



UNIVERSITÀ
DEGLI STUDI
DI PADOVA

scienza
esocietà



Invecchiare bene Istruzioni per l'uso

Progetto di Terza Missione del DMM - 2024

INVECCHIAMENTO COGNITIVO e non solo Cosa accade in noi e con noi

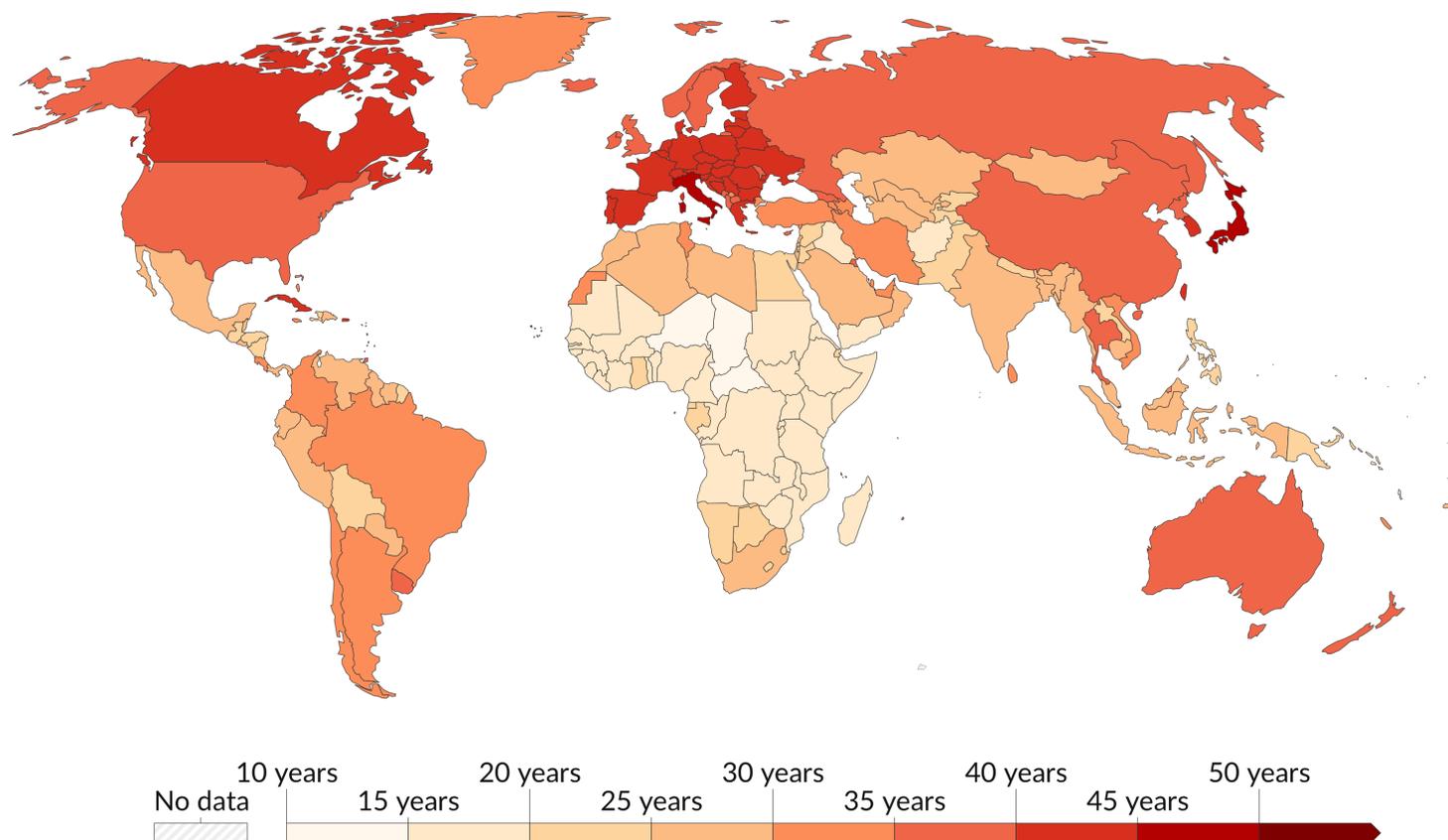
Relatore : Carla Mucignat



Median age, 2021

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The median age divides the population into two parts of equal size; that is, there are as many people with ages above the median age as there are with ages below.



