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| Altri autori (Persone)  | FerraroKenneth F<br>WilmothJanet M (Janet May)   |
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| Nota di contenuto       | Cover; Title; Copyright; Contents; Contributors; Preface; Acknowledgments; Introduction; Reference; Chapter One: The Gerontological Imagination; Elements of a Gerontological Imagination; Aging and Causality; Aging as Multifaceted Change; Genetic Influences on Aging; Aging and Heterogeneity; Aging and Life Course Analysis; Aging and Cumulative Disadvantage; Aging and Ageism; A Fluid Imagination; References; Chapter Two: The Biology of Successful Aging: Watchful Progress at Biogerontology's Known-Unknown Interface; Lessons from Evolutionary Biology; Lessons from the Cell Culture Laboratory<br>Determinants of Life Span: Genes, Environment, and ChanceHormones and Aging: Almost Nothing Is Raging; Caloric Restriction: Impractical Intervention, Invaluable Research Tool; Rusting Out: The Oxidative Stress Hypothesis; Sources of Reactive Oxygen Species; Macromolecular Targets and Measures of Oxidative Stress; Cellular Antioxidant Defenses; Age-Related Changes in Oxidative Damage; Interventional Studies; Lessons from the Oldest-Old; Applying a Life Course Perspective to Biogerontological Discovery<br>The Frontier of Biogerontological Discovery: Critical Knowledge Gaps, Far-Reaching OpportunitiesReferences; Chapter Three: Perspectives on Cognitive Aging; Cognitive Aging in Context; Methods for Understanding Cognitive Aging; Cross-Sectional Research; Longitudinal |

Research; Cognitive Deficits in Old Age; Perceptual Deficits; Memory Deficits; Crystallized and Fluid Intelligence; Explaining Cognitive Aging; Sensory and Perceptual Deficits; Processing Speed; Executive Functioning; Age-Related Changes in the Brain; Cognitive Training in Old Age; Summary; References  
Chapter Four: Communication Disorders and Aging  
Age-Related Conditions That Contribute to Communication Disorders; Sensory Loss; Stroke and Focal Brain Damage; Dementia; Age-Related Communication Problems; Task Interactions; Word Finding; Off-Target Verbosity; Accommodating Age-Related Changes in Communication; Conclusