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Analytic Summary

Larrañaga Padilla, M^a Isabel (Eusko Ikaskuntza. Miramar Jauregia. Miraconcha, 48. 20007 Donostia / San Sebastián): **Evolución demográfica de la Comunidad Autónoma del País Vasco: Impacto del envejecimiento** (Demographic evolution of the Autonomous Community of the Basque Country: The impact of aging) (Orig. es)

In: *Osasunaz*. 6, 13-23

Abstract: The recent evolution of the Basque population reflects unprecedented changes: a drastic drop in fecundity, negative migration balances, historical maximum levels of life expectancy and a rapid ageing. In this context, what becomes questionable is the quality of the years that are gained. Although the process of human ageing is diverse and variable, the evolution of life expectancy in good health in the Basque Autonomous Community is quite positive.

Key Words: Demographic ageing. Life expectancy in good health. Functional status. Perceived health. Incapacity.

Begiristain Aranzasti, José M^a (Eusko Ikaskuntza. Miramar Jauregia, Miraconcha, 48. 20007 Donostia / San Sebastián): **Zahartzaroa eta ongizate politikak: osasun politikak** (Old age and welfare policies: Health policies) (Orig. eu)

In: *Osasunaz*. 6, 25-32

Abstract: The state of health of citizens in general, and of elderly people in particular, and the health services should be observed from the point of view of the welfare state. In Health Plans in Spain health and welfare policies for elderly people have been taken into account. In the case of the Basque Autonomous Community, in the paper titled "Health Policies for the Basque Country: Health Plan 2002-2010", apart from explaining the details of the situation of elderly people, the objectives and intervention strategies for the next ten years are laid out, both in the individual and in the intersectorial levels.

Key Words: Old age. Welfare policies. Health policies. Health Plan. Incapacity.

Munoa Roiz, José Luis (Hernani, 2 - 1. ezk. 20004 Donostia / San Sebastián): **Síntesis histórica de la praxis médica del anciano** (Historic synthesis of medical praxis on elderly people) (Orig. es)

In: *Osasunaz*. 6, 33-51

Abstract: The concept of vital evolution is analysed here with reference to health, to the options proposed by medicine in various periods of history and depending on cultural and scientific evolution. Preventive and therapeutic resources that are a proposed in each period are analysed. Medical and letter a texts complement the notion of the matter.

The problem of the increase of elderly people and their adequate and fair care is one of the most debated matters in current society.

Key Words: Praxis. The elderly. Gerochomy. Gerontology. Geriatrics. Gerontocracy. "Physis".

Gómez Beldarrain, Marian (Hospital de Galdakao. Serv. de Neurología. B^o Labeaga, s/n. 48960 Galdakao): **Enfermedades degenerativas y demencia** (Degenerative illnesses and demencia) (Orig. es)

In: *Osasunaz*. 6, 53-62

Abstract: Dementia is the loss of intellectual capacity in adult age that brings about a loss in autonomy in the individual. The most frequent cause it is Alzheimer's disease, followed by vascular dementia and other degenerative diseases. Age is a hazard factor in terms of suffering from dementia, although ageing does not imply having the disease. Brain ageing can be modified by different styles of life.

Key Words: Dementia. Alzheimer's disease. Hazard and prevention factors. Brain ageing.

Arriola Manchola, Enrique (Fundación Matía. Apdo. 1520. 20080 Donostia / San Sebastián): **De la vulnerabilidad a la incapacidad: utilidad de la valoración integral para la asignación de recursos** (From vulnerability to incapacity: the use of integral assessment in the attribution of resources) (Orig. es)

In: *Osasunaz.* 6, 63-82

Abstract: Integral evaluation is the working method in geriatrics. Such evaluation includes the functional situation, pathologies-syndromes, the cognitive, emotional and conduct situation, social and environmental conditions, individual values and risks to which the patient is exposed. Without a global evaluation it is not possible to understand the needs of patients and the way they are treated.

Key Words: Integral evaluation. Geriatrics. Dependence. Ageing.

González Aramendi, José Manuel (Centro Sanitario Virgen del Pilar. Pº Zarategi, 10. 20013 Donostia / San Sebastián): **Actividad física, dieta y medidas coadyuvantes para envejecer con éxito** (Physical activity, diet and other measures for a successful ageing process) (Orig. es)

In: *Osasunaz.* 6, 83-98

Abstract: in advanced countries, connectivity and food excesses have brought about a situation in which chronic and non transmissible diseases either first cause of death and morbidity. Regular physical activity is a key factor in the ageing process with health, maintaining the quality of life and independence. The physical, mental and social benefits, and the financial savings in medical and care expenses have been clearly established.

