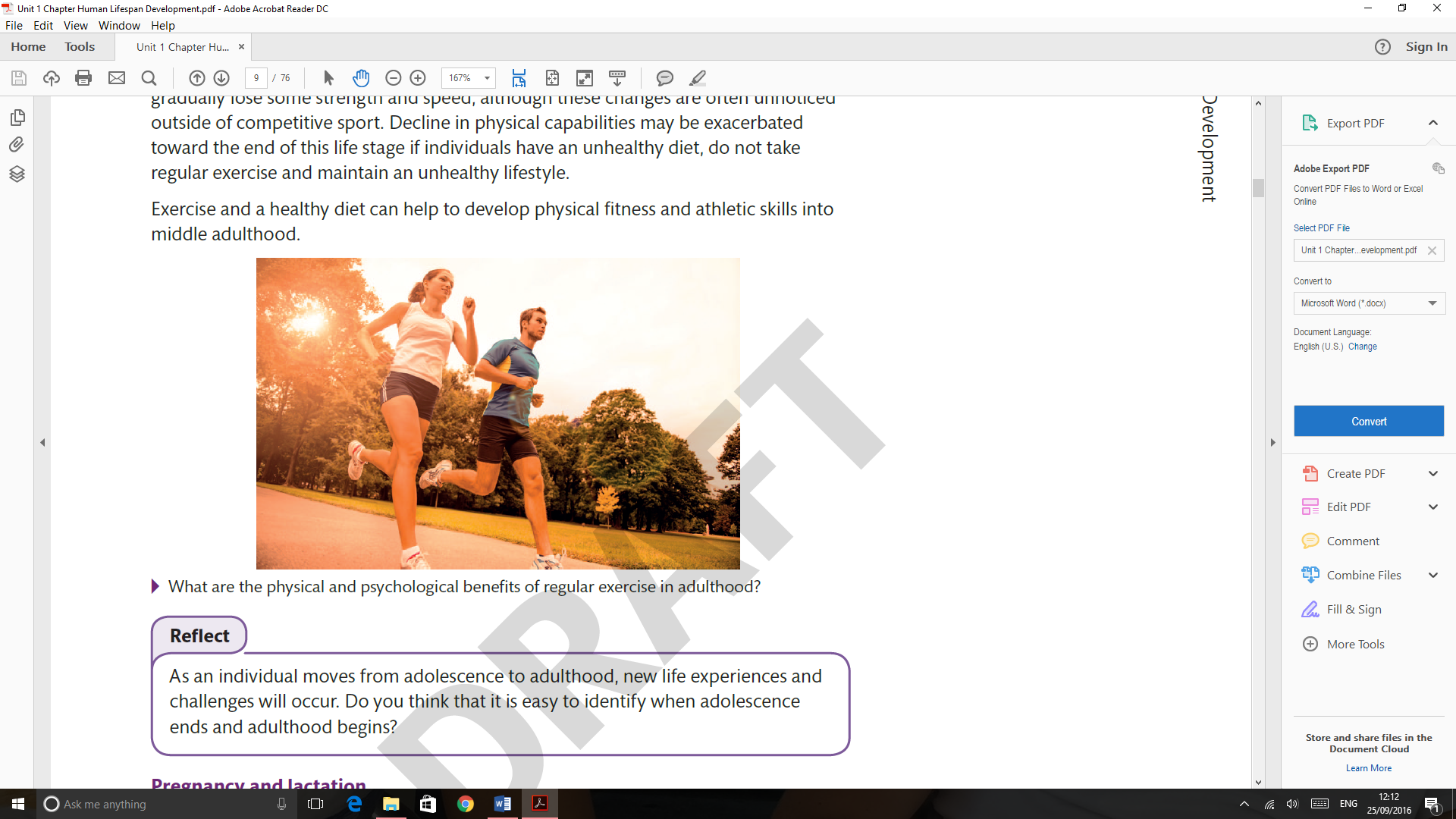
3 Early Adulthood (19-45)

Between the ages of 19 and 28 young adults are at the peak of their physical performance. They:



* have reached full height and strength
* reaction time and manual dexterity are at their peak
* are considerably fertile

Towards the end of this lifestage: (late 30’s)

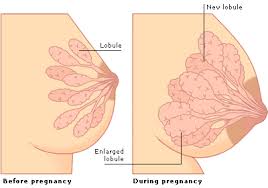
* people become less physically active
* hair recedes and goes grey
* people need reading glasses as eyes lose their ability to fine focus
* skin becomes thinner and less elastic causing wrinkles to appear
* decline in physical capabilities may be made worse by an unhealthy lifestyle
* (diet, exercise, smoking, alcohol)

**Pregnancy and lactation**

Pregnancy and lactation are key phases in an adult female’s lifespan. During early pregnancy women experience many physical and emotional changes in preparation for parenthood. Pregnancy hormones can cause mood swings.

