

1. Record Nr.	UNINA9910527155103321
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Titolo	Health promotion and aging : practical applications for health professionals // David Haber, PhD
Pubbl/distr/stampa	New York : , : Springer Publishing Company, , 2016 ©2016
ISBN	0-8261-3189-1
Edizione	[Seventh edition.]
Descrizione fisica	1 online resource (484 pages)
Disciplina	362.19897/00973
Soggetti	Preventive health services for older people - United States Health promotion - United States Older people - Health and hygiene Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover -- Title -- Copyright -- Contents -- List of Figures -- List of Tables -- Foreword -- Preface -- Acknowledgments -- Share Health Promotion and Aging: Practical Applications for Health Professionals, Seventh Edition -- Chapter 1: Introduction -- Healthy People Initiatives -- Aging, Health, Social, and Medical Trends -- Definitions of Healthy Aging -- The Federal Government -- Extraordinary Accomplishments -- Prevention -- Wellness -- Antiold and Antiaging -- Compression of Morbidity -- Health Perspectives and Aging -- Health Expectancy Versus Life Expectancy -- Physical Versus Emotional Aspects of Aging -- Intergenerational Conflict Over Health Care? -- Legislation -- Medicare -- Medicaid -- Social Security -- Health Care, Medical Care, Quality Care -- Health Care Versus Medical Care -- Chapter 2: Clinical Preventive Services -- Medical Screenings and Prophylaxis: Considerable Controversy -- Annual Physical -- Accuracy, Reliability, and Effectiveness of Medical Screenings -- Cancer Deaths -- Lung Cancer -- Breast Cancer -- Ductal Carcinoma In Situ -- Mammography Controversies -- Mammography Update -- Prostate Cancer -- Treatment Options -- Colorectal Cancer -- Innovative Colorectal Cancer Screenings -- Other Cancers -- Skin Cancer -- Cervical Cancer

-- Thyroid Cancer -- Menopause -- Hormone Replacement Therapy -- HRT Update -- High Blood Pressure -- Blood Pressure Threshold -- Treatment -- Osteoporosis -- Treatment -- Cholesterol -- Statins -- Low-Density Lipoprotein -- 2013 Cholesterol Guidelines -- Statin Concerns -- Diabetes -- Hearing -- Vision -- Oral Health -- Hepatitis C -- Are Screenings Going to the Dogs (and Cats)? -- Immunizations -- Influenza -- Pneumonia -- Tetanus -- Shingles -- Aspirin Prophylaxis -- The Polypill -- Medicare Prevention -- A Final Word -- Chapter 3: Empowering Older Adults -- Empowering Older Clients. Community Health Promotion Programs -- Empowering Older Patients -- Communication -- Personality Characteristics of an Effective Health Educator -- How Effectively Do You Communicate? -- Cruising the Internet -- Case Study in Web Deception: drkoop.com -- Websites -- Electronic Resources -- Selected Communication Barriers -- Cross-Cultural Communication -- Communication With Older Patients -- Jargon -- Elderspeak -- Health Behavior Change -- Assessments and Interventions -- Health Risk Appraisals -- A Reflective Health Assessment -- Stages of Change -- Health Contracts -- 10 Tips for Changing Health Behaviors -- Health Behavior Theories -- Behavioral and Cognitive Management -- Healthy Pleasures -- Social Cognitive Theory -- Self-Efficacy -- Health Locus of Control -- Health Belief Model -- Other Theories -- Theories Versus Concepts -- Chapter 4: Exercise -- Surgeon General's Report on Physical Activity and Health -- The Most Popular Activity: Walking -- Walking in the Neighborhood -- Pedometers -- The Most Popular Inactivity: Sitting -- Exercise for Disease Prevention and Functional Improvement -- Cardiovascular Disease -- Cancer -- Diabetes -- Depression -- Cognition -- Bone Density -- Fall Prevention -- Osteoarthritis -- Sleep -- Other Conditions -- Caution -- Exercise for Weight Management -- The Four Components of My Exercise Class -- The Aerobics Component -- The Muscular Strength or Endurance Component -- The Flexibility and Balance Component -- Yoga and Tai Chi -- Dance and Other Balance Exercises -- The Health Education Component -- Less Conventional Exercises -- Different Strokes for Different Folks -- The Activity Pyramid -- Arthritis: A Barrier to Exercise and Activity -- Other Barriers and Cautions -- Selected Topics -- How to Respond to an Excuse -- Benefits -- Health Club, Home, or Religious Setting -- Personal Trainer. Wii-Hab for Degenerative Diseases -- Absence of the Health Educator in the Medical Clinic -- A Farewell to Jack -- Chapter 5: Nutrition and Weight Management -- The Food Guide Pyramid and Variations -- Modified Food Guide Pyramids -- MyPyramid -- The Personalized Nutrition Bull's Eye -- Good Nutritional Habits -- Basic Nutrients -- Nutritionism Versus Food -- Fat -- Trans Fat -- The Mediterranean Diet -- Not All Fats Are Created Equal -- Carbohydrates and Fiber -- Sugar -- Protein -- Water -- Vitamins and Minerals -- Sodium -- Nutrition Labels -- Malnutrition -- Selected Nutrition Topics -- Organic Foods -- Coffee -- Sensory Decline -- Food Films -- Advocacy -- Disney and Woody -- Trends in Weight Gain -- Measuring Overweight and Obesity -- Genetics, Lifestyle, and Environment -- Genetics -- Lifestyle -- Environment -- Environmental Change to Accommodate Obese Americans -- Should We Gain Weight With Age? -- Body Composition -- Diets -- Ridiculous Diets -- Happy Holiday! -- Bariatric Surgery -- Medicare Coverage for Weight-Loss Counseling -- 10 Tips for Weight Loss or Maintenance -- Diet Drugs -- Competitive Eating and Implications for Advocacy -- The End of Overeating -- Chapter 6: Complementary and Alternative Medicine -- National Center for Complementary and Integrative Medicine -- Prevalence of CAM -- Communication Barrier Between CAM and Allopathic Medicine -- Types