Key Words: Physical activity. Ageing. Chronic diseases. Quality of life. Autonomy. Health costs.

Pradales Gil, Imanol (Univ. de Deusto/Deustuko Unib. Fac. de Humanidades. Camino Mundaiz, 50. 20007 Donostia / San Sebastián): **Los recursos económicos del y para el anciano: Reflexiones desde la Economía y la Sociología de la vejez** (Economic resources of and for the elderly. Reflections from the Economy and the Sociology of the Elderly) (Orig. es)

In: *Osasunaz.* 6, 99-110

Abstract This article gathers and discusses the two great levels in which to approach the problems of the ageing of the population and the availability of economic resources among the elderly. From a macro-theoretical point of view, it clarifies the great effects of the demographic ageing process; a second micro-theoretical approach deals with the economic position of elderly citizens, a position that is strongly influenced by the social institution of retirement and other generational, family and social elements.

Key Words: Third age. Old age sociology and economics. Human decapitalisation. Dependence. Retirement.

Ibarzabal Aramberri, Xabier (Ingema. Inst. Gerontológico Matia Fundazioa. Usandizaga, 6. 20002 Donostia / San Sebastián): **Cuidado integral al paciente terminal** (Resource-generating elderly people) (Orig. es)

In: *Osasunaz.* 6, 111-130

Abstract: It is not easy to assume that life is coming to its end, the justifications and arguments offered throughout history do not seem to be valid nowadays. Occasionally, also, current medicine has tried to conceal this matter by means of it is clear bet for technology. But the technological bed consisting in hiding death and prolonging life has lowered the priority of caring for people and have thus devalued medicine is true and primitive sense.

Key Words: Terminality. Compassion. Old age. Care and bioethics.

Martínez Urionabarretxea, Koldo (Arreta Trinkoak. Nafarroako Ospitalea. Irunlarrea, z/g. 31008 Pamplona / Iruñea): **Arreta medikoei murrizketarik?** (Health care rationing?) (Orig. eu)

In: *Osasunaz.* 6, 131-139

Abstract: There are people who attribute the fault for the increase of health care costs to the elderly. But while society does not provide a common answer on old age and death, on common and individual welfare, on the purposes of medicine and on the relationships between generations, the problem will still be there. One solution would be to limit the attention that fulfils basic ethical conditions. Age can be an instrument for limitation, but biographical age, and not, by any account, biological age.

Key Words: Old age. Health care. Limitation. Biographical age. Technological imperatives.

Biurrun Mancisidor, Garbiñe (Eusko Ikaskuntza. Miramar Jauregia. Miraconcha, 48. 20007 Donostia / San Sebastián): **La frontera dela legalidad en los tratamientos médicos del anciano enfermo** (The frontier of legality in medical care for elderly people who are ill) (Orig. es)

In: *Osasunaz.* 6, 141-155

Abstract: The vulnerability of the elderly, they situation in the centre of opposing interests and the effect on their fundamental rights -the right to life and physical integrity, freedom, dignity and privacy... make the health care they receive peculiar because of its frequency and intensity, particularly at the end of their lives. The situation of their rights and the legal consequences of transferring such rights to others should be analysed within the limits of the Law.

Key Words: The elderly. Health. Fundamental rights. Respect. Freedom. Dignity. Privacy.

González Aramendi, José Manuel (Centro Sanitario Virgen del Pilar. Pº Zarategi, 10. 20013 Donostia / San Sebastián): **Mes de nacimiento y éxito en el fútbol. Estudio del Efecto Relativo de la Edad en el fútbol guipuzcoano** (Month of birth and success in soccer. A study on the relative effect of age in Gipuzkoan soccer) (Orig. es)

In: *Osasunaz*. 6, 159-184

Abstract: Children born later on during the competition year have lesser possibilities of promotion, due to their lesser degree of physical, mental and emotional maturity. This phenomenon, better known as the Relative Age Effect or RAE, is studied in Gipuzkoan and Spanish soccer. In this context, the physical mechanisms involved are evaluated. The consequences of RAE are discussed, as are the possible remedies and new lines of research.

Key Words: Relative age. RAE. Soccer. Sport. Children. Development. Discrimination. Competition.

