

## **OLDER ADULTS**

### **Learning Objectives for Anti-aging Therapies and Cosmeceuticals: An Evidence-Based Update**

1. Distinguish among genetic, biologic, and environmental influences on the overall aging process as well as the aging of skin.
2. Using an evidence-based approach, evaluate potential anti-aging interventions in humans.
3. Assess patient risk factors that lead to aging of the skin to determine potentially reversible extrinsic and intrinsic causes that contribute to premature aging of the skin.
4. Given a patient's risk factors, recommend appropriate cosmeceuticals to prevent and reverse aging of skin.
5. Distinguish among common anti-aging ingredients in topical skin care products to help consumers make informed purchases.

### **Learning Objectives for Health Issues in Older Women**

1. Evaluate the impact of recent studies on the role of postmenopausal hormone therapy (HT).
2. Assess the value, risk, and benefits of nonhormonal agents and alternative therapies in managing menopausal symptoms.
3. Design an appropriate treatment plan for a perimenopausal or postmenopausal woman based on her medical history and presenting symptoms.
4. Counsel a postmenopausal woman on the appropriate use of HT.
5. Distinguish the symptoms of the major types of urinary incontinence (UI).
6. Evaluate the role of recent pharmacotherapy options in the treatment of UI.
7. Evaluate recent therapeutic options and apply recent guidelines in managing osteoporosis.
8. Design an appropriate treatment plan for a woman with osteoporosis.

### **Learning Objectives for Health Issues in Older Men**

1. Evaluate the impact of new studies on the short-term and long-term treatment of benign prostatic hyperplasia (BPH).
2. Classify the major types of prostatitis and justify changes in traditional treatment regimens for chronic bacterial prostatitis and chronic prostatitis/chronic pelvic pain syndrome.
3. Assess the impact of studies regarding chemoprevention therapy for prostate cancer on therapeutic decision-making.
4. Analyze therapeutic approaches to improve efficacy of new phosphodiesterase type-5 inhibitors in the treatment of erectile dysfunction (ED).
5. Evaluate men with ED presenting with new-onset vision deficits or cardiovascular disease and the subsequent affects on therapy.