15 Middle Adulthood Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Outline for Taking Notes

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the study of aging.

It is distinguished from \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, which is the study of the diseases of the aging.

A “gerontologist” takes a multidisciplinary approach to aging or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

2. Middle adulthood is considered the period of time between ages \_\_\_\_\_ - \_\_\_\_\_\_. As human longevity increases, middle age expectations have changed. The U. S. population is living longer, primarily due to better living conditions and advanced healthcare. In 1930, the life expectancy was 58 for males and 61 for females. In 2010, the life expectancy for males was 76 and 81 for females.

3. A \_\_\_\_\_\_\_\_\_- \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is an emotional state of doubt and anxiety in which a person becomes uncomfortable with the realization that life is halfway over. It commonly involves reflection on what the individual has done with his or her life up to that point, often with feelings that not enough was accomplished. The individuals experiencing such may feel boredom with their lives, jobs, or their partners, and may feel a strong desire to make changes in these areas. There is research indicating that midlife crises occur more often in men than women. “Symptoms” associated with a mid-life crisis may include…

* Exhaustion, or frantic energy
* Self-questioning
* Daydreaming about who you are; where your life is going
* Irritability, unexpected anger
* Acting on alcohol, drug, food or other compulsions
* Greatly decreased or increased sexual desire
* Sexual affairs, especially with someone much younger
* Greatly decreased or increased ambition
* Discontentment/boredom/restlessness with life or lifestyle (people and things) that have provided fulfillment for a long time

4. The term “midlife crisis” was coined by Canadian psychologist Elliot Jacques, but credit for

recognizing and understanding this emotional state must be given to psychologist Carl \_\_\_\_\_\_\_. In his mid-life studies he described the crisis as “normal” in the process of maturing, and is a period of time focusing on self-reflection.

5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ refers to feelings of depression, sadness, and/or grief experienced by parents and caregivers after children come of age and leave their childhood homes. This may occur when children go to college or get married.Many parents actually look forward to, and enjoy the advantages of the empty nest.

6. Psychologist Allan Scheinberg coined the phrase "\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_“, noting that many young adults want the "limited responsibility of childhood and the privileges of adulthood.“ Some expect to live the same lifestyle with the same material possessions that their parents have achieved after working many years… so move back home to get them.Other theories attribute this movement as the result of a tough job market, delayed marriage, high housing costs, economics, divorce, extended education, drug or alcohol problems, or temporary transitions.

7. Conception during middle age presents risks, but having a baby later in life is a consideration for some couples. Women sometimes delay childbearing, due to careers. Still other couples want to have a baby, to delay the “empty nest”.

Female \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ declines significantly after age 40, and an advanced maternal age increases the risk of a child being born with some disorders such as

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (one form of mental retardation).

8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_is the physiological cessation of menstrual cycles associated with advancing age in women. The menopause is sometimes referred to as change of life or climacteric. Menopause occurs as the ovaries stop producing estrogen, causing the reproductive system to gradually shut down. As the body adapts to the decreasing levels of the

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ estrogen, progesterone, and testosterone, vasomotor (muscles and nerves) symptoms such as hot flashes and palpitations (fast heartbeat), psychological symptoms such as depression, anxiety, irritability, mood swings, lack of concentration, and atrophic symptoms such as vaginal dryness and urgency of urination appear.

12. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (HRT) provides the best relief, but certain forms appear to pose significant health risks such as slightly increased risk of breast cancer, heart disease, stroke, and Alzheimer’s disease.

13. A \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a surgical procedure that might be recommended for non cancerous tumors (fibroids); endometriosis (uterine tissue grows elsewhere such as the vagina); uterine prolapse (uterus drops into vagina); cancer (of the uterus, cervix, or ovaries); vaginal bleeding; or chronic pelvic pain. Types of hysterectomies:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – removes uterus but not cervix
\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – removes uterus and cervix

Hysterectomy and Oophorectomy – removes uterus, cervix, fallopian tubes, and \_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ – removes all reproductive tissue as well as the top of the vagina and surrounding lymph nodes

14. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a biological change experienced by men during their mid-life, often compared to the female menopause, although recognized in Europe more than in the United States. It is thought to be more psychological rather than physiological. Andropause usually occurs between the ages of 40 and 55.

Symptoms may include loss of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (sexual desire), nervousness, depression, impaired memory, the inability to concentrate, fatigue, insomnia, hot flushes,

sweating, and some degree of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (impotence).

15. Social relationships may depend on family availability and interaction. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and neighbor interactions are important. Women’s friendships are very personal, but they tend to separate friends into “work friends”, “activity friends”, and “real friends”. Men tend to decrease the number and intensity of same-sex friends. They most often meet other men in work settings, so many potential friends are people with whom they compete for raises or advancement, or with whom they are involved either as supervisors or subordinates. Neither of these conditions is conducive to the openness and concern necessary for the development of a close friendship.