Gorrotxategi Gorrotxategi, Pedro; Iburguren Agirre, Oihana (Centro de Salud Beraun. Avda. de Galtzaborda, 67. 20100 Errenteria); **Díez Hernández, Itziar** (Hospital Donostia. Servicios de cuidados intensivos pediátricos. Apdo. de Correos, 477. 20080 Donostia / San Sebastián); **Ayestarán, Arantxa; Intxausti, Itziar; Galatas, Juan Miguel; Pache Perianes, Valeriano** (Eusko Ikaskuntza. Miramar Jauregia. Miraconcha, 48. 20007 Donostia / San Sebastián): **Necesidades sanitarias de los adolescentes del municipio de Rentería** (Sanitary needs of adolescents in the Municipality of Rentería) (Orig. es)

In: *Osasunaz*. 6, 185-201

Abstract: A study on the health care and training needs of adolescents in Errenteria. An adequate knowledge of the negative effects of work and an inadequate information on sexual transmission diseases, with the exception of AIDS, are observed. In conclusion, the need to elaborate a training plan that takes into account the deficiencies detected is observed.

Key Words: Adolescence. Contraception. Sexual transmission diseases. Tobacco. Alcohol. Drugs. Disorders in eating habits

Elorza Puyadena, Isabel; Gordo Askasibar, Ana; Huizi Egilegor, José Javier; Uria Uranga, Ikerne; Olaskoaga Urtaza, Javier (UPV / EHU. Donostiako Erizaintza Eskola. Begiristain Doktoareen Pasealekua, 105. 20080 Donostia / San Sebastián): **Esklerosi anitza. Beharrak identifikatzen** (Múltiple sclerosis. Identifying the needs) (Orig. eu)

In: *Osasunaz*. 6, 203-227

Abstract: In this work the author intends to identify the needs of people who suffer multiple sclerosis and to formulate nursing diagnosis. With this purpose, transversal epidemiological research has been carried out. The population was composed of patients with a multiple sclerosis (N: 272) diagnosis in the Neurology Service of the San Sebastian Hospital. Within this population, a sample of 30 cases has been considered. The main diagnosis labels formulated are as follows: “*lack of consciousness*”, “*lack of adaptation*” and “*attitude that produces health*”. The conclusion is that there is a need for nurses specialised in multiple sclerosis.

Key Words: Multiple sclerosis. Needs. Nursing care. Nursing diagnosis.

Irazusta Astiazaran, Amaia (UPV / EHU. Escuela de Enfermería. Dpto. de Enfermería I. Sarriena, s/n. 48940 Leioa); **Gil Orozko, Susana** (SHEE-IVEF. Dpto. de Alto Rendimiento. Carretera de Lasarte, s/n. 01007 Vitoria / Gasteiz); **Ruiz Litago, Fátima; Gil Goikouria, Javier; Irazusta Astiazaran, Jon** (UPV / EHU. Fac. de Medicina y Odontología. Dpto. de Fisiología. Sarriena, s/n. 48940 Leioa): **Dieta postcompetitiva en corredores de maratón** (Post-competition diet in marathon runners) (Orig. es)

In: *Osasunaz*. 6, 229-236

Abstract: Runners often seem to forget the importance of a correct partaking of food after a race. The objective of this work is to analyse the post-competition diet of the participants in the Bilbao Marathon. We observe deficiencies in the partaking of carbohydrates and fat-soluble vitamins. These results indicate efforts should be made to improve post-competition diets.

Key Words: Marathon. Diet. Glycogen. Vitamins. Minerals.

De la Rua, Concepción; Arriaga Sasieta, Haritz (UPV / EHU. Fac. de CC. y Tecnología. Dpto. de Genética, Antropología Física y Fisiología Animal. Sarriena, s/n. 48940 Leioa): **Patologías dentarias en San Juan ante Portam Latinam y Longar (Neolítico final-Calcolítico)** (Dental pathologies in San Juan ante Portam Latinam and Longar (Late Neolithic-Calcolithic period)) (Orig. es)

In: *Osasunaz*. 6, 239-301

Abstract: The analysis of dental pathologies of two human groups from the Valley of the Ebro indicates a common pattern of access to food resources, with differences in the use thereof: in SJAPL there is a higher consumption of products that are rich in fermentable (uncultivated) sugars, and in Longar there is a higher consumption of starch-rich products (cereals). There are also differences in the pathologies of the persistent deciduous teeth, which could be interpreted in terms of different cultural behaviours. The existence of heterogeneous Neolithic human groups is suggested.

Key Words: Teeth. Carie. Dental tartar. Periodontic diseases. Diet. Neolithic.