

EDITORIAL

Brazil of the Old and the Elderly

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The Brazilian Institute of Geography and Statistics (IBGE) confirmed in 2024 what all gerontological studies have already indicated: Brazil will soon be a Country of elderly individuals! In fact, several states and cities already have a higher number of elderly people compared to younger individuals. This aging process is occurring from the South to the North of the country, so that by 2046, when it reaches Amazonas, most of the Brazilian population will consist of individuals over 60 years old.

In this regard, it is important to use this space to combat ageism—the prejudice associated with the terms and the incorrect adjectival use when referring to elderly individuals. It should not be said that old age is “the best age” or “the third age,” much less refer to someone as “oldie.” Being old is an achievement!

For this reason, we embrace the term “old” in its beauty, full of stories and meanings. This perspective helps to eliminate the notion that the elderly should be discarded. It is essential to emphasize that it is only in the elderly that we find stories, experiences, lives lived, joys, marks, and a wealth of history to share. Do you not want to be old? Then you must die young!

In summary, geriatrics is a medical specialty, while gerontology is a multidisciplinary field that includes specialists from all areas of knowledge, from the exact sciences to health, working with any aspect of aging.

Today, it is with great joy that we launch the Journal Gerontology Brazil for the scientific community, published by the traditional and established

Publisher Atlântica, which has over 25 years of history. The scientific team comprises professors and researchers from various Brazilian and foreign universities with significant expertise in their respective fields. Additionally, we have researchers and reviewers from across Brazil and abroad, including: Federal University of Amazonas (UFAM), Federal University of Minas Gerais (UFMG), University of Brasília (UnB), Faculty of Medical Sciences of Minas Gerais (FCMMG), Cooperative of Polytechnic and University Higher Education (CESPU) Portugal, Oswaldo Cruz Foundation (Fiocruz), Federal University of Espírito Santo (UFES), Foundation for Open University for the Elderly (FUNATI), Federal University of São Carlos (UFSCar), Center for Higher Education of Foz do Iguaçu (CESUFOZ), Pontifical Catholic University of Goiás (PUC Goiás), University of the City of São Paulo (UNICID), University of São Paulo (USP Ribeirão Preto), University of São Paulo (USP capital), and Municipal Public Server Hospital (HSPM).

We are off to a great start. This edition presents a study on a hypercaloric and hyperproteinic supplement for the elderly, opening possibilities for nutritional access, especially considering the socioeconomic challenges of aging in Brazil. Another powerful article reveals to science who the

long-lived rural elderly of Amazonas are and how they are functioning. In a study involving 152 independent elderly individuals, we observed that fear of falling and negative self-perception of balance negatively affect functional mobility. A beautiful qualitative analysis reveals the full potential of aging as an elderly woman in the Amazonian context; the text prompts a profound reflection on the nature of the forests in that region. Clinical-functional vulnerability was investigated in elderly individuals with type 2 diabetes, and we found that functional incapacity and physical activity levels were significantly associated with frailty. Dysphagia and its impact on quality of life were studied in 258 elderly individuals served by the SUS. Finally, a nutritional screening, along with self-perception of health, was conducted in a representative sample of elderly individuals aging in the rural and/or riverside context of the Amazon.

We are ready to receive original articles, systematic reviews, clinical trials, case reports and experiences, integrative reviews, opinions, and editorials that encompass any perspective on human aging.

With great affection, we launch the first edition of the Journal Gerontology Brazil.

Welcome, everyone.



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