

شبكة المعلومات الجامعية







شبكة المعلومات الجامعية التوثيق الالكتروني والميكروفيلم



شبكة المعلومات الجامعية

جامعة عين شمس

التوثيق الالكتروني والميكروفيلم

قسم

نقسم بالله العظيم أن المادة التي تم توثيقها وتسجيلها على هذه الأفلام قد أعدت دون أية تغيرات



يجب أن

تحفظ هذه الأفلام بعيدا عن الغبار في درجة حرارة من ١٥-٥٠ مئوية ورطوبة نسبية من ٢٠-٠٠% To be Kept away from Dust in Dry Cool place of 15-25- c and relative humidity 20-40%



بعض الوثائـــق الإصليــة تالفــة



بالرسالة صفحات لم ترد بالإصل

BIEGIT

Minufiya University
Faculty of Home Economics
Depart. of Nutrition and Food Science

THE RELATIONSHIP BETWEEN NUTRITIONAL STATUS AND PREVALENCE OF HEALTH PROBLEMS AMONG ELDERS IN GREAT CAIRO

By

Samir Mohammed Ahmed Abdel-Gelil El-Hefnawy (B.Sc.)

In

Agriculture Production 1983

Thesis
Submitted In Partial Fulfillment of the Requirements for the Degree
of Master in Home Economics
(Nutrition and Food Science)

Nutrition and Food Science Dept. Faculty of Home Economics Minufiya University

Supervisors

Prof. Dr.

SONIA SAALEH AL-MARASY

Dr.

LAILA MOHAMMED TAWFIK

Soma El Maraeu

Professor of Nutrition
Faculty of Home Economics

Helwan University

Assistant Professor of Nutrition Faculty of Home Economics

Minufiya University



APPROVAL SHEET

Title of Thesis: The Relationship Between Nutritional Status and

Prevalence of Health Problems Among Elders in Great

Cairo.

Degree:

M.Sc. Degree of Home Economics

(Nutrition and Food Science).

Student:

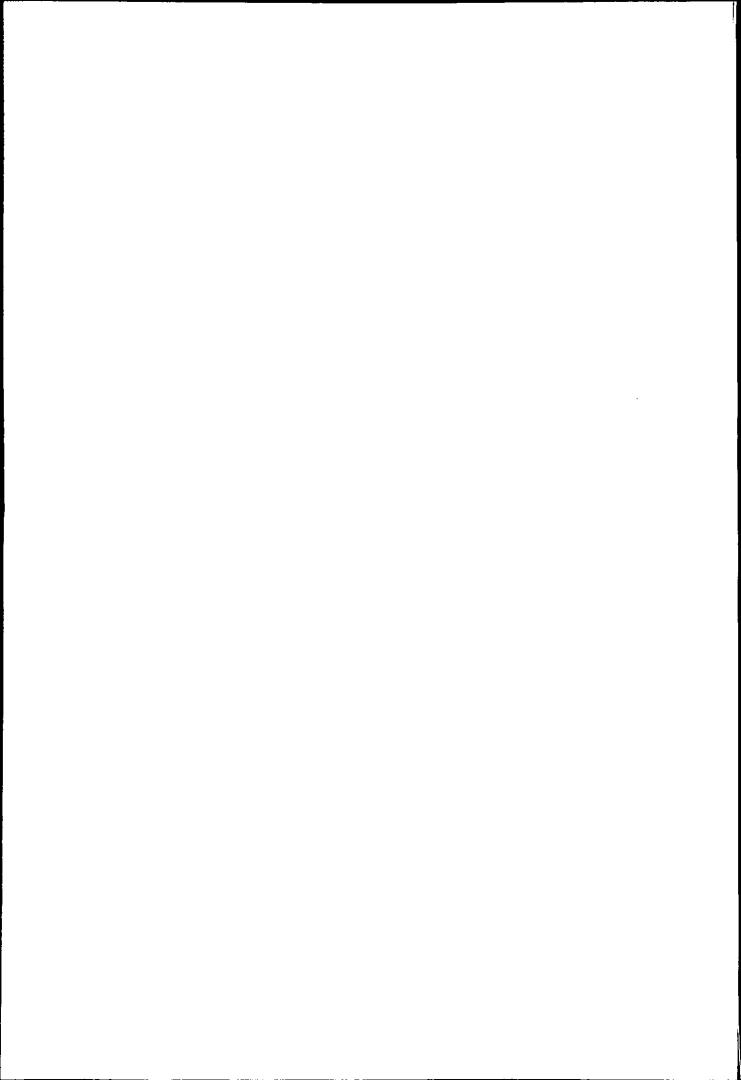
Samir Mohammed Ahmed Abdel-Gelil El-Hefnawy

This Thesis has been Approved by:

Prof. Dr. Smia El Marane Prof. Dr. Alw. M. El Bahan Prof. Dr. M. M. El-Songal Dr. Landa Traipf

Committee in Charge

Date: / /2001.



