114 - ALZHEIMER'S DEMENTIA AND THE ELDERLY RESEARCH ON KNOWLEDGE AND PERCEPTIONS PREVENTION.

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INTRODUCTION

Aging is a natural biological process that affects all human beings. It is a process of gradual reduction in physiological function, which is evident in reduced physical and mental abilities. However, the progression and severity of these losses are directly linked to factors related to the style of life1.

According to who, participation in light and moderate physical activity can slow the functional decline. Thus, an active life improves mental health and contributes to the management of disorders such as depression and dementia. There is evidence that compared to non-active, physically active older people have a lower prevalence of mental illness.

Alzheimer's disease stands out as a dementia that affects the elderly, significantly compromising their physical, mental and social and triggering a dramatic situation for what it represents for the patient himself (growing involvement of dependence) and family members whose are raised to the status of informal caregivers to more severe impairments that lead to institutionalization. With regard to care, are increasingly complex being conducted almost exclusively in the household (Luzardo, 2006).

In Alzheimer's paintings, physical activity can contribute to extending autonomy to improve the functional capabilities and restructure the social and emotional ties. The benefits of exercise for the elderly depend on how the aging proceeds, the routine and time of exercise taken. It is known that the health benefits are present even when physical activity starts late and sedentary subjects, and even beneficial for patients with chronic degenerative diseases, preventing diseases associated with sedentary lifestyle, like coronary artery disease, diabetes, hypertension pressure, hypercholesterolemia, cerebrovascular accident (stroke), osteoporosis, osteoarthritis and certain cancers (prostate, breast, bowel and colon).

Another important aspect of physical activity for seniors is to promote the social life of the individual, reducing anxiety and depression - so common in older ages.

However, it is important to highlight the relevance of the theme, since the difficult diagnosis, coupled with ignorance and little information, generates prejudice, indifference, anxiety, irritability, aggression and, ultimately, the social death of the elderly.

The main objective of the research reported here was to identify the perception that older people in physical activity regularly have about Alzheimer's disease, at the same time, aimed to clarify doubts, fears, and mechanisms for the prevention of disease.

METHOD

This is an exploratory study of descriptive / qualitative, in the city of Caieiras / SP, located south of São Paulo and is part of the Metropolitan Region of São Paulo. The City has an estimated population of 88,212 inhabitants and provides, for free, programs in health, leisure and physical activity. In it lies the Elderly Living Center (JRC), which aims to promote day-institutional care for the frail elderly or not. It has capacity to serve sixty elderly. In addition to the CCI, the City has the Sport and Recreation Program for Golden Age (Pelmo), land with physical activities (walking, stretching, dance and volleyball adapted) aquatic and fitness activities. This program is a reference center in the city and region in physical activity for seniors. It also has the Senior Citizens Club that promotes social events (dances travel, meetings and courses), the "partners" pay a symbolic value for maintenance of the site.

The criteria for inclusion in the study were age less than 50 years, physical activity (gymnastics) regularly (at least twice a week), attend the same class and take part in the research.

From the above criteria were selected twelve subjects well distributed by gender and age group: ten women and two men, aged between 50 to 80 years (two aged 50 and 60, two aged 70 to 80 years and eight aged 60 to 70 years). All answered a questionnaire composed of nine questions.

Data collection was conducted in August 2011 in a Gym Aquatic Sports Complex located in the City of Caieiras, São Paulo, through a semi-structured individual interviews addressing preventive aspects, meanings, and social life. During the interview instrument was filled with the data related to the profile of the participants: age, gender, education, marital status and income (according to the Brazilian Association of Research).

For data analysis used Bardin (2009). Through this procedure of analysis was possible to understand the speech of the subjects involved in the process and accordingly make the content analysis of respondents' answers. The categorization, made from Bardin, facilitated the analysis of responses and meanings of the same.

For the research, approved by the Ethics Committee of the City, was asked to all participants, signing the consent form (TELC), in order to preserve their identity. The IC provided clear information about the purpose of research and guarantee the possibility of leaving the subject in the study at any time.

