

Handout of TCM Geriatrics

TCM geriatrics encompasses the etiologies and pathologies, diagnosis, treatment and prevention of diseases associated with elderly patients, and also their related problems in the society. It is also a very important component incorporating anti-aging principles such as monitoring of the aging process in order to achieve longevity and better health.

Although it is known to everyone that as Kidney-Jing declines as aging, the clinical approach to the treatment of the elderly has been based largely on tonifying the Kidneys, modern diseases of the elderly that account for 90% of mortality (cancer, heart disease and stroke) are characterized by Fullness, which means quite a number of elderly do not die of Kidney deficiency but of Internal Wind, Phlegm and Blood stasis. Thus TCM geriatrics has its own features in the etiologies and pathologies, diagnosis, treatment and prevention of diseases associated with elderly patients.

This course will cover the following topics for elderly, i.e.

- Cough
- Memory diminishing
- Insomnia and somnolence
- Dizziness
- Depression
- Diarrhea
- Constipations
- Urine and stool incontinence
- Edema
- Bone degenerations
- Tremor