ACKNOWLEDGMENT

I would like to express my deepest and sincere gratitude to Prof. Dr. Sonia Saleh Al-Marasy; Professor and Head of Nutrition and Food Science Dept., Faculty of Home Economics, Helwan University for her scientific support and valuable supervision throughout this work.

I wish to express my heart appreciation, deepest thanks and sincere gratitude to Dr. Laila Mohammed Tawfik; Assistant Professor of Nutrition and Food Science Dept., Faculty of Home Economics, Minufiya University for her supervising this work and for her significant advice and criticism in the preparation of the thesis.

Finally, deep thanks are paid to my family for encouraging me and supporting me during the time of working of this thesis.

	·	

LIST OF CONTENTS

No.	Item				
1	Introduction	1			
2	Aim of the Work	3			
3	Review of Literature	4			
	A) Social, Psychological and Economic Changes	4			
	1- Social Changes	4			
	2- Psychological Changes	4			
	3- Economic Changes	4			
	B) Changes in Body Composition, Tissue Function, and Metabolism.	5			
	1- Changes in Body Composition	5			
	2- Factors Affecting Body Composition	8			
	A) Genetic Influence	8			
	B) Physical Activity	8			
	C) Nutrient Intake	8			
	3- Changes in Tissue Function	9			
	4- Changes in Metabolism	10			
	A) Basal Energy	10			
	B) Carbohydrate Metabolism	12			
	C) Protein Metabolism	13			
	D) Fat Metabolism	13			
	C) Nutrition Related and Unrelated System Changes in the Elderly				
	1- Digestive System	14 14			
	Mouth and Teeth Status	14			
	Taste and Smell Sensitivity	16			
	Salvia	17			
	 Aging and Physiologic Changes in the Gastrointestinal Tract 	18			
	A) Physiologic Changes in the Esophagus	18			
	B) Physiologic Changes in the Stomach	20			
	C) Physiologic Changes in the Small Intestine				
	D) Physiologic Changes in the Colon				
	E) Physiologic Changes in the Pancreas				
	F) Physiologic Changes in the Liver and Gallbladder				
	• Vidnov Functions				
	2. Cardiovascular System:	28 29			
	A Lung Function	30			
	Hooring and Vision	30			
	Immune Function	31			
	- minute i diogon .	<i>J</i> 1			

Vo.	Item	Page No.
	D) Nutritional Status of the Elderly	32
	1- Factors Affecting Nutritional Status of the Elderly	32
	2- Diseases Affecting Nutritional Status	33
	A) Constipation	33
	B) Heart Burn	34
	C) Peptic Ulcer	34
	D) Diabetes Mellitus	34
	E) Kidney Disease	35
	F) Cardiovascular Disease	35
	G) Liver Disease	37
	3- Assessment of Nutritional Status	38
	A) Anthropometric Measurements	38
	B) Biochemical Measures	49
	C) Nutrients Intakes	50
	D) Dietary Assessment	51
	4- Drug-Nutrition Interaction	62
	5- Food Habits	63
	E) Nutrients Requirements of the Elderly	63
	1- Energy Requirements	64
	2- Protein Requirements	64
	3- Carbohydrate Requirements	65
	4- Fat Requirements	66
	5- Minerals Requirements	67
	A) Calcium	67
	B) Trace Element	68
	C) Other Minerals	69
	6- Vitamins Requirements	69
	A) Fat-Soluble Vitamins	69
	B) Water Soluble Vitamins	70
	C) Fibers	74
	F) Nutritional Problems of the Elderly	75
	1- Anemia	75
	2- Obesity	76
	3- Osteoporosis	77
	4- Under Nutrition	7 7
	5- Malnutrition	78
4	Research Definition	79