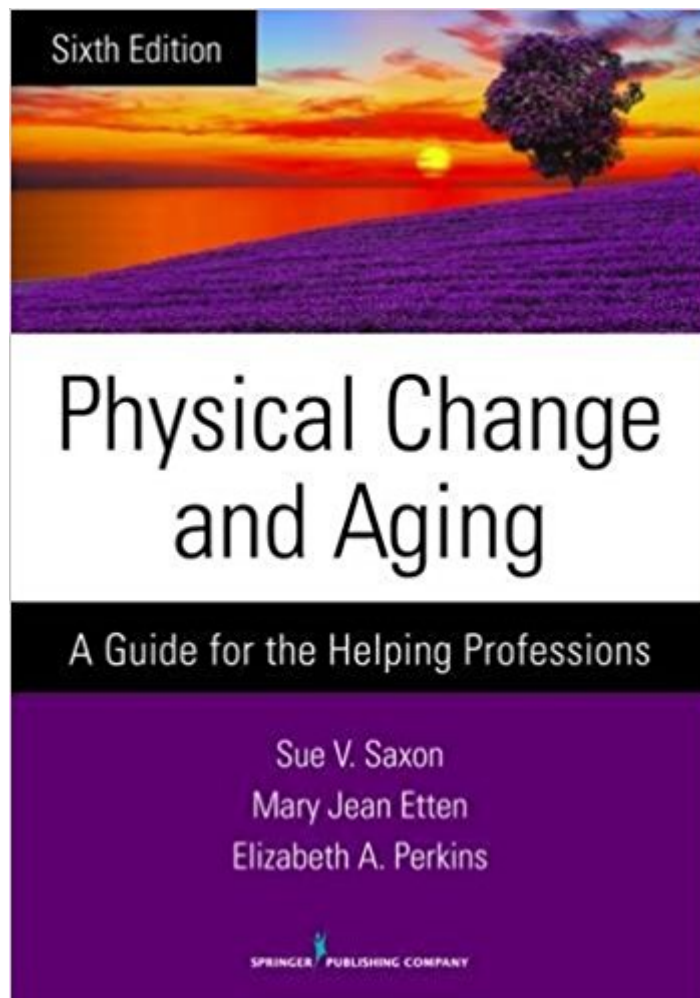




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# Physical Change And Aging, Sixth Edition: A Guide For The Helping Professions



## Synopsis

[This book] has been honed into an elegant compendium. This outstanding work should be widely read ~ it is perhaps the best example of an integrative approach to gerontology. Score: 94, 4 stars ~ Doody's "Physical Change & Aging" has been a well-respected resource for caregivers ever since it was published in 1978. This updated version carries on the tradition of providing valuable information on the aging process and age-related health issues. ~ Former First Lady Mrs. Rosalynn Carter This sixth edition of a classic multidisciplinary text for students of gerontology continues to offer practical, reader-friendly information about the physical changes and common pathologies associated with the aging process. It places special emphasis on the psychological and social implications of these changes in the lives of older adults. The book is distinguished by its thorough focus on anatomy and physiology and common health problems pertaining to each body system. It emphasizes the positive aspects of aging and demonstrates how the elderly population can gain greater personal control, through lifestyle changes and preventive health strategies, toward the goal of optimal aging. This sixth edition has been thoroughly updated to present new research findings that differentiate "normal" aging from actual pathology and includes substantially updated information on diagnosis and treatment. It incorporates new data from healthy older adults demonstrating that the aging process is not necessarily as devastating as earlier research had indicated. The book provides new data and guidelines on risk factors, nutrition, preventive measures, interventions, and commonly prescribed medications, and includes expanded treatment of complementary and alternative therapies. Also included is an updated discussion of grief, ethical issues, and funeral options. The book reinforces information with practical applications of aging data. Written for students of gerontology, social work, human services, nursing, medicine, occupational and physical therapy, counseling, and elder law, it presents information that is clearly understandable for those without an extensive background in biology or medicine. Additionally, the book is a useful practitioner's guide and an easily understandable book for family caregivers. THIS SIXTH EDITION INCLUDES NEW INFORMATION ON: Diagnosis and treatment Behaviors and interventions that promote more control over an individual's aging process Genetic/DNA theories Dementia and Parkinson's disease Immunotherapy Lifelong health disparities Animal-assisted therapy Prayer and meditation Pharmacogenetics Geragogy (self-directed learning) Caregiver health as a public health issue Natural funerals (biodegradable caskets, burial urns, dying at home)

## Book Information

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Gerontology

## Customer Reviews

For the very basics of biological aging processes, this textbook will do just fine. This textbook is not intended for Allied Healthcare professions, unless it is used for an overview of the basic biological constructs of aging. In other words, this book is not comprehensive science textbook.

Exactly what I asked for! Fast shipping.

Bought for class. Very interesting if you are in the field, but this class has helped me decide not to get into a geriatrics field. While it is a well written book, my view is tainted by the class.

Great book to learn about aging population and nursing. Purchased for BSN class

Several bits of information was incorrect like the smallest bone of the body. My professor hated this book because of all the mistakes.

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