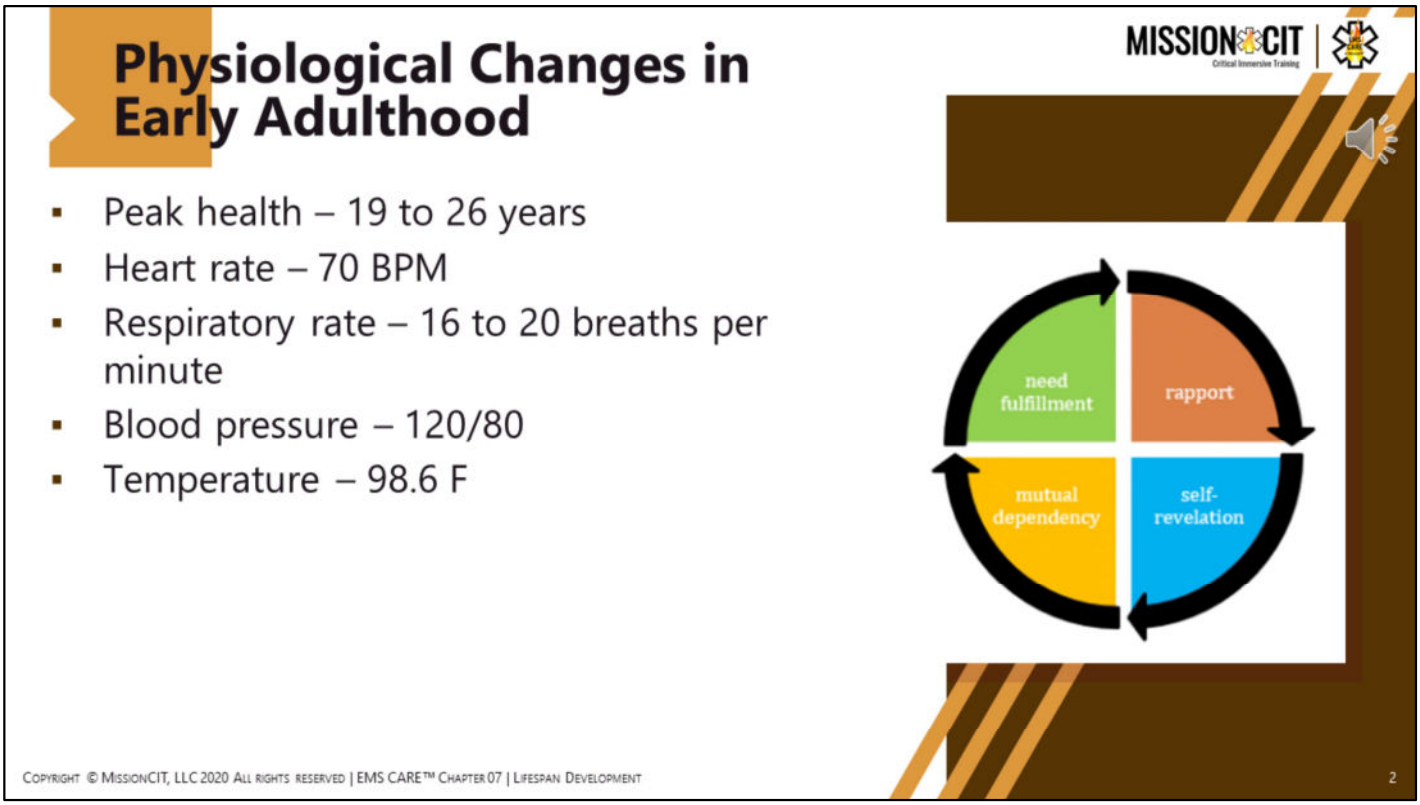


Thank you, Justin!

