

## **Abstract**

**Introduction:** This bachelor thesis focuses on the aging process, physiological changes in the digestive tract, and the potential severe problems associated with advanced age that may impact diet and fluid intake. In the theoretical part, it summarizes the most important factors discussing old age and its related aspects. The practical part compares the theoretical research with the collected results from a questionnaire survey and laboratory blood tests.

**Aims:** The main general aim of this thesis was to conduct a search of literature and scientific studies, and then to compare these findings with the data collected in the practical part. It was necessary to obtain the specific changes in the given sections of the digestive tract from the literature and research. The practical part included a questionnaire survey and the results of laboratory blood tests of geriatric patients to compare the diet of current versus younger age and, if necessary, to find out the reasons for the change.

**Methods:** The quantitative questionnaire survey was realized between December 2022 and February 2023 in the Home for the Elderly, Prague 4 Háje and was completely anonymous. The target group were individuals from the elderly population. The questionnaire was based on a professional article by Professor Hana Kubesova. The collected data were evaluated and interpreted into graphs and tables using Microsoft Excel. Laboratory blood parameters were collected at the Geriatric Clinic of the General University Hospital. This was again an anonymous data collection using the local hospital system. The target group were geriatric patients at the clinic. The collected data were evaluated and interpreted using Microsoft Excel.

**Results:** The data obtained from the questionnaire and from laboratory blood tests generally agree with the theory. Some seniors really do not drink as much as they should and do not eat as much as they used to. Laboratory blood tests obtained in geriatrics also correlate with information obtained from the literature.

**Key words:** Geriatric, Diet, Fluid intake, Digestive tract