Hormonal changes take place, with an increase in progesterone which maintains the pregnancy, while the increase in oestrogen may be responsible for the sickness some women suffer in early pregnancy.

Hormones affect the shape and appearance of their breasts, including darkened veins due to the increased blood supply. Nipples and areolas darken and breasts become more sensitive and tender, preparing the breasts to produce milk (lactation) to feed the baby.



**Perimenopause**

By the time a woman is in her 40’s her ovaries gradually begin to make less oestrogen. This means that the ovaries stop producing an egg each month. This stage is generally referred to as the **perimenopause transition**. Perimenopause lasts until the **menopause** which is the point when the ovaries stop releasing eggs.

On average perimenopause lasts 4 years. However it can vary between a few months and as long as 10 years. Perimenopause ends when a woman has not had a monthly period for 12 months. The reduction in oestrogen causes physical and emotional symptoms:

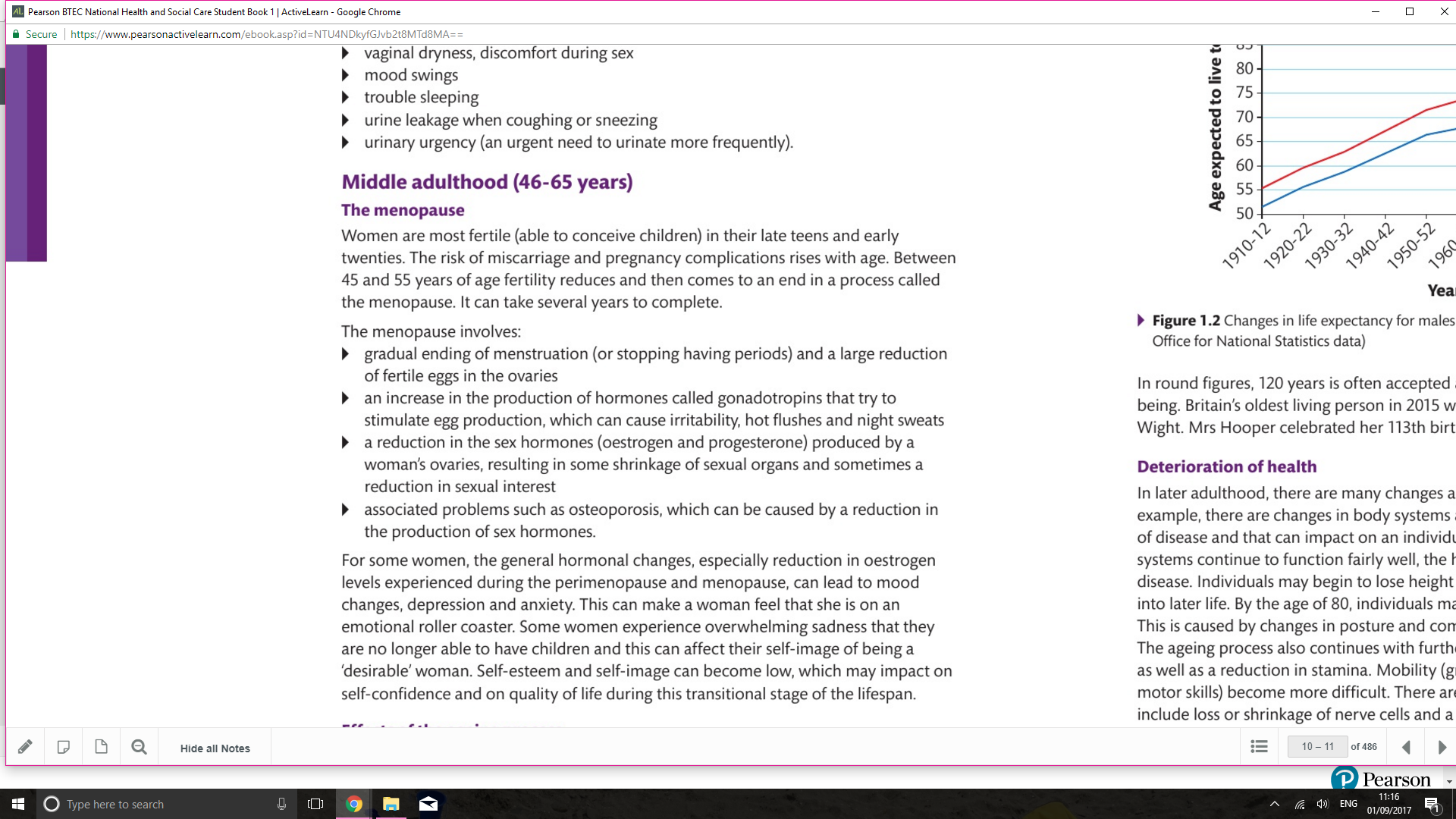
|  |  |  |
| --- | --- | --- |
| hot flushes  night sweats | loss of libido (lower sex drive) |  |
|  | vaginal dryness, discomfort during sex | mood swings |
|  | urine leakage when coughing or sneezing | urinary urgency (an urgent need to urinate more often) |

