

145 - THE EFFECTS OF PRECOCIOUS AGING: A LITERATURE SURVEY¹LÍVIA SALES DA COSTA²LUIPA MICHELE SILVA³TATYANA ATAIDE MELO DE PINHO⁴CRISTINA MARIA MIRANDA DE SOUSA⁵JULIANA SOUSA SOARES DE ARAUJO¹GIEPERS/UFPB, João Pessoa, Paraíba, Brasil^{2,3}PPG-Enf/UFPB, João Pessoa, Paraíba, Brasil^{3,4}NOVAFAPI, Teresina, Piauí, Brasil⁵Secretaria Estadual de Saúde, João Pessoa, Paraíba, Brasil¹E-mail: liviafonoaudiologa@hotmail.com²E-mail: luipams@gmail.com³E-mail: tataide8@hotmail.com⁴E-mail: cristinamiranda@novafapi.com.br⁵E-mail: jusousasoes1@yahoo.com.br**INTRODUCTION**

For being old age a biological phenomenon of various aspects, can we say of his great relevance in the life of all living beings for sexual reproduction, in other words, they change with time towards a decrease in their performance of potential reproductive and adaptability capacity, while increasing the possibility of death.

Old age is a human phenomenon of existential dimension that varies the individual's relationship with the environment over time. For him, it would be considered abstract physiological and psychological changes, separately, because they stand mutually. Therefore, that turns this complex issue for their close interdependence, because in old age, this relationship is particularly evident due to its psychosomatic character, degree of deterioration of the body, characteristics of old age and its effects on the body. Because of all these factors is that old age has specific forms to submit to an individual, it has his time of arrival for each of them due to intrinsic and extrinsic factors that each person has (RIBEIRO, 1995).

If the area of beauty is the dream appear less and less years of life, health, the goal is to gain more time and quality of life. Therefore, most scientists strive to understand the mechanisms that cause the body to age. From the information gathered, what you want is to formulate treatments which delay this process. Thus, some important discoveries have been obtained. One refers to the action of free radicals in the body. It is unbalanced molecules that facilitate the early aging of cells, and this consequently leads to aging of the whole corpo (RUSSO, 2004).

According to this author, free radicals are formed naturally by the body, but can also be generated from the cells exposure to pollution, stress, smoking, alcohol and saturated fat (frying, for example), among other circumstances. It is his excess which leads to premature aging. For now, we know that to fight them, the vitamins are the best weapons. And this is the medical view of this phenomenon so arbitrary for the majority of their "victims".

We must emphasize that the early aging process also occurs at different ages, and sometimes the children themselves, manifesting through syndromes that lead to specific names that have this form of aging as its main feature, such as progeria.

However, aging precocious focused in this research is aimed studies by researchers is the act of holding an early age when this phenomenon has already been pronounced an age when they should already begin to show, such as between 30 to 40 years and whose physical and mental appearance of these people detects a high commitment of waste implying very fast aging.

From this premise, the survey has on bringing to the readers a vision multifocal early aging adults and how it can interfere in people's lives through its effects, which are varied and interdisciplinary in nature.

It focuses also on objective of this research, their dimension according to different professions that compose the health area and it's up to them, the search for their solutions to their effects on the population.

REVIEW LITERATURE

In addition to the factors already mentioned as aggravating the risk of getting an early aging such as bad eating habits, sun exposure and lasting no preventive methods, stress and smoking, factors such as unbalanced action of free radicals in the body leads to a early aging of cells, all these factors together among themselves, ultimately providing the individual risk of serious weakness and dependence, and that consequently leads to the aging of the whole corpo (BACELAR, 2002).

Aging is the process of universal changes determined genetically for all species and for each individual. You can refer to a physiological phenomenon, social or chronological.

From a biological perspective, aging is defined as a process of transformation of the body, which is characterized by loss of the function of various organs, which tends to be linear function of tempo (LEME, 2000).

He explains that the formation of free radicals is a normal process in our body. Often the cells of our immune system creates free radicals to fight viruses and bacteria. Normally, about 95% of the oxygen we breathe are neutralized by the cellular respiratory chain and the remaining 5% are transformed into free radicals (LEME, 2000).

Problems arise when the production of free radicals is very large and we have antioxidants available in our organismo (OLIVEIRA, 2008). When happens such impairment, the damage caused by free radicals accumulate in accordance with the time spent, which can be many years, and among them is the aging precocious.

From the psychological point of view, the concept of aging can be used in two senses. One is similar to the meaning of biological age, and refer to the relationship between chronological age and capabilities, such as perception, learning and memory, which foreshadow the potential for future operation of the individual. The second use of the concept of psychological age is related to the subjective sense of age. This depends on how each individual assesses the presence or absence of biological markers, social and psychological aging compared with others of his age.