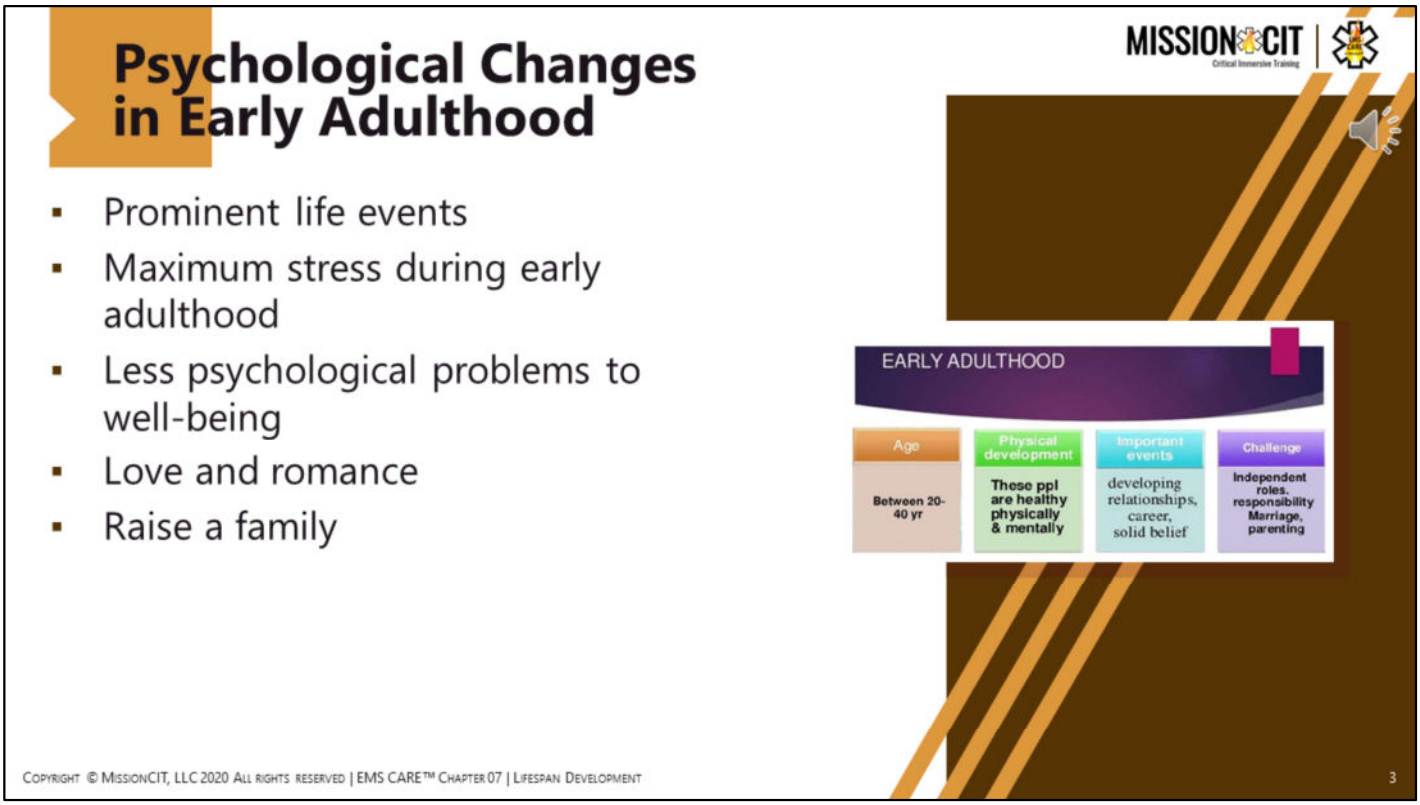
Welcome to this lesson where we talk about the early and middle adulthood periods and what they entail for patients. We call the ages from 20 to 40 as early adulthood and from 41 to 60 years as middle adulthood.

So, let's see the vital signs, physiological and psychological aspects during these two phases of life.