Look up some more symptoms of the perimenopause and add to the table

Middle adulthood (46-65 years)

**The menopause**

Women are most fertile in their late teens and early twenties. The risk of miscarriage and pregnancy complications rises with age. Between 45 and 55 years of age fertility reduces and then comes to an end in a process called the menopause. It can take several years to complete.



For some women, the general hormone changes, especially reduction in oestrogen levels experienced during the perimenopause and menopause, can lead to mood changes, depression and anxiety. Some women feel sadness that they can no longer have children and this can affect their self-image of being a ‘desirable woman’. This can impact on self- confidence and quality of life during this transitional stage of the lifespan.

**Effects of the ageing process**

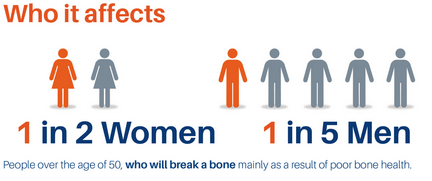
Often adults put on weight as they age. ‘Middle aged spread’ may happen because adults still eat the same amount of food they always did when younger although they are now less active.

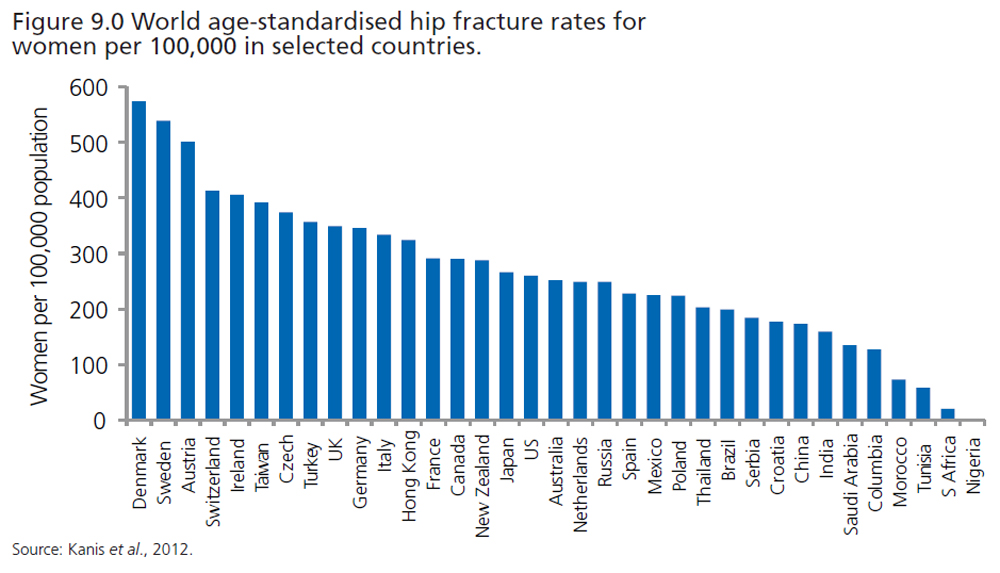
Along with a change in body shape - increased weight and waistline, loss of skin elasticity and loss of muscle tone and strength - people also show other signs of ageing, such as greying and thinning of the hair and hair loss. Loss of muscle is often due to not using it.

Long sightedness is common resulting in the need to wear glasses. People experience early difficulties with mobility as a result of wear and tear on the joints. The sense of balance, hearing and smell starts to deteriorate. Many people will suffer from only one or two effects.

Women are more likely to suffer with osteoporosis. Oestrogen is protective for bone health, it helps keep calcium in the bones. As oestrogen declines, calcium is lost and so the architecture of the bones is weaker. A good diet and exercise helps.







Describe 3 physical features of the menopause that a woman might experience (6)

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Use the information in this booklet to answer this question

|  |
| --- |
| You work as a dietician in a busy hospital. One of your patients is Eve, she is 52 and her periods have just stopped. Both her mother and grandmother suffered from osteoporosis resulting in her mother breaking her leg following a minor fall.  Eve wants advice regarding her diet to help her reduce her chances of suffering the same problems.  Plan a list of foods which she should be eating and which she should avoid. What other advice can you give to Eve to improve her health at this life stage? (6) |

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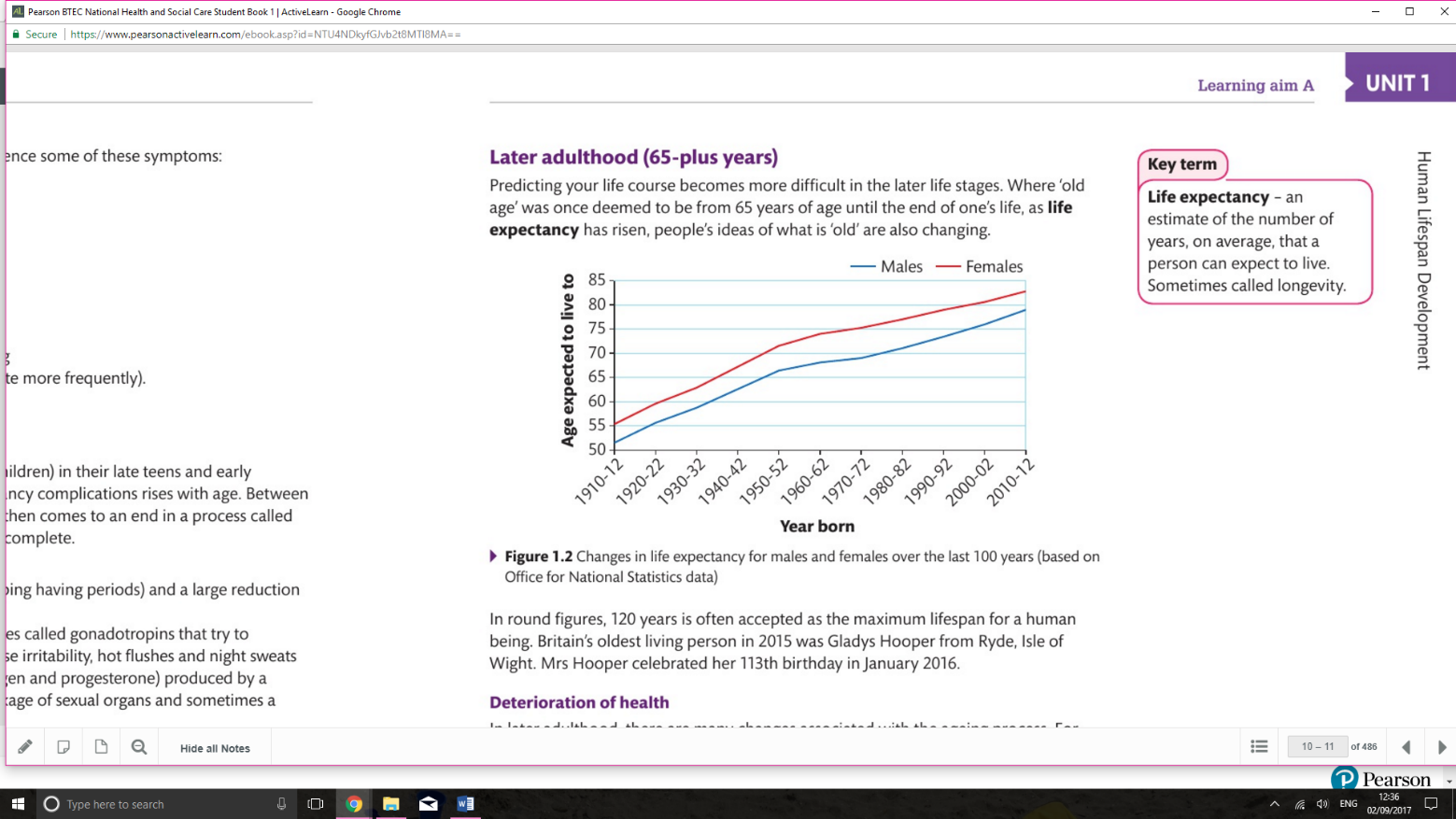
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Add definitions to this key words table

|  |  |
| --- | --- |
| Key words | |
| lactation |  |
| perimenopause |  |
| menopause |  |
| miscarriage |  |
| self-image |  |