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-- Benson's Mind Body Medical Institute -- Strong for Life -- The American Geriatrics Society/Foundation for Health in Aging (FHA) -- Community-Oriented Primary Care -- A Model Health Program in a Chinese Community -- Horticulture and Community Gardening -- Professional Associations -- Community Volunteering -- Federal Volunteerism -- AARP -- Community Health Advocacy -- Gray Panthers -- Environmental Advocacy -- Granny Peace Brigade/Occupy Wall Street.

The Long-Term Care Ombudsman Program.

Sommario/riassunto

The seventh edition of this classic text champions healthy aging by demonstrating how to prevent or manage disease and make large-scale improvements toward health and wellness in the older adult population. The text synthesizes state-of-the-art research findings—providing convincing evidence that health promotion truly works—with practical, effective strategies. Encompassing important research results that supplant prior recommendations, this new edition provides updated best practices and strategies to ensure the active participation of older adults in all aspects of life. Completely reorganized for ease of use, this textbook features updated demographics and rankings for leading causes of death, new blood pressure screening guidelines and data on obesity and diabetes, updated exercise regimens, older-driver statistics and innovations such as the driverless car, cautions regarding ineffective brain-training programs, and more. Highly practical, the text includes health-promoting tools, resource lists, assessment tools, illustrations, checklists, and tables. Additionally, the book includes key terms and learning objectives at the start of each chapter, along with thought-provoking questions and reflection boxes. An Instructor's Manual and PowerPoint slides are available to facilitate teaching.

New to the Seventh Edition:

- Provides updated blood pressure, cholesterol, Ductal Carcinoma In Situ (DCIS), and lung cancer screening guidelines
- Presents updates on exercise regimens ranging from yoga to the tango
- Expands and updates section on emotional regulation and conflict resolution skills with aging
- Discusses Boomer Entrepreneurism
- Provides new policy recommendations including student loan debt among older adults
- Expands gerotechnology and smart home innovations
- Updates on "Obamacare" and health care delivery recommendations
- Addresses "Buyer Beware" regarding brain-training programs
- Expands global aging and LGBT aging content.
