

INDICATORS OF HEALTH AND MOTOR FUNCTIONAL AUTONOMY OF ELDERLY FROM MAU'S - AMAZON

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A lot of factorial influences of aging occurring in the elderly, changes in protective reflexes and balance control, thus hampering the mobility body. In Amazon, on the borders of black water in Anu-Mau's river communities are typical of the interior of the Amazon. In the municipality of Mau's inside the Amazon forest are older people who caused so much distrust. 1692 elderly in all populace are over 70 years. There are also elderly men, which is also unusual. With so many elderly people, the city had to adapt. The government of the little municipality created a medical and dental care, unique to them and a daycare center. This daycare center provides physical activity. Physical activities are beneficial in producing biological aging maintenance of functional capacity, maintenance of the physiological systems for a longer time, minimizing its rapid decline. Studies and has published in scientific circles indicate that the losses can be minimized with regular practice of physical activities, which act to maintain normal levels. Is known of its benefits in relation to increased bone density, muscle mass and strength, which can lead to independence and restoration of the elderly society. That study evaluated the profile motor in 94 elderly, male and female, of which 76 were, selected elderly of both sexes to be part of the project walking with the best-age center elderly community. We used to collect dates the Motor Scale to Third Age "MSTA" (ROSA NETO, 2002), evaluated the cardiac frequency, blood pressure, body mass index, Waist-to-hip ratio. The descriptive statistics analyzes of dates used the Epi-Info 6.0 program. The elderly evaluated 21.63% failed to overcome the first stage and 78.37% showed general motor ability "very lower" classification, the mediums results for Waist-to-hip ratio is normal, the blood pressure is higher, but the cardiac frequency is very good.