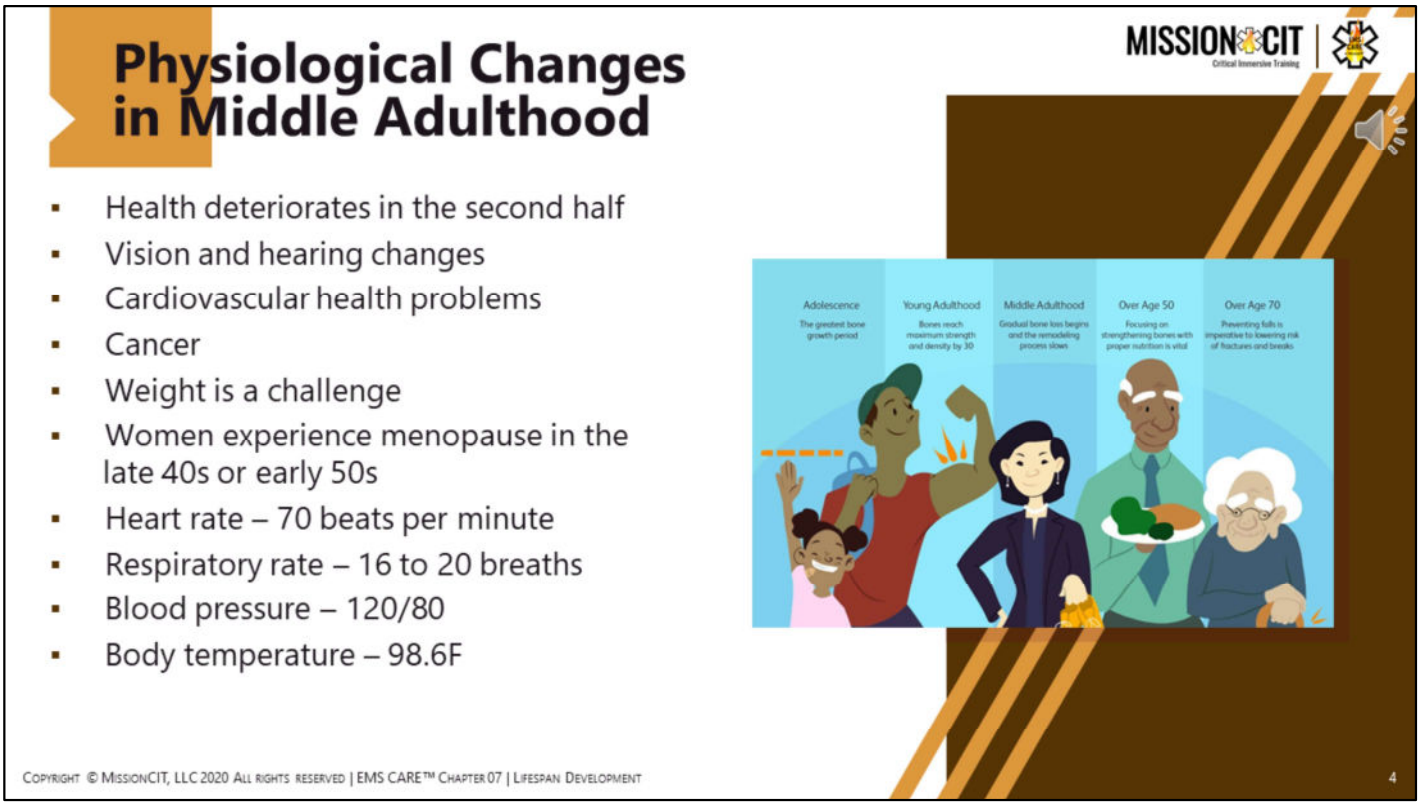
This is when an individual is in excellent health as the peak conditioning period will be between 19 to 26 years of age. During this time, the heart rate averages about 70 beats per minute, the respiratory rate averages 16 to 20 breaths per minute, blood pressure is 120 by 80, and the temperature will stabilize at 98.6 degrees Fahrenheit.

People tend to develop practices and routines that tend to stay for life. In this age, accidents are the leading cause of death.



Many prominent life events happen during this phase such as graduation, first job, marriage, and children. Since so many important events happen during this time, adults experience maximum stress during early adulthood. At the same time, people have a lot to look forward to, hence psychological problems related to well-being are fairly less.