Social aging respects to the evaluation of the degree of the suitability of the person to perform social roles and behavior expected for people their age in a given moment in the history of each society. In this form, the experiences of aging and old age may vary with time history of a company, depending on economic and social circumstances and determine who and why will he be called old and how he will be treated by society (LEME, 2000).

However, the changes occurred in the aging process should not be viewed in an isolated way, that is, we cannot

isolate biologic from the psychosocial aspects. Thus, aging is a mixed experience, which may occur differently for the individual.

Several studies have been performed in an attempt to analyze and point out the main effects that precocious aging brings in the lives of their patients. To a large part of it, refers to physical and psychiatric disorders, such as disability and fatigue muscular and depression before the confrontation with the reality of precocious aging, because it generates a large number, of negative feelings, non-acceptance of him, low self-esteem and poorness (ARAÚJO, 2006).

For many authors the effects of early aging also bring changes in the lifestyle of their involvement, such as changes in social behavior, because individuals show signs of withdrawal, shame and fear, inhibiting the conversation and interaction with the world of others.

Already before the aging pronounced in their time of common occurrence, their ill show signs of frustration, fear and impotence in the early aging victims of this situation gets even higher. Moreover, in this author, the effect of physical weakness caused by degeneration of the skin, atherosclerotic dysfunction, respiratory and bone, for example, are able to generate the individual who exhibits these symptoms depressive behavior in some special cases can take it even suicide (DEBERT, 1999).

METHOD

The research has a reflective character, dedicated to the study and found in books, magazines and articles from different areas of health that can complement the concept of precocious aging and its effects on humans. Here, there described the effects of precocious aging, especially in the physical, psychological and behavioral aspects, as these are the main factors of pronunciation.

DISCUSSION

Reinforcing aspects already mentioned, the effects of early aging hold up especially in the biological, psychological and behavioral.

In the aspect of biological the early aging has structural effects that can affect the physical health of the individual. In nutritional issue is important to be careful with the food, considering that the third age is a biological time quite vulnerable to nutrient deficiency, either by reducing the intake or due to less absorption. The magnesium supplementation in the elderly appears to play an important role in preventive medicine the diseases that accompany old age and makes early.

Concerning the biological, the functional changes that occur with the progress of the age are attributed to several factors such as genetic defects, environmental factors, emergence of diseases and gene expression of aging, or gerontogenes.

Although it is a predictable stage of life, the process of aging is not genetically programmed, as previously believed. There are no genes that determine how and when you get old. But there is variant genes whose expression promotes longevity and reduces the battery life.

Genetic studies of centenarians have contributed to the identification of gene variants, alleles of normal genes, which may be associated with longevity. Furthermore, gene variants that impair the process of development and reproduction of the individual tend to be eliminated, as in the case of human genetic disease of early aging, or progeria, resulting in individual early weakness of its functions corporais (DEBERT, 1999).

The findings of the mental aging relate to your set of signs and symptoms that leads to a more common way in individuals suffering from such distress: depression (DEBERT, 1999).

Are the effects of this pathology that contributes to the aloof behavior and emotional withdrawal of patients (ARAÚJO, 2006). So in light of psychology, its effects are reflected in the patient's low self-esteem, inactivity, non-acceptance of oneself, retraction and emotional blockage, inhibition of sensation, loss of initiative and weakness of instinctive reactions.

On behavioral level, subjects tend to social withdrawal, loss of interaction with people, dialogue and the environment in which they live, showing a extreme fatigue with everything around himself (ARAÚJO, 2006). And, before these effects, the affected appears to be unmotivated to live with the society, taking to himself on a distorted view of the world and its existence to others, feeling increasingly powerless before life.

FINAL CONSIDERATIONS

Before the exposed material being discussed, it was observed under criterion multidisciplinary, the effects of precocious aging can be seen on mental, behavioral aspects and structural health due to quality of life, genetics and disease, as mentioned at the beginning of the research as summary and introduction.

The early aging occurs in various forms and intensities that may be aggravated or not by factors such as lifestyle and use of ill-habits. Situations such as stress, emotional, may make it more emphatic.

The biopsychosocial balance seems to be really one of the best ways to prevent early aging, since the steady state provides the human being to general health, accurately and satisfactorily.

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Livia Sales da Costa

Address: Rua Fernando L Henrique Santos, 1346, Apto 201 Bessa

Telephone: 00-55-83-88034873

E-mail: liviafonoaudiologa@hotmail.com

THE EFFECTS OF PRECOCIOUS AGING: A LITERATURE SURVEY

For constituting a long period of existence, the stage of aging collects besides life experiences, also the physical and mental effects on the individual. This stage comprehends the accumulation of experiences that often may have been healthy or not. On that aspect, we emphasize the aging precocious, whether it is due to quality of life or even pathological, as in the case of

Progeria. The aging precocious results from numerous causal factors that affects the individual throughout its existence, assuming the character of various degrees in different intensities. It is unbalanced molecules that facilitate the aging precocious of the whole body. The change occurs by factors such as lifestyle, habits, genetics, and diseases resulting from or by the approach given to him by the disease. The multidisciplinary approach of this phase is to work for a better understanding of their expressions in the life of every individual, who for one reason or another, come to victimize from this amendment or know people who pass through it in order to explain, clearly, one subject little commented on health, because many areas approach him addressing the aesthetic issues, limiting the overview of this condition.

