

FREQUENCY OF DEMENTIA, MORBIDITY AND RISK HABITS IN AN ELDERLY POPULATION IN MEXICO

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OBJECTIVE: To determine the prevalence of dementia, morbidity and risk habits among the elderly. **METHODS:** A cross-sectional study from July 2009 to January 2010 in a Family Medicine Unit of the IMSS in the south of Mexico City. **RESULTS:** A total of 2,400 elderly were interviewed. 14.9% (n = 359) subjects were diagnosed with some form of dementia, which represents a frequency of 12.8% (n =) dementia adjusted for age and years of education. The average age of 72.38 years, of whom 54% were male and 46% female. The mean education was 4.2 years, 13.9% reported not read or write. 64.3% reported being married, followed by 25.7% widowed, most people reported living with a least a two people. The frequency of disease was the following: 34% have heart problems, 33% chronic damage in their lungs as emphysema, chronic bronchitis or chronic asthma, joint problem 57%, 52% osteoarthritis, 89% gastritis, ulcer 12%, 1% cirrhosis, 70% hypertension, 37% diabetes mellitus, 2% had some type of cancer, kidney damage 5%, 1% HIV and 25% have high cholesterol. With respect to their risk behaviors, 96% drink alcohol which most do at least once a month, 12% smoke cigarettes with a number between 1 to 3 days. **CONCLUSION:** Elderly patients with dementia have a high morbidity and a high frequency of risk behaviors should be considered in treatment.