May 2nd, 12:00 AM

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Correlation of Chronic Conditions and Pain Scale with Varying Levels of Obesity in the Geriatric Population

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INTRODUCTION
The overall objective of this study was to establish whether obesity’s contribution to pain is stronger than vice versa – the medical debilities in elderly patients that contribute to obesity. In the process, this study will allow us to achieve these objectives: 1) compare lifestyle habits and onset of obesity before and after the diagnosis of chronic medical illnesses subjects possess and their BMI; 4) determine (BMI) ranges and determine whether that can be correlated with pain in the elderly population, and that patients didn’t influence patient prognosis or reduction on the pain scale. A Physician advising about weight management at time of diagnosis showed decrease in overall physical activity.

From the comprehensive survey formulated with the assistance of my PI, Dr. Adarsh Gupta, we aimed to achieve these five primary objectives:

1) Separate sample size into three different geriatric pain groups/categories based on the accredited Geriatric Pain Measure survey: Mild Pain, Moderate Pain, or Severe Pain.
2) Calculate patient BMIs to determine obesity ranges
3) Separate sample size into different age groups by decades – to allow comparison between slightly younger versus older geriatric patients
4) Check for chronic medical conditions
5) Compare lifestyle habits and onset of obesity before and after the diagnosis of chronic medical conditions

RESULTS

CONCLUSIONS

• At the age of 58 y.o. for subjects, we observed that the quadratic regression curve showed the pain scale values are at their maximum. After surpassing age 58 the pain scale for patients started to decrease. From this we can conclude that a plateau is reached around age 58 in which there was more successful aging.

• There was a significant positive correlation between BMI and an increase in pain amongst subjects with a Pearson Correlation value of 0.304. There was no significant correlation between the BMI vs. Age. There was no significant correlation found between BMI vs. Age, however.

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REFERENCES

5) Han, T. S., Al-Mehshadi Tajar, M. E. J. Lean; Obesity and weight management in the elderly, British Medical Bulletin, Volume 97, Issue 1, 1 March 2011, Pages 169-196.