Data source: United Nations, World Population Prospects (2022)

OurWorldInData.org/age-structure | CC BY

Note: 1950 to 2021 show historical estimates. From 2022 the UN projections (medium variant) are shown.



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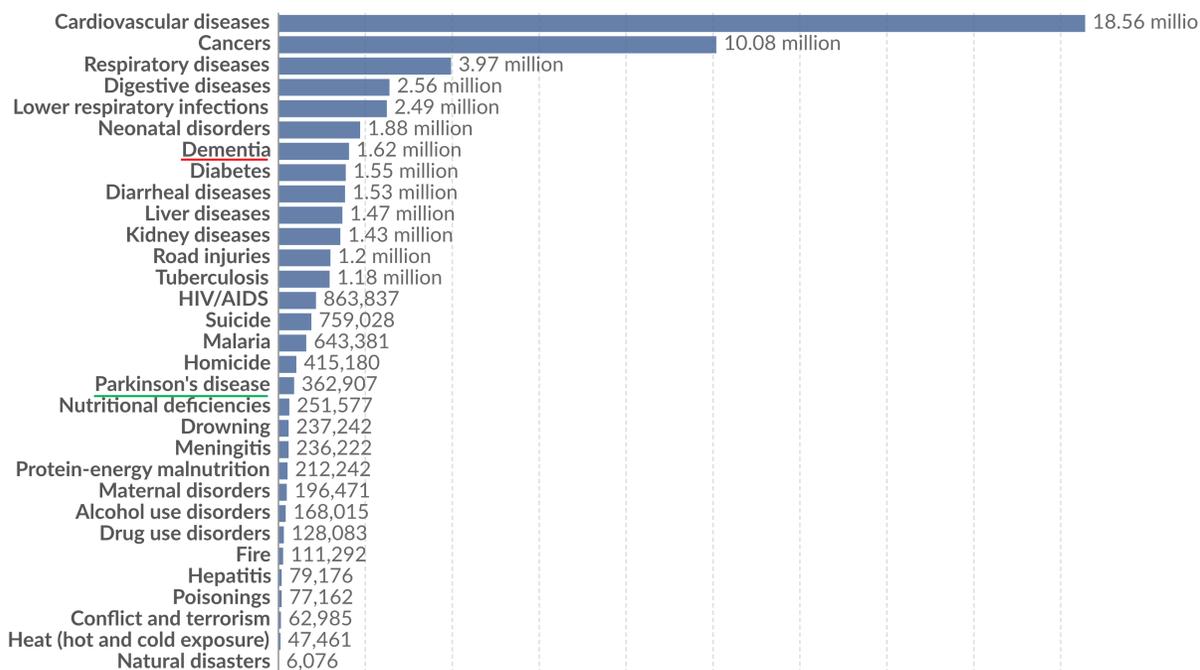


Invecchiare bene

Uno sguardo sul mondo

Causes of death, World, 2019

The estimated annual number of deaths from each cause. Estimates come with wide uncertainties, especially for countries with poor vital registration¹.



Data source: IHME, Global Burden of Disease (2019)