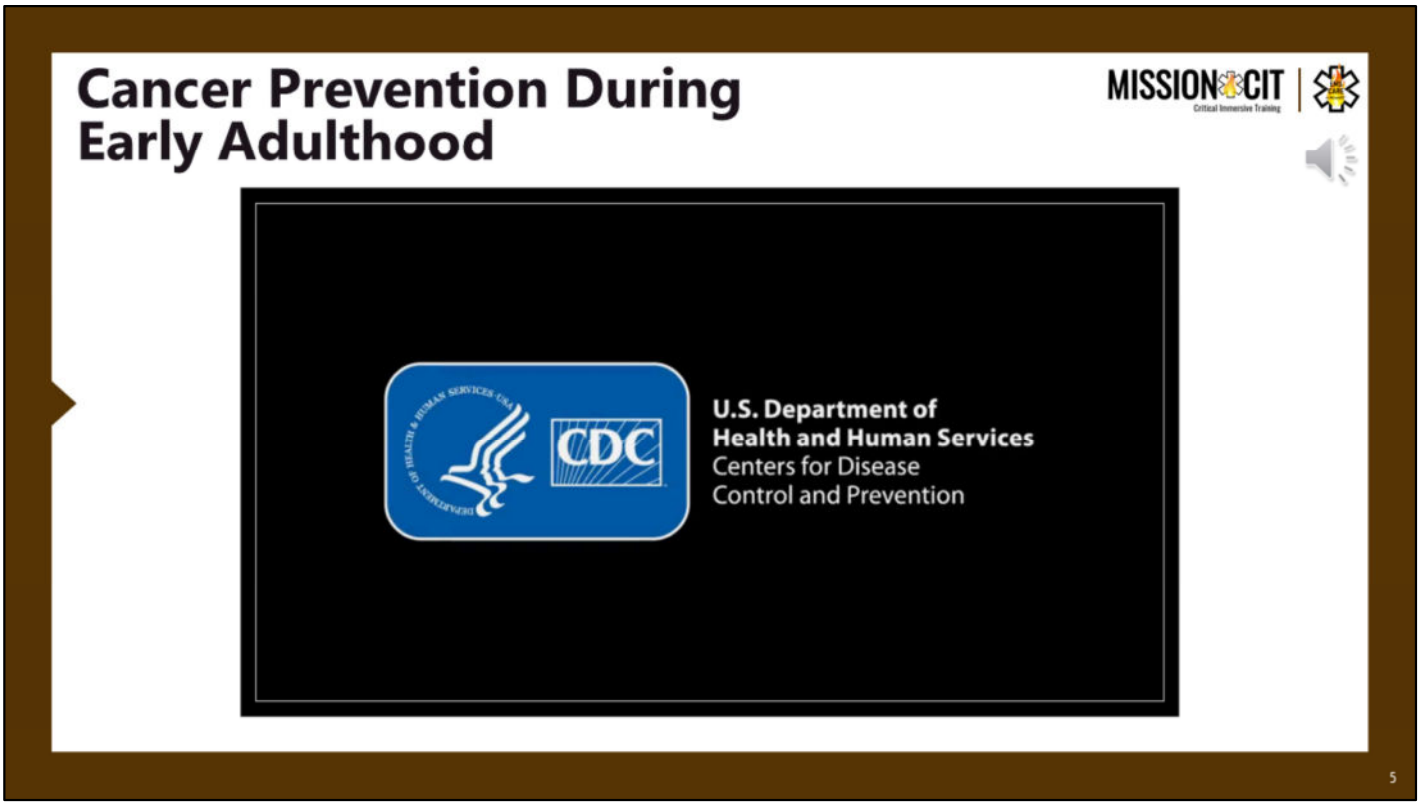
They experience love in this phase and most individuals enjoy both romantic and affectionate love as they get married and settle down to raise a family.



