

ITALIAN LONGITUDINAL STUDY ON AGING (ILSA)

The ILSA is a population-based longitudinal study of the health status of Italians aged 65-84 years. The main objectives of ILSA are the study of the prevalence and incidence rates of common chronic conditions in the older population, and the identification of their risk and protective factors. ILSA is also designed to assess age-associated physical and mental functional changes.

Listing of study variables & measurement of variables

Sociodemographic:

- sex
- age
- living status
- lifestyle
- education
- occupation
- death date

Bio-clinical:

- blood analysis including:
 - total and HDL cholesterol
 - proteins
 - fibrinogen
 - Factors VII and VIII
 - glucose and glucosylated Hb
 - insulin
 - sodium potassium
 - creatinine
 - uric acid
- hemoglobin
- hematocrit
- RBC, WBC platelet count
- T3, T4, FT4, TSH
- alanine aminotransferase
- aspartate aminotransferase
- triglycerides
- mental status, depression
- memory
- examination of heart, lungs, pulses, buits
- control of peripheral edema
- neurological factors
- anthropometric measurements
- physical performance tests including:
 - timed chair stand
 - timed step up
 - tandem walk
 - timed one-leg stand
 - timed 5 metre walk
 - 180 degree pivot

- electrocardiogram
- spirometry
- retinography
- hypertension
- myocardial infarction
- angina pectoris
- cardiac arrhythmia
- congestive heart failure
- parkinsonism
- dementia
- hypo/hyperthyroidism
- intermittent claudication stroke
- diabetes
- distal symmetric neuropathy of lower limbs
- autopsy study of brains from demented patients
- adrenal response to aging
- auditory functioning

Psychological:

- sleep disorders

Functional Health:

- activities of daily living
- level of disability
- physical performance

Health Services:

- prevalence of under reporting
- prevalence of overreporting
- lifetime hospitalizations

Lifestyle:

- diet
- alcohol consumption
- smoking habits
- current use of medications