KEYWORDS: Effects. Precocious aging. Multidisciplinary

LES EFFETS DU VIEILLISSEMENT PRÉCOCE: UNE DOCUMENTATION SUR LÈS SONDAGES

Parce que c'est une longue période d'existence, le stade de vieillissement ainsi que l'expérience s'accumule sur la vie, aussi les effets physiques et mentaux sur l'individu. Cette étape implique l'accumulation d'expériences qui, souvent, mai ont été en bonne santé ou non. Sur ce point, nous insistons sur le vieillissement, qu'il s'agisse de la qualité de vie, voire pathologiques, comme dans le cas de la Progeria. Les résultats du vieillissement de nombreux facteurs de causalité qui affectent l'individu tout au long de son existence, en supposant que le caractère des degrés divers dans les différentes intensités. Il est déséquilibrée molécules qui facilitent le vieillissement de tout le corps. Le changement se produit par des facteurs tels que le mode de vie, les habitudes, la génétique, les maladies découlant de, ou par l'approche donnée à lui par la maladie. L'approche multidisciplinaire de cette phase est d'œuvrer à une meilleure compréhension de ses manifestations dans la vie de tout individu qui, pour une raison ou une autre, viennent à victimiser de cette modification ou à connaître des gens qui passent par ce dernier de manière à expliquer, clairement, un sujet peu commenté sur la santé, parce que de nombreux domaines avant de traiter des questions d'esthétique, ce qui limite la vue d'ensemble de cette condition.

MOTS CLÉS: Effects. Vieillissement. La multidisciplinarité

LOS EFECTOS DE ENVEJECIMIENTO PREMATURO: UN ESTUDIO DE LA LITERATURA

Porque es un largo período de existencia, la etapa de envejecimiento, así como la experiencia se acumula en la vida, también los efectos físicos y mentales en el individuo. Esta etapa consiste en la acumulación de experiencias que a menudo han sido sanos o no. En este punto, hacemos hincapié en el envejecimiento, ya sea la calidad de vida, o incluso patológicos, como en el caso de la progeria. Los resultados de envejecimiento de los numerosos factores causales que afectan al individuo durante toda su existencia, asumiendo el carácter de diversos grados, en diferentes intensidades. Se trata de moléculas que facilitan el desequilibrio del envejecimiento de todo el cuerpo. El cambio se produce por factores como el estilo de vida, los hábitos, la genética, las enfermedades resultantes de, o por el enfoque dado a él por la enfermedad. El enfoque multidisciplinario de esta fase es trabajar para una mejor comprensión de sus manifestaciones en la vida de cada individuo que, por una razón u otra, llegan a abusar de esta enmienda, o conoce a gente que pasa a través de ella a fin de explicar, claramente, un tema poco comentado en la salud, porque muchas zonas antes de abordar las cuestiones estéticas, lo que limita la vista de esta condición.

PALABRAS CLAVE: Efectos. Envejecimiento. Multidisciplinariedad

OS EFEITOS DO ENVELHECIMENTO PRECOCE: UM LEVANTAMENTO BIBLIOGRÁFICO

Por constituir um período de longa existência, a fase do envelhecimento acumula além de experiências sobre a vida, também os efeitos físicos e mentais no indivíduo. Essa fase compreende o acúmulo de vivências que, muitas vezes, pode ter sido sadia ou não. Sobre esse aspecto, ressalta-se o envelhecimento precoce, seja ele decorrente da qualidade de vida ou mesmo patológico, como ocorre no caso da Progeria. O envelhecimento precoce decorre de inúmeros fatores causais que acometem o indivíduo ao longo de toda a sua existência, assumindo caráter de graus variados em diferentes intensidades. Trata-se de moléculas em desequilíbrio que facilitam o envelhecimento precoce de todo o corpo. A alteração se dá por fatores como estilo de vida, hábitos, genética, decorrente de patologias ou pela própria abordagem que lhe é conferida pela enfermidade. A visão multidisciplinar dessa fase vem a colaborar para melhor entendimento de suas manifestações na vida de cada indivíduo que, por um motivo ou outro, venho a vitimar-se dessa alteração ou conhece pessoas que passam por ela, no intuito de explanar, com nitidez, um assunto pouco comentado na área da saúde, pois muitas áreas o abordam perante questões estéticas, limitando a visão geral de tal condição.

PALAVRAS-CHAVES: Efeitos. Envelhecimento precoce. Multidisciplinariedade

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