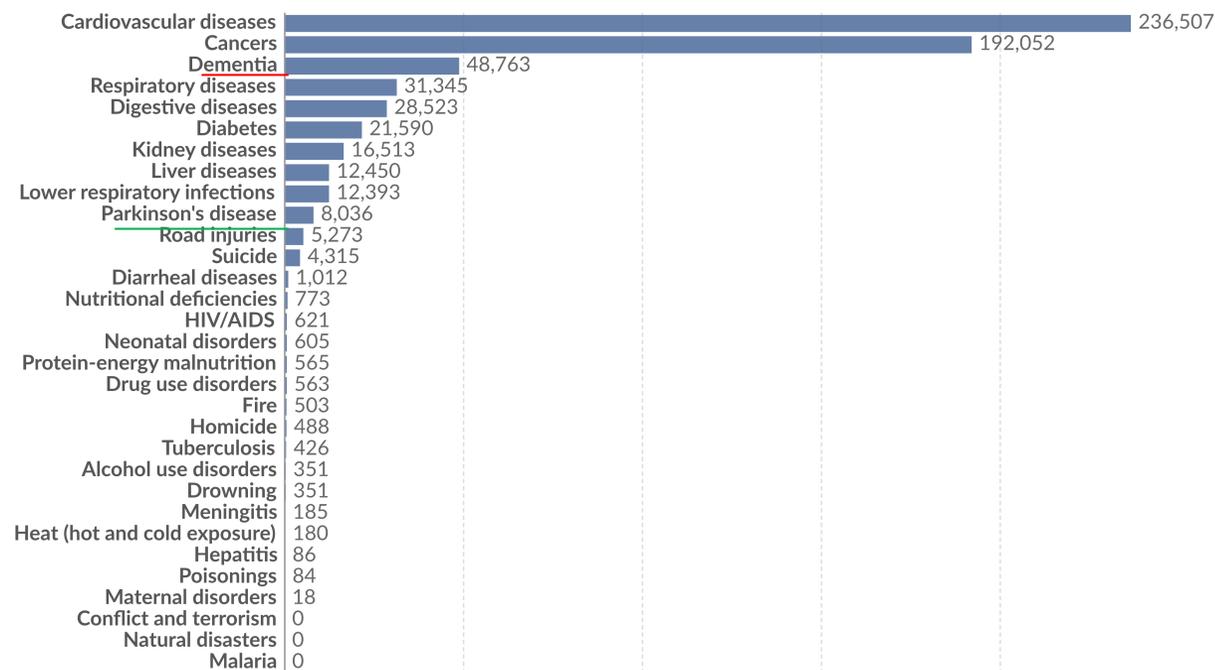
OurWorldInData.org/causes-of-death | CC BY

¹ **Civil and Vital Registration System:** A Civil and Vital Registration System (CVRS) is an administrative system in a country that manages information on births, marriages, deaths and divorces. It generates and stores 'vital records' and legal documents such as birth certificates and death certificates. You can read more about how deaths are registered around the world in our article: [How are causes of death registered around the world?](#)



Causes of death, Italy, 2019

The estimated annual number of deaths from each cause. Estimates come with wide uncertainties, especially for countries with poor vital registration¹.



Data source: IHME, Global Burden of Disease (2019)

OurWorldInData.org/causes-of-death | CC BY

¹ **Civil and Vital Registration System:** A Civil and Vital Registration System (CVRS) is an administrative system in a country that manages information on births, marriages, deaths and divorces. It generates and stores 'vital records' and legal documents such as birth certificates and death certificates. You can read more about how deaths are registered around the world in our article: [How are causes of death registered around the world?](#)



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Invecchiare

Ogni giorno cambiamo

Invecchiamento cellulare:

