Octogenarians on dialysis: Lessons in longevity and quality of life.

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A review of literature indicates that people who experience longevity have certain characteristics and personality traits in common. While family history and health habits play an important role, centenarian research reveals that family support, an optimistic attitude, a sense of purpose, and an ability to manage stress, all contribute to longevity. Social workers conducted life review interviews with 17 octogenarians receiving dialysis to learn more about their backgrounds, health habits, and coping styles in order to determine if they shared tendencies found in centenarians, and the implications it had for younger dialysis patients. Our initial findings support our hypothesis: octogenarians on dialysis often share characteristics with centenarians, something that may help to stave off or ameliorate the effects of chronic illness until later in life.

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