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Sommario/riassunto

This book explores what is known about healthy living among older women, emphasizing overcoming illness and adversity. *Women and Healthy Aging* focuses on common age-related changes and illnesses that frequently occur among women in the later years. It describes these diseases and changes, provides treatment options, highlights preventative measures, and offers suggestions for continued productive living as women age. Since some of the barriers to effective diagnoses, treatments, and implementation of productive living strategies are institutional, two chapters explore public health policies wh