Riduzione numero cellule

→ Riduzione funzioni

→ eff. collaterali farmaci

Perdita H₂O → volume
distribuzione

RISERVA FUNZIONALE

CUTE rughe

CUORE e VASI

OSSA, articolazioni, denti

MUSCOLI

GRASSO



POLMONE/MUSCOLI
RESPIRATORI

APPARATO DIGERENTE: meno
lattasi

RENI e vie urinarie

APPARATO RIPRODUTTIVO

SISTEMA ENDOCRINO: GH,
aldosterone, insulina

EMATOPOIESI

SISTEMA IMMUNITARIO





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Invecchiare

Uno sguardo dentro noi

PERCEZIONE

VISTA: cristallino (ingiallimento), secchezza

UDITO: perdita toni acuti

GUSTO E OLFATTO

MOVIMENTO

→ Parkinson

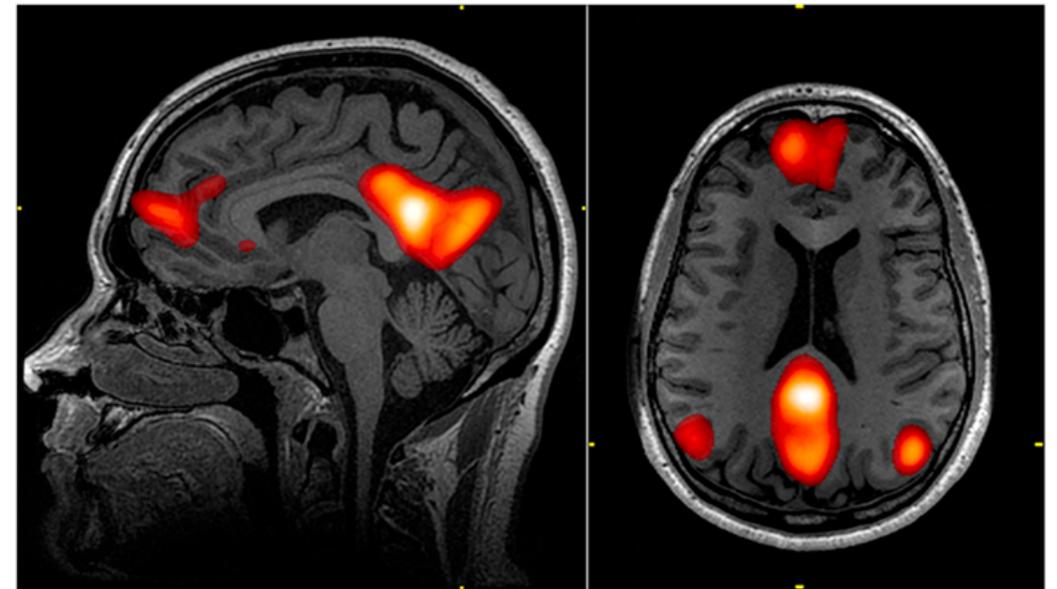
COGNIZIONE

MEMORIA → Alzheimer

FUNZIONI ESECUTIVE: processi cognitivi che gestiscono le informazioni e le azioni necessarie per raggiungere uno scopo

3 processi: memoria di lavoro, flessibilità cognitiva, inibizione

Consentono: pianificazione/monitoraggio/autocontrollo





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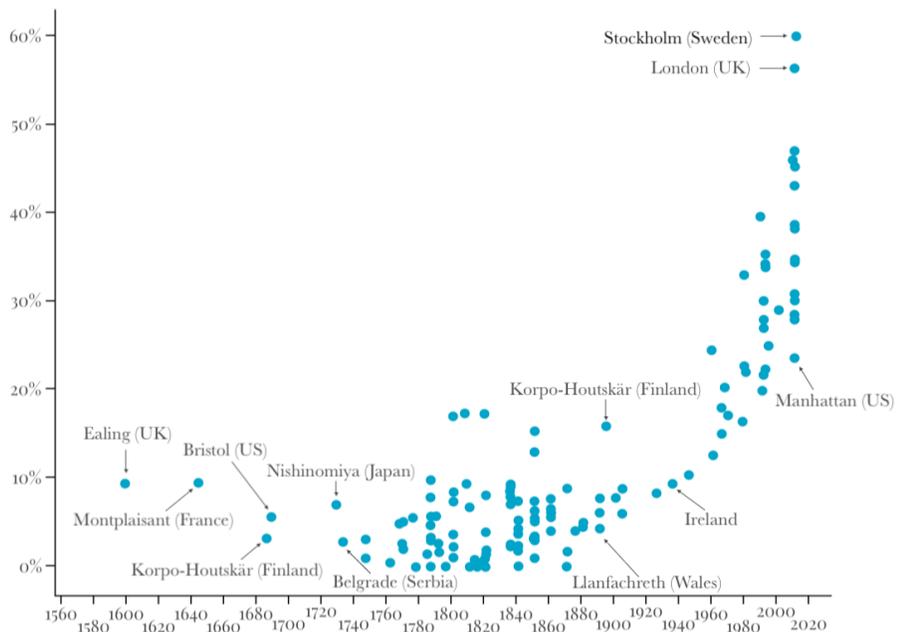


Vivere da soli?

