



## Biosocial Importance of Increasing Life Expectancy

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### Editorial

The socio-historical development is characterized by the continuous prolongation of the average life expectancy of the population. Sociology is currently studying the functioning of individual societies in different age structures as well as the impact of the age distribution of the population and its social organization. Social medical sciences interpret the health and social status of society on the basis of in-depth scientific research and evidence. In the research and observation process, our numerous and numerous authorial works explicitly identify the current trends in determining the degree of activity of the elderly. Here are some key predictors of creative longevity, such as a necessary assessment of the basic parameters-social status, health, physical health and mental state.

Aging societies have many common characteristics in all industrially developed countries. The increased standard of living, urbanization with all the conveniences of modern times, causes an increase in the average life expectancy [1]. Concerns include decreased birth rates, prolonged life expectancy, improved social-medical services, and powerful migratory processes across generations. In Bulgaria, these tendencies persist with an increase in the relative share of elderly and elderly people. According to data from the National Statistical Institute of Bulgaria at the end of 2017 people over 65 are 21% of the total populations of the country [2].

By advancing the aging process, the biological state of the organism is substantially altered. This change occurs in an increased propensity for pathology and apparently greater incidence and complications of disease than in young people.

With the prolongation of life, specific diseases in adults and the elderly acquire a massive endemic character with multiple implications. Hence the constantly increasing needs and objective claims of care for the elderly and their health, social and economic security [3].

Older and elderly people are more likely to suffer from chronic illnesses with accompanying disability. This predisposes complex difficult to solve problems for social and health insurers. Population aging processes are progressing relatively slowly, with the group of needy and elderly people progressively growing. The powerful modern industrial development and modern industrialization of social and economic life require that "elderly people" adapt to the new attitude towards "old-age pension", the development of gerontocracy and the social problems related to the upcoming "demands" of life [4].

In our country there is a steady tendency to increase the needs for combined medical and social assistance for the elderly and the elderly. As a social person, the old man is directly dependent on his psychosomatic health and the changes that occur in his intimate world of value orientation and motivation for behavior. Careful consideration and consideration of the social and psychological status of the old man as well as his place in the family and society is necessary. A differentiated and highly humane approach is required to address the socio-geriatric problems of the elderly. Practical importance here: established health disability, interpersonal relationships, including staff at health and social care facilities. Their socio-economic dependence often makes them helpless. Some moral criteria and mostly moral support for the old man, who is almost alone at the end of his life, is forcefully enforced.

Given the complex problems mentioned, often there are insufficient criteria to determine the social relationship between the age groups. According to our social tests, it is necessary to look for accurate, objective indexes/assessments concerning the attitudes and expectations of each age group, for comparative analysis in these relations, to determine the social health of the nation.

The prospect of increasing the average and maximum duration is accompanied by many socio-medical needs of society. In this direction, two strands:

- First: To degree prophylactic care, preventative guidance on the primary and secondary

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complications of socially significant diseases of civilization.

- Secondly: To study the extremely complex intimate mechanisms of the biological processes of aging physiology (which proceed independently of the disease/pathology processes) to optimally change the bio-social possibilities for long-term survival. For the successful solving of gerontological and geriatric problems a real prerequisite is the creation of a comprehensive scientific theory of old age, the causes and mechanisms of aging, the factors determining this social and biological phenomenon [5].

The presence of so many theories in social gerontology testifies not only to the considerable efforts that have been made by scientific research in this field but also reveals the profound complexity of processes and the varied interdependence of the causes of aging. At this time, issues related to prolonging life, studying aging, longevity, and fighting premature old age are increasingly taking place in research and in the organization and practice of public health.

Aging as a genetically determined process has shaped the evolution of life and has established itself as a suitable adaptation for the organism. It is an active process of "transformation", "reorganization" of the body of various adaptive units into a changing environment of existence as one of its forms of development. This new form of "evolution in time" also determines the successful regulation of the functions of the exchange processes in the late age. This is also the functional expression of aging as a bio-social process of a new, active reorganization, adaptation, adaptation. Therefore, we believe that this process in a number of relationships can be regulated, managed. In this respect, there are possibilities for real, active interference and control over the evolution of the age evolution of the organism in late on to genesis.

The influence of factors such as labor, nutrition, morbidity, housing, resting, individual hygiene are crucial, both in normal

(physiological) and premature (pathological) aging. Systemic physical training has a positive effect on the human psyche, the level of emotional state, mood improvement, anxiety reduction, as well as the maintenance of the vitality. Physical well-being involves various forms of work, with collective and individual components, to complement and enrich with many other factors of socio-humanitarian, psycho-educational importance.

Worldly scientific thinking is currently engaging in social and ethical issues, which, in particular, acquires the influence of science on the rights of the individual and the well-being of society. It is no coincidence that the importance of the development of fundamental sciences is increasingly being highlighted. The striving of man towards creative longevity provides a response in the scientific research of medical science gerontology.

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