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| Autore                  | Bludau Juergen   |
| Titolo                  | Aging, but never old [[electronic resource] ] : the realities, myths, and misrepresentations of the anti-aging movement / / Juergen Bludau   |
| Pubbl/distr/stampa      | Santa Barbara, Calif., : Praeger, c2010  |
| ISBN                    | 1-282-96368-6<br>9786612963681<br>0-313-38019-8  |
| Descrizione fisica      | 1 online resource (196 p.)   |
| Collana                 | The Praeger series on contemporary health and living   |
| Disciplina              | 612.6/7  |
| Soggetti                | Aging<br>Aging - Physiological aspects<br>Older people - Health and hygiene<br>Electronic books.   |
| Lingua di pubblicazione | Inglese  |
| Formato                 | Materiale a stampa   |
| Livello bibliografico   | Monografia   |
| Note generali           | Description based upon print version of record.  |
| Nota di bibliografia    | Includes bibliographical references and index.   |
| Nota di contenuto       | Cover; Contents; Series Foreword; Foreword; Acknowledgments; Introduction; 1. The Secrets of Aging; 2. Geriatric Medicine versus the Anti-Aging Movement; 3. Doctor Talk; 4. Medications and Older Adults; 5. Nutrition; 6. Exercise and Older Adults; 7. The Aging Brain; 8. Health Maintenance; 9. Falls-Don't Ignore Those Stumbles and Trips; 10. Depression and Anxiety-A Sad State of Affairs; 11. Incontinence-The Secret Disease; 12. Hospice and Palliative Care-Beyond Usual Medical Care; 13. Some Nuisances of Aging-When to Worry?; 14. Sexuality and Older Adults<br>15. Social Connectedness, Support through Caregiving, and Spirituality<br>16. On Being Prepared; 17. Enjoy the Passage of Time; Appendix: A Dozen Useful Web Sites; Index; A; B; C; D; E; F; G; H; I; J; K; L; M; N; O; P; R; S; T; U; V; W; X; Z |
| Sommario/riassunto      | There are many myths and much misinformation about aging. At the same time, there are few trustworthy books on the subject. <i>Aging, But Never Old: The Realities, Myths, and Misrepresentations of the Anti-Aging Movement</i> was written to address those myths and fill that gap. Written by an eminent geriatric specialist, this book will  |

educate readers about the specialty of geriatric medicine, helping them understand what true geriatric care is and what it can do for older adults. The book opens with a comparison of scientifically sound geriatric medicine as compared to its arch rival, t

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