



## *The Medical* **Bulletin**

### Guest Editorial



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#### **GERIATRIC ENDOCRINOLOGY**

##### **Prof. Rakesh Sahay**

The next decade will witness a doubling, if not more, of our senior citizens. As our geriatric population increases, it becomes imperative for us to focus more and more on geriatric medicine.

Geriatric health is closely intertwined with endocrinology and metabolism. The "geriatric giants", i.e., syndromes that lead to morbidity in older persons, are related to endocrine and metabolic dysfunction. Hypoglycemia, Hyponatremia and Hypocalcemia, along with vitamin D and protein deficiency, are commonly encountered in geriatric practice. Osteoporosis, diabetes, obesity and hypertension are epidemics from which there seems to be no escape.

These facts highlight the need to focus on geriatric endocrinology as a discipline, within the subject of internal medicine. In this issue of MediBeats, we focus on two faces of life: menopause and andropause. Our experts share clinical pearls which will help us utilize these conditions as opportunities to better our health.

Many elderly persons insist on fasting during the holy month of Ramadan. We share specific pragmatic and practical tips on how the elderly can fast in a safe and fulfilling manner.

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