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Nota di contenuto	Part I. Overarching Issues for Nutritional Well-Being in Later Life -- 1. Nutrition Interventions for Aging Populations -- 2. Systematic Reviews in the Field of Nutrition -- 3. Nutrition Assessment -- Part II. Fundamentals of Nutrition and Geriatric Syndromes -- 4. Nutrition and the Aging Eye -- 5. Nutrition and Oral Health: A Two-Way Relationship -- 6. Loss of Muscle Mass and Muscle Strength in Obese and Non-Obese Older Adults -- 7. Muscle Metabolism, Nutrition, and Functional Status in Older Adults -- 8. Nutrition in the Prevention and Treatment of Cognitive Decline -- 9. Food Insecurity and Hunger Among Older Adults -- Part III. Common Clinical Conditions -- 10. Obesity in Older Adults and Strategies for Weight Management -- 11. Nutrition and Lifestyle Change in Older Adults with Diabetes Mellitus and Metabolic Syndrome -- 12. Preventive Cardiology: Counseling Older At-Risk Adults on Nutrition -- 13. Chronic Heart Failure -- 14. The Relationship of Nutrition and Pressure Ulcers -- 15. Nutrition Support

in Solid Tumor Cancer Patients -- 16. Nutrition and Chronic Kidney Disease -- 17. Nutritional Concerns in Osteoporosis -- 18. Dementia-related Mealtime Difficulties: Assessment and Management in the Long-Term Care Setting -- 19. Nutrition at the End of Life -- Part IV. Contemporary Diet-Focused Concerns -- 20. Anti-Aging Effects of Nutritional Modification: The State of the Science on Calorie Restriction -- 21. High-Risk Nutrients in the Aging Population -- 22. Physical Activity and Exercise: Important Complements to Nutrition in Older Adults -- 23. Dietary Supplements in Older Adults.

Sommario/riassunto

This is the new and fully revised third edition of the well-received text that is the benchmark book in the field of nutrition and aging. The editors (specialists in geriatric nutrition, medical sociology, and clinical nutrition, respectively) and contributors (a panel of recognized academic nutritionists, geriatricians, clinicians, and other scientists) have added a number of new chapters and have thoroughly updated the widely acclaimed second edition. This third edition provides fresh perspectives and the latest scientific and clinical developments on the interaction of nutrition with age-associated disease and provides practical, evidence-based options to enhance this at-risk population's potential for optimal health and disease prevention. Chapters on a wide range of topics, such as the role of nutrition in physical and cognitive function, and coverage of an array of clinical conditions (obesity, diabetes, heart failure, cancer, kidney disease, osteoporosis), compliment chapters on food insecurity, anti-aging and nutritional supplements, making this third edition uniquely different from previous editions. Handbook of Clinical Nutrition and Aging, Third Edition, is a practical and comprehensive resource and an invaluable guide to nutritionists, physicians, nurses, social workers and others who provide health care for the ever-increasing aging population.