RESULTS AND DISCUSSION

The table that follows has been drafted to clarify the results. Them were analyzed seven of the nine questions asked. This worked because they were issues directly related to the profile of the subjects and the attitude they have about the disease.

Categories	%
Gender	Women 80% Men 20%
Schooling	An incomplete primary education 49% 1 degree 55% complete A 2% high school graduates

Marital status	**Married 55% Widowed 48% Divorced 1% Single 1%**
Age	**66.2 years 70% 75.8 years 20% 59.8 years 10%**
Fear of developing the disease?	**Yes: 85% No: 15%**
Prevention	**It does nothing to 23.1% Reading 13.1% Physical activity 39.8% Faith in God 28% Occupation Full time 2%**
Do you know any elderly person with Alzheimer's?	**Yes: 85% No: 15%**

REPORTS: A SUBJECT OF LISTENING

When asked the personal meaning of Alzheimer's dementia include:

memory clear "(...) (...)"; "(...) detachment from the world "(...) (...); people who stop in time and has only one thought (...)"; "loss of mind, saved herself (...); "(...) forgetfulness of recent and past memories (...) "" Changing the consciousness of people and forgetting and makes the person walk aimlessly (...); "(...) loss of balance to walk (...).

Regarding the perception of the disease, 85% reported having fear about several aspects:

"(...) A problem that has no turning back, ""(...) I do not remember any of my family (...)"; (...)" "(...) that terrifies me ; "(...) a mental illness that is weighing on our relatives will (...) I do not want this to happen to me (...)"; "(...) do not want my family to work (. ..);(...) disease is a very sad (...)"; "(...) I had seizures and after that I'm very forgetful (...)"; "(...) I wonder this disease must be terrible (...)"; "(...) everyone is afraid, but sometimes we pretend we're okay (...)". Three said they did not fear: "(...) why not take cases in the family (...); (...) to be prepared to meet her for not thinking (...); (...) in disease states and (...) "(...) I do not think about tomorrow. I live today ... and this is what matters to me. "

Regarding the prevention and considering the uniqueness of the subject, the belief in God appears as one of the most effective mechanisms for prevention, but were not able to do anything to prevent or contain the development of dementia. For Lewinson et. al. (2005), preventing further escape of therapeutic possibilities. By analyzing the differential application of neuropsychological tests showed that the test is better able to spot subtle features of Alzheimer's disease in advanced stages of testing more than usual. However, to prevent or delay is a distant goal to be reached. In this study, 23.1% "do nothing", 13.1% are engaged in reading, 39.8% practice physical activity and 2% remains busy busy all the time.

Content analysis of the speeches in the study came to two categories: lack of knowledge and spirituality.

According to the UN, 75% of patients are unaware they suffer from Alzheimer's disease. The delay of diagnosis postpones the start of treatment consequently reducing the quality of life of patients and families.

Ignorance of the causes and symptoms of the disease gives rise to many doubts and misunderstandings on the part of the family, they end up giving the old to the very significant loss of memory.

As part of its investigation, the spirituality among the elderly appears to be related to better physical and emotional health. It is used as a strategy to cope with stress factors peculiar to aging such as loss and decline.

A study recently published in Neurology showed that high levels of spirituality and religious practices were shown to be associated with less progression of Alzheimer's disease. In 2006, Hill et al. al. When assessing about 3,000 elderly patients, showed that religious attendance was associated with lower rates of cognitive decline.

It stressed the importance and the benefits that physical activity provides the elderly. According to a study published in 2005 (where), people with about 50 years doing exercises for half an hour at least twice a week can halve the risk of developing AD. If you practice exercises, people who have a genetic tendency to have the disease may have reduced risk by 60%. In the study, were accompanied by about a thousand and five hundred men and women. Among them, 200 developed AD or other neurological disorders between 65 and 79 years. Scientists analyzed the physical activity of study participants up to 21 years before, when they were about 50 years.

Those who developed AD or other neurological diseases had done far less exercise during adulthood than those who did not have these diseases.

