

平成 22 年度 博士後期課程学位論文要旨

学位論文題名 (注: 学位論文題名が欧文の場合は和訳をつけること)

The Relationship Between Pulmonary Function and both Physical Functions and Mobility in Community-Dwelling Elderly Women Aged 75 Years and Older
(75 歳以上の地域在住高齢女性の呼吸機能と身体機能・活動量との関係)

学位の種類: 博士 (健康^{科学}学)

人間健康科学研究科 博士後期課程人間健康科学専攻フロンティアヘルスサイエンス系

学修番号 08998601

氏名: 阿部 勉

(指導教員名: 井上順雄)

注: 1,000 字程度 (欧文の場合 300 ワード程度) で、本様式 1 枚 (A 4 版) に収めること

[Purpose]

The purpose of the present study was to evaluate the relationship between pulmonary function and both physical functions and mobility in community-dwelling elderly women aged ≥ 75 years.

[Methods]

The subjects were 1022 women aged ≥ 75 years and who were living in urban community. We measured the vital capacity (VC) and forced expiratory volume in 1 s (FEV1.0) by spirometry, and assessed the physical functions and mobility.

[Results]

Older women exhibited inferior pulmonary function as well as reduced physical functions and mobility. These findings highlight the impact of diminished pulmonary function on physical functions in old age.

[Conclusions]

Women of advanced age have diminished pulmonary function, physical functions, and mobility, and diminished pulmonary function is associated with declining physical function. Currently, muscular strength reinforcement is used as a preventive care measure for reinstating pulmonary function in the elderly. However, with effective pulmonary rehabilitation, undergoing strength reinforcement usually depends on the individual's preference and willingness. When an examination is required, spirometry should be included as an examination modality for its diagnostic value.