

Table Common Health Problems in Middle Age

Problem	Definition	Symptom/Signs	Prevention/Treatment
Sinusitis, nonbacterial and bacterial	Inflammation of mucous membrane lining paranasal sinuses; may be caused by bacteria, viruses, irritants, or allergies	Normal sinus drainage prohibited Usually clear drainage in non-bacterial type Purulent drainage in bacterial type, with fever (headache and tenderness of frontal and maxillary sinus to palpation frequent with bacterial involvement)	Oral antihistimine and decongestant for nonbacterial type Addition of antibiotic for bacterial type
Hiatal hernia with esophagitis	Herniation of stomach through diaphragm with reflux of acid into esophagus	Substernal pain, usually worse when bending over or lying down Sometimes nausea and vomiting	Maintenance of ideal weight Avoidance of tight clothing Eat frequently in small amounts Elevation of head of bed
Duodenal peptic ulcer disease	Ulceration of duodenal mucosa	Pain in the epigastrium or right upper quadrant usually 1–2 hours after meals	Antacids or prescription drugs (e.g., cimetidine [Tagamet]) or omeprazole [Prilosec] Small frequent meals Avoidance of caffeine, alcohol, and spices
Angina pectoris	Imbalance between oxygen needed by myocardium and oxygen supplied	Pain in substernal region but sometimes in neck, back, and arms	Workup to determine accurate diagnosis Nitroglycerin
Secondary hypertension	High blood pressure based on specific cause	Blood pressure >150/100 More common in men, but after 55 years, women likely to be affected	Following treatment plan based on cause of high blood pressure Reduction of sodium and cholesterol in diet Reduction of weight as needed Relaxation techniques
Hyperthyroidism (Grave's disease)	Too much secretion of thyroid hormone	Can mimic heart problems with accelerated or irregular heartbeat Feeling of agitation	Antithyroid medications or radioactive iodine therapy
Hyperuricemia, or gout	High uric acid level, causing acute inflammatory arthritis (can also be chronic)	Usually red, hot tender joint; often in great toe but can be in other joints	Specific drugs Rest Elevation of joint(s) Cold compresses
Diabetes mellitus (type II)	Glucose intolerance corrected by means other than insulin	High blood sugar Thirsty Weight loss Frequent urination	Diet Exercise Oral medication

(continued)

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Problem	Definition	Symptom/Signs	Prevention/Treatment
Prostatitis, acute	Acute infection of prostate gland; often caused by <i>Escherichia coli</i>	Low back and perineal pain referred sometimes to inguinal region and testes Extremely tender prostate	Sitz baths Appropriate antibiotics
Prostatitis, chronic	Prolonged inflammation of prostate	Only slightly tender and enlarged prostate	Prostatic massage Sitz baths Increased sexual activity
Lumbosacral strain, mild	Strain and inflammation of ligaments and musculature in lumbosacral region	Muscle spasm over region but no radiation No flank pain No pain on straight leg raising	Cold packs Muscle relaxant Analgesic Bed rest Chiropractic treatment Education in bending and lifting techniques Use of firm mattress
Foot callus	Thickness of the outer layers of the skin on the sole of the foot	Pain when congestion and swelling press nerve endings and underlying bursa	Avoid shoes that put excess pressure and friction on the sole of the foot