The benefits of exercise for older people as dependent on the aging process and the routine and time of exercise practiced. It is known that the health benefits occur even when physical activity is initiated in a late stage of life, sedentary subjects, and even beneficial for people with chronic illnesses, preventing diseases associated with inactivity, such as coronary artery disease, diabetes, hypertension, hypercholesterolemia, cerebrovascular accident (stroke), osteoporosis, osteoarthritis, and cancers of prostate, breast, bowel and colon.

Another point to be discussed is the fact that health professionals are not adequately trained to deal with dementia, as growing in our country. It is noteworthy that it is a global problem that needs to be demystified and respected throughout society.

It is important that health professionals to collaborate in the orientation of the population about the risks in acquiring the disease, once installed the disease, the family may have social and emotional support to overcome the steps that are cycled.

FINAL THOUGHTS

Setting the scene's current research shows that only three of the twelve respondents is not afraid to refer to developing the disease and not know any person with Alzheimer's. Regarding the development of dementia, only two to define with precision and accuracy by existing cases in the family, the rest just make assumptions about how dementia manifests.

It is concluded that the fear of developing dementia is visible, but many express that faith in God is one of the most effective means of prevention, in addition to the regular practice of physical activities. With this, show that this practice contributes to the strengthening of the body of the elderly.

However, it is clear that health professionals need to be aware of the uniqueness and the spiritual dimension of his client, be it positive or negative. You must know the right time and right way to approach this dimension without judging.

It is suggested, also, the implementation of more effective educational activities related to the disease; actions that aim at a better quality of life among the elderly and their families. It should also consider the magnitudes and differences of each group about what they value and believe.

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ALZHEIMER'S DEMENTIA AND THE ELDERLY RESEARCH ON KNOWLEDGE AND PERCEPTIONS PREVENTION.

ABSTRACT

This case arose out of one of the most common concerns, especially by the elderly: Alzheimer's disease. Interest focused on the identification and analysis of knowledge, prevention measures and the perception of older people about this that is one of the most stigmatized diseases. The significant growth of the elderly population is remarkable and with it an increase in elderly patients with Alzheimer's disease. In the survey, we tried to know about the vision of elderly Alzheimer's disease in a context that involves preventive aspects, meanings and social relations, that is, how they behave before this madness that directly affects people aged sixty and over age. The research aimed to identify differences in the vision of a group of elderly Alzheimer's disease. The study was conducted in the Sports Center, located in the city of Caieiras, São Paulo. The subjects are part of a group that, among other activities, regular physical activity: twice a week. The statements of the subjects showed fear and total rejection of the disease. On the other hand, spirituality is identified as an effective defense mechanism against its manifestation. In addition to the regular sequence of physical activities, faith in God appears as a very effective way to prevent disease, both come at last, as important mechanisms to strengthen the body of the elderly.

KEYWORDS - KEYWORDS: Alzheimer's Dementia, Elderly, Physical Activity.

LA DÉMENCE D'ALZHEIMER ET LES PERSONNES ÂGÉES: RECHERCHE SUR LA CONNAISSANCE ET LA PRÉVENTION PERCEPTIONS

SOMMAIRE

Cette affaire est née de l'une des préoccupations les plus fréquentes, en particulier par les personnes âgées: la maladie d'Alzheimer. Intérêt porté sur l'identification et l'analyse des connaissances, des mesures de prévention et de la perception des personnes âgées sur ce qui est une des maladies les plus stigmatisés. La croissance importante de la population âgée est remarquable, et avec elle une augmentation chez les patients âgés atteints de la maladie d'Alzheimer. Dans l'enquête, nous avons essayé de connaître la vision de la maladie d'Alzheimer personnes âgées dans un contexte qui implique des aspects préventifs, les significations et les relations sociales, qui est, comment ils se comportent avant cette folie qui affecte directement les personnes âgées de soixante ans et plus âge. La recherche visait à identifier les différences dans la vision d'un groupe de personnes âgées de la maladie d'Alzheimer. L'étude a été menée dans le centre sportif, situé dans la ville de Caieiras, São Paulo. Les sujets font partie d'un groupe qui, entre autres activités, une activité physique régulière: deux fois par semaine. Les déclarations des sujets a montré la peur et le rejet total de la maladie. D'autre part, la spiritualité est identifiée comme un

mécanisme de défense efficace contre sa manifestation. En plus de la séquence régulière d'activités physiques, la foi en Dieu apparaît comme un moyen très efficace pour prévenir la maladie, à la fois enfin venu, comme des mécanismes importants pour renforcer le corps des personnes âgées.

