From The Editor In Chief

The multiple problems of older individuals in this aging world are well defined. Approaches to these problems can only achieve success if they are based on the results of scientific researches conducted in this field. Unfortunately, there is still concern that older persons are underrepresented in scientific researches, which is considered a form of discrimination.

Although there are some barriers for the elderly to enroll in clinical researches, factors that facilitate their participation include: 1) approval of family members, 2) the positive attitude of the medical team toward the research, 3) the approach of the person who communicates with the patient about the study, and 4) factors such as the patient's high level of education, which positively affect participation.

Unfortunately, there is no "standardized methodology" for including older patients with comorbidities and disabilities in clinical trials. It is important to design a protocol which is carefully prepared and equipped with sufficient references that takes ethical aspects into account.

In terms of compliance with the research, study protocols should be appropriate for the admission of the elderly. They should not include complex and difficult applications, and the research should not impose an economic burden on the patient.

The approach to be applied after the research should be designed at the very beginning of the study and approved by the ethics committee. At the end of the study, elderly patients should be informed about the results of the research, monitored for unwanted side effects for a while longer, and referred for medically necessary treatments.

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