Physical Development: Later adulthood (65+)



In round figures, 120 years is often accepted as the maximum lifespan for a human being. Britain’s oldest person in 2015 was Gladys Hooper from Ryde, Isle of Wight. Mrs Hooper celebrated her 113th birthday in January 2016.

**What reasons are there to explain the increase in life expectancy?**

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**Deterioration of health**

In later adulthood, there are many changes associated with the ageing process. For example: changes in body systems and organs which could be a results of disease. This can impact on lifestyle.

**Body systems:** respiratory system digestive system cardio-vascular system

skeletal system

**Organs:** heart kidneys liver stomach

|  |  |
| --- | --- |
| https://upload.wikimedia.org/wikipedia/commons/thumb/0/0e/2006_Heart_Musculature.jpg/200px-2006_Heart_Musculature.jpg | Although most body systems continue to function fairly well, the heart becomes more susceptible to disease.  Lack of exercise - heart muscles weaker  Cholesterol  Narrowing arteries |
| https://c1.staticflickr.com/9/8291/7732445390_ac32628bb7.jpg | Individuals may begin to lose height in middle adulthood which continues into later life.  By the age of 80, individuals may have lost as much as 5cm in height. This is caused by changes in posture and compression of the spinal discs and joints. |
| http://cdn.patch.com/users/634634/2016/03/T800x600/20160356e431d479bb4.jpg | Further loss of strength, muscle loss and a reduction in stamina.  Mobility (gross motor skills) and dexterity (fine motor skills) become more difficult.  More susceptible to accidents and falls due to lack of strength and problems with balance and reaction time. |
| Image result for brain shrinkage | Small changes to the brain which include loss or shrinkage of nerve cells and a general slowing of movement and responses. |
| http://educationdev.net/wp-content/uploads/2013/07/hearingaid.jpghttp://www.specspost.co.uk/products_pictures/Michael%20Caine%20Glasses.jpg | Visual and hearing problems may interfere with daily life. |

A healthy lifestyle (balanced diet, exercise, controlled alcohol, no smoking) can help older adults maintain reasonable health. Having interests and hobbies help by keeping their mind active and maintain good social interaction.

**Deterioration of intellectual abilities**

Although many older people are in good mental health, major depressive disorders tend to be undiagnosed.

Diseases and conditions that can affect health and wellbeing, for example Parkinson’s disease and Alzheimer’s disease, are more common in older people. As people are living longer, Alzheimer’s disease has become more prevalent.

Mild cognitive impairment may be an early sign of the disease. Ageing can involve a loss of nerve cells in the brain and a reduction in the ability of nerves to transmit electrical signals. However because of a wealth of experience, people do not lose their ability to think logically.

Many older people experience cognitive impairment and report problems with memory recall. For example, ‘where did I put my glasses?’ Older people say it takes them longer to do things, they may take longer to respond to questions and reaction times are slower, but older people may compensate for these things by driving more carefully.

Although older people may worry, changes are a natural process of ageing and not necessarily symptoms of dementia.

Summary of physical changes in later adulthood:

* Decline in senses – eyesight, hearing, taste, smell
* Reduced skin elasticity
* Thinner, drier, flakier skin
* Reduced bone density/bones weaker
* Hair texture changes – becomes wiry
* Organ systems less efficient - respiratory, digestive, cardiovascular, renal
* Immune system less efficient
* Balance reduced
* Reduction in height

Look up definitions and add to this key words table

|  |  |
| --- | --- |
| Key words | |
| life expectancy |  |
| cognitive impairment |  |
| stamina |  |
| prevalent |  |
| dementia |  |

Choose one of the following two conditions to research:

Alzheimer’s disease **OR** Parkinson’s disease **OR** Osteoporosis

Make sure you include the following in your answer:

* signs
* symptoms
* what causes the condition
* effects on lifestyle - PIES (physical, intellectual, emotional, social)

Disease chosen: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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