LES MOTS - CLÉS: démence d'Alzheimer, personnes âgées, l'activité physique.

LA DEMENCIA DE ALZHEIMER Y ANCIANOS: INVESTIGACIÓN SOBRE EL CONOCIMIENTO Y PREVENCIÓN DE LA PERCEPCIÓN

RESUMEN

Este caso surgió de una de las preocupaciones más frecuentes, especialmente en los ancianos: la enfermedad de Alzheimer. Interés se centró en la identificación y análisis de los conocimientos, las medidas de prevención y la percepción de las personas mayores acerca de esto que es una de las enfermedades más estigmatizadas. El importante crecimiento de la población anciana es notable y con ello un aumento en los pacientes ancianos con enfermedad de Alzheimer. En la encuesta, hemos tratado de conocer la visión de la enfermedad de personas mayores de Alzheimer en un contexto que incluye aspectos preventivos, los significados y las relaciones sociales, es decir, cómo se comportan ante esta locura que afecta directamente a personas de sesenta años y más edad. La investigación tuvo como objetivo identificar las diferencias en la visión de un grupo de ancianos de la enfermedad de Alzheimer. El estudio se realizó en el Centro de Deportes, ubicada en la ciudad de Caieiras, São Paulo. Los temas son parte de un grupo que, entre otras actividades, la actividad física regular: dos veces por semana. Las declaraciones de los sujetos mostraron miedo y el rechazo total de la enfermedad. Por otro lado, la espiritualidad se identifica como un mecanismo de defensa eficaz contra su manifestación. Además de la secuencia regular de actividades físicas, la fe en Dios aparece como un medio muy eficaz para prevenir la enfermedad, ambos llegan al final, como mecanismos importantes para fortalecer el cuerpo de las personas mayores.

PALABRAS - CLAVES: la demencia de Alzheimer, actividad ancianos, impedidos físicos.

A DEMÊNCIA DE ALZHEIMER E OS IDOSOS: INVESTIGAÇÃO SOBRE CONHECIMENTO, PREVENÇÃO E PERCEPÇÃO

RESUMO

A presente investigação resultou de uma das preocupações mais freqüentes, principalmente pelos idosos: o Mal de Alzheimer. Centrou-se no interesse de identificar e analisar o conhecimento, as medidas de prevenção e a percepção de idosos sobre esta que é uma das doenças mais estigmatizada. O significativo crescimento da população idosa é notório e, com ele, aumento de idosos portadores de Doença de Alzheimer. Na pesquisa, procurou-se conhecer a visão dos idosos acerca da Doença de Alzheimer em um contexto que envolve aspectos preventivos, significados e convivência social, ou seja, como estes se comportam perante esta demência que afeta diretamente as pessoas com sessenta anos ou mais de idade. A pesquisa teve como objetivo identificar diferenças na visão de um grupo de idosos sobre a demência de Alzheimer. O estudo foi realizado no Centro Esportivo, localizado na cidade de Caieiras, São Paulo. Os sujeitos fazem parte de um grupo que, além de outras atividades, pratica atividade física regularmente: de duas vezes por semana. As falas dos sujeitos revelaram medo e rejeição total da doença. Por outro lado, a espiritualidade é apontada como um eficiente mecanismo de defesa contra a sua manifestação. Além da seqüência regular das atividades físicas, a fé em Deus aparece como um dos meios mais eficazes para a prevenção da doença; ambas surgem, enfim, como, importantes mecanismos de fortalecimento do organismo dos idosos.

PALAVRAS - CHAVES: Demência de Alzheimer; Idosos; Atividade física.