

## The use of collagen therapy in geriatric patients

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Chronic pain is one of the most common symptoms in older adults. It is associated with physical disability, functional decline, falls, sleep and mood disorders, social isolation and increased demand for medical care. In the PolSenior2 study, chronic pain was reported by 47.6% of Poles aged 60 or over. According to this study, musculo-skeletal related pain (especially low back pain – LBP) was the most common site of pain in geriatric population. Chronic pain affects the quality of life and requires medical treatment.

It is well known that pharmacotherapy of pain in elderly compared to younger adults is associated with a greater risk of adverse events. The risk of drug-drug and drug-disease interactions should be also taken into consideration. For example, nonsteroidal anti-inflammatory drugs (NSAIDs) are associated with the risk of renal, gastrointestinal and cardiovascular complications, while glucocorticosteroids may contribute to worsening blood pressure and hyperglycemia. Multimodal pain management is the solution to some of these problems. New therapeutic approach based on the use of tropocollagen injections may be an alternative or adjunctive treatment of arthro-myofascial pathologies.

Current research shows that tropocollagen injections may improve joint mobility, promote muscle distention, relieve localized pain or pain caused by joint movement or faulty posture. Spinal mesotherapy using collagen type I may be a safe and effective treatment method for chronic LBP in geriatric population. There is evidence of the effectiveness of collagen therapy in other musculo-skeletal pathologies, such as gonarthrosis or greater trochanter pain syndrome (GTPS). In the elderly population, the choice of analgesic therapy should be made based on the risk-benefit balance. Collagen therapy is a promising and minimally invasive option.

### References

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