Uno sguardo sul mondo

The rise of one-person households

Each dot corresponds to the number of single-person households as a percentage of all households in a given city or village. Estimates rely on available historical records and more recent census data across cities and villages in Europe, North America and Britain.



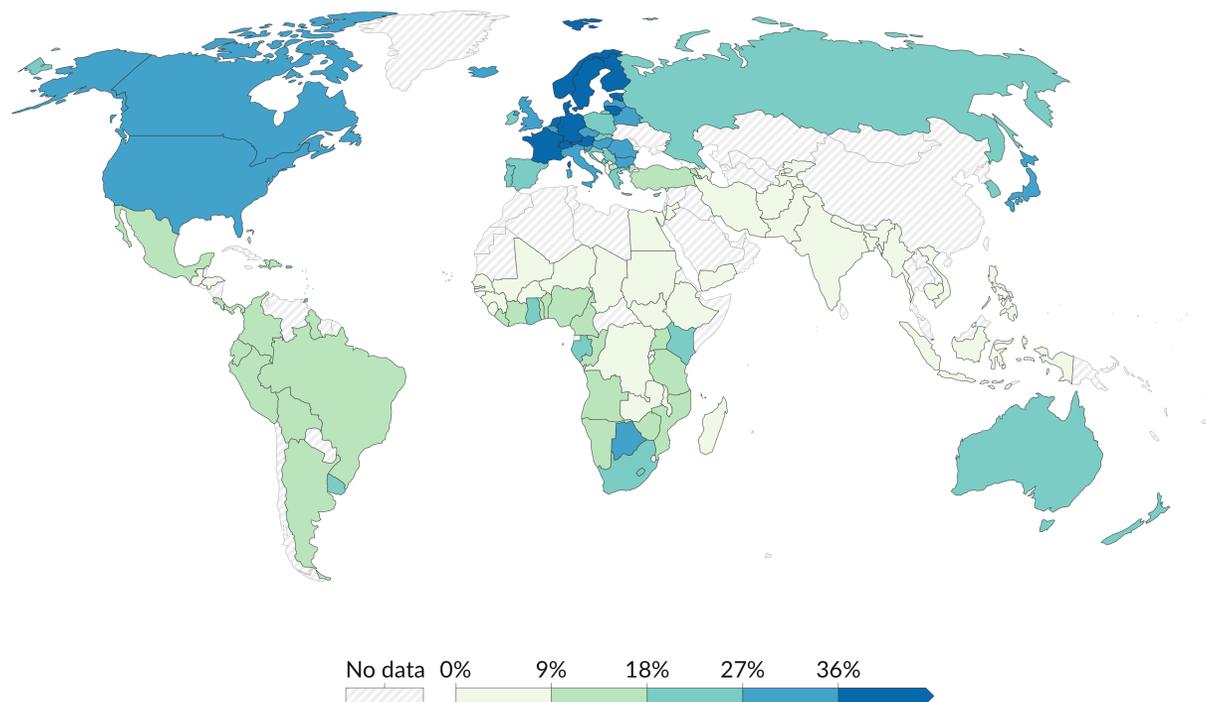
Source: Snell (2017), The rise of living alone and loneliness in history.

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Percentage of one-person households, 2018

Number of one-person households as a share of the total number of households. Estimates combine multiple sources, including cross-country surveys and census data.

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Data source: OWID based on UN and other sources

OurWorldInData.org/social-connections-and-loneliness | CC BY



Quali istruzioni per l'uso?

1. Non fermarsi e adottare uno stile di vita attivo in tutti i campi: fisico, cognitivo, emotivo, motivazionale, spirituale
2. Investire sulle relazioni

*Piuttosto che concentrarmi sui limiti che la progeria impone,
preferisco pensare alle tante cose in cui posso fare la differenza*
Sammy Basso

Un buon esempio:

<https://www.youtube.com/watch?v=A-cuX6ny6Ug>