16. The \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a social group for women that fondly refers to itself as a “dis-organization" with the aim of social interaction, tea parties, and to encourage fun, silliness, creativity, and friendship in middle age and beyond.

17. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the property of a living organism to regulate its internal environment to maintain a stable, constant condition. Human beings, as they age, will lose efficiency in their control systems. This is known as homeostatic imbalance, and will increase the risk for illness and be responsible for some physical changes associated with aging.

Thermo-regulation - the ability to regulate \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Osmo-regulation - the active regulation of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ concentration and pressure, directly affecting absorption of nutrients, excretion, hormone levels, blood, skin, hydration, and kidney function

Glucoregulation - the maintenance of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ levels

18. Men over the age of \_\_\_\_\_\_\_\_ need a yearly rectal exam to check for colorectal cancer and prostate cancer.

Women over the age of \_\_\_\_\_\_\_\_\_ should continue with monthly breast self-exams, have yearly pelvic exams and pap smears, and have a mammogram done every year to check for breast cancer.

19. Coronary \_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is the #1 cause of death in the U.S.

Risk factors for heart disease include smoking, obesity, high-fat diet, physical inactivity, high blood pressure, high cholesterol levels, stress, and type A personality. Type A Personality: impatient, excessively time-conscious, insecure about one's status, highly competitive, hostile and aggressive, incapable of relaxation, workaholics, hard-driving, frequent hostility, driven by deadlines. (in contrast to type B personalities who live with lower stress levels, they work steadily and enjoy achieving, but don’t get upset with they don’t achieve what they want; they tend to be creative and enjoy concepts and ideas; they are reflective.)

20. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is a condition that features loss of the normal density of bone, and fragile bone associated with ageing. This disorder of the skeleton weakens the bone leading to an increase in the risk of breaking bones (bone fracture). Risk factors include:Getting older, being small and thin (frailty), family history of osteoporosis, taking certain medicines, being a white or Asian, being a woman, smoking tobacco, alcoholism, calcium/vitamin D deficiencies, insufficient OR excessive physical activity, or exposure to heavy metals such as cadmium or lead.

21. Everyone should have regular eye exams every 2 years after the age of 40. After the age of

45, a check for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_should be included, the leading cause of blindness. People at the highest risk of developing glaucoma are women, diabetics, African-Americans, Asians, Inuits, people who use steroids, and those with a family history of the disease. Early detection is the key to successful treatment.

22. Research on intellectual development during middle adulthood shows declines in perceptual

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (ability to make visual discriminations) and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ability (simple arithmetic calculations).

23. Psychologist Jean \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ categorized cognitive development into 4 stages : sensorimotor, preoperational, concrete, and formal operational.

Middle aged adults, however, are capable of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ thought in solving problems. They go beyond abstract thought, relying on subjective feelings and intuition. They can integrate opposing views, and are able to reconcile and/or choose between conflicting views.

24. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ intelligence are factors of general intelligence identified by Raymond Cattell (1971). *Fluid* intelligence is the ability to find meaning in confusion and solve new problems. It is the ability to draw inferences and understand the relationships of various concepts, independent of acquired knowledge. It appears to peak during early adulthood and then declines during middle age. *Crystallized* intelligence is the ability to use skills, knowledge, and experience. It should not be equated with memory or knowledge, but it does rely on accessing information from long-term memory. It appears to be stable, peaks, or improves during middle age and beyond.

25. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is an organism's ability to store, retain, and subsequently recall information. A steady decline in many cognitive processes are seen across the lifespan, starting in one's thirties.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_ term memory is the type of memory for phone numbers, messages, and zip codes. Research does not show a noticeable decline in short term memory with *normal* aging.

26. There are 3 types of long-term memory. Research has found decline in explicit memory with aging, but not of implicit or semantic memory:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or episodic memories are facts that you made a conscious effort to learn and that you can remember at will, for example, the names of state capitals; also includes memories of events and experiences.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_or procedural memory is information you draw on automatically in order to perform actions such as driving a car or riding a bicycle.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_memories are facts that are so deeply ingrained they require no effort to recall. An example would be the months of the year.

27. Memory decreases with…

A. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

B. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

C. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

D. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

28. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is performed to improve appearance and self-esteem. It involves reshaping parts of the body that are otherwise functioning properly. Procedures include:

Botox (injections to temporarily smooth out wrinkles)

Blepharoplasty (eyelid surgery)

Breast reduction or augmentation

Breast lift

Brow lift

Buttock Augmentation

Chemical peel

Dermabrasion

Endoscopy (Keyhole plastic surgery)

Face lift

Facial implant

Facial scar revision

Forehead lift

Gynecomastia (Male breast tissue) reduction

Hair replacement

Laser skin resurfacing

Liposuction

Mentoplasty (chin surgery)

Otoplasty (ear surgery)

Microdermabrasion (skin rejuvenation)

Rhinoplasty (nosejob surgery)

Rhytidectomy (face surgery)

Thighplasty (thigh lift)

Tummy tuck.