

## Loneliness - The Silent Epidemic

October 11, 2019 - Sam Downing, MD

- 1: Definitions: Lonely: Being without company, Unfrequented (spot), Lonesome  
Lonesome: *sad* from lack of companionship, remote, solitary  
Companion: Literally “one who shares bread” - an intimate friend or associate
  
- 2: R45.89 - Symptoms and signs involving emotional state  
OR  
Z60.9 - Problem related to social environment  
(2020 ICD-10 nomenclature)
  
- 3: Loneliness precipitants and risk factors.
  
- 4: The Burden of Loneliness
  
- 5: Psychosocial Frailty - increases vulnerability  
S: Sadness  
O: Outside Activity  
C: Cognition  
I: Income Adequacy  
A: Adaptation to Neighborhood  
L: Lethargy
  
- 6: Loneliness and Depression - Are they the same thing???
  
- 7: Resilience: Successful Adaptation to Adversity  
Hallmarks: Recovery, Sustained Purpose, Growth
  
- 8: Treating the Dis-ease of Loneliness
  
- 9: Questions / Comments/ Discussion