. 외로움, 고독

New York Times, 25th March 2009 quoted “loneliness leads to poorer physical and mental health”. Similarly, BBC news on January 31st, 2011 pronounced loneliness as a “hidden killer” of elderly. Loneliness has been defined in different ways. A common definition is “A state of solitude or being alone”. The other definition is “Loneliness is not necessarily about being alone. Instead, “it is the perception of being alone and isolated that matters most” and is “a state of mind”. “Inability to find meaning in one's life”, “Feeling of negative and unpleasant” and “A subjective, negative feeling related to the deficient social relations” “A feeling of disconnectedness or isolation.” etc., are the other ways to define loneliness.

Loneliness may be pathognomic of depression in old age. It is reported to be more dangerous than smoking[[1](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3890922/#ref1)]; high degree of loneliness precipitates suicidal ideation and para-suicide,[[2](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3890922/#ref2)] Alzheimer's disease, and other dementia[[3](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3890922/#ref3),[4](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3890922/#ref4)] and adversely affects the immune and cardio-vascular system.[[5](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3890922/#ref5)] It is a generally accepted opinion that loneliness results in a decline of well-being and has an adverse effect on physical health, possibly through immunologic impairment or neuro-endocrine changes.[[6](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3890922/#ref6)] Loneliness is thus, among the latent causes of hospitalization and of placement in nursing homes.[[7](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3890922/#ref7)] ( from Indiana Journal of Psychiatry)

2. Depression (우울증)

\* 노인들에게 우울증이 아주 많다. 이것이 노화의 한 증상은아니다. 65살이상인 인구의 6백만이 이병에 시달리고있고 단지 그중에 10%만 치료를 받는다.

\* Under-diagnosed, or Miss-diagnosed, 오진 ( Doctors missed 1/2 of depression patients' diagnoses and difficult to differentiate Dementia and Depression)

\* 우울증의 결과로 육체적 병, 심장병 과 자살등을 유도한다.

\* 우울증이 약의 부작용의 결과일수도 있다.

\* 15% of elderly in NH or other institution reported to have depression. ( Other reports high as 20 %, suicide rate is highest among white males, twice higher than that of non white males)