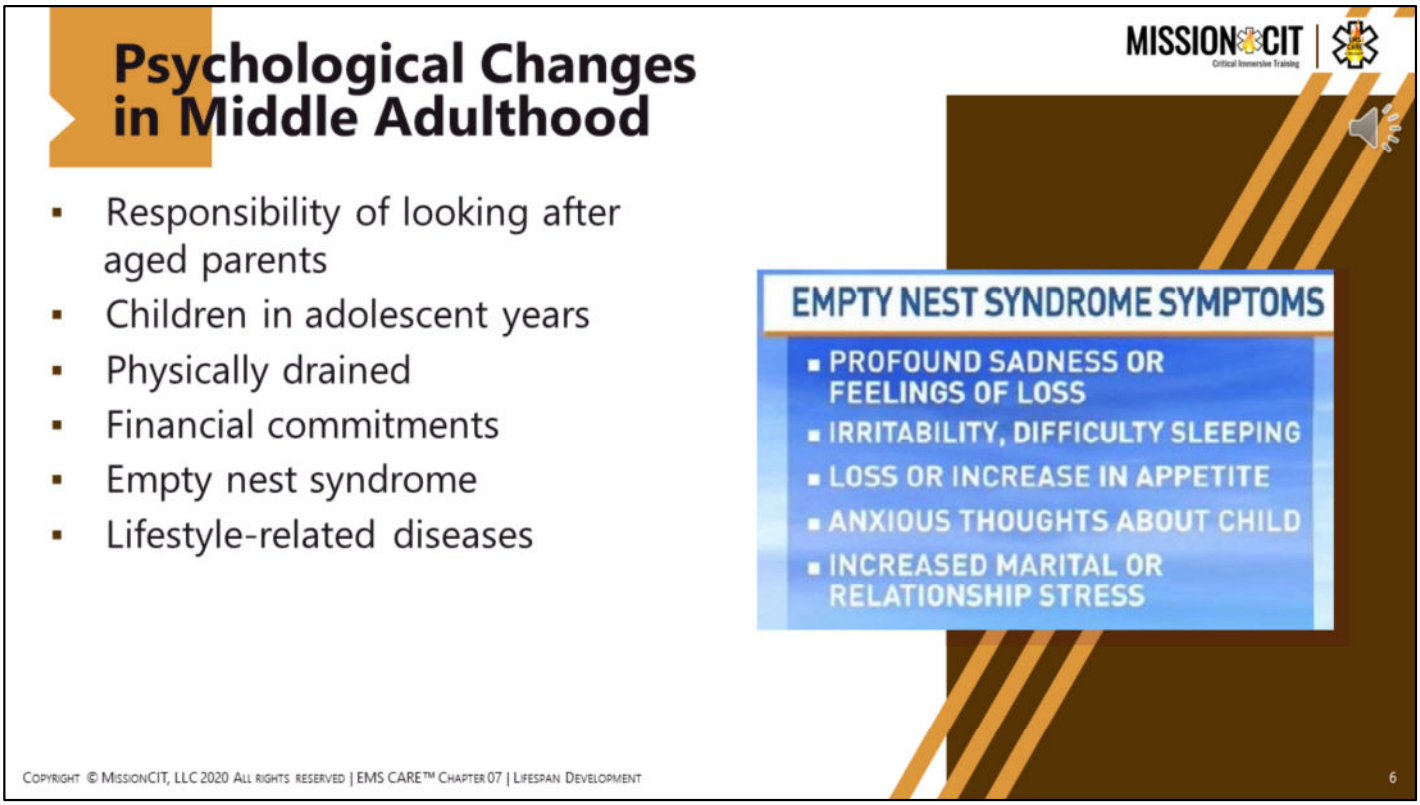
Moving on to middle adulthood, this period is characterized by good body functions though health starts deteriorating in the second half. There will be vision changes and the efficiency of hearing can go down. Cardiovascular health is a major concern during this phase as the cardiac output decreases and cholesterol increases. This is also when many lifestyle diseases like diabetes and obesity creep in.

Cancer strikes this age group the most and weight control becomes a challenge as well. Women experience menopause in their late 40s or early 50s and this causes many physiological changes in them.

All through this period, the heart rate averages 70 beats per minute, respiratory rate is 16 to 20 breaths per minute, blood pressure is 120 by 80, and body temperature is 98.6 degrees Fahrenheit.



CDC's Division of Cancer Prevention and Control sponsored a special issue in the American Journal of Preventive Medicine about factors during early adulthood that contribute to a person's lifetime cancer risk.



Life throws many challenges at people of this age, but they are mature enough to handle them well. During this phase, they are saddled with the responsibility of looking after aged parents and children in their middle and adolescent years, and this can make them overwhelming and physically drained. Financial commitments also add to their stress levels, though most adults handle them well.

Empty-nest syndrome where children leave for college or work sends some people into bouts of depression.

By large, this is a fairly stable phase of one's life and you may see lifestyle-related diseases and emergencies for the most part.

With this, we come to the end of this lesson and in the next one, we will talk about late adulthood and eventually death. Justin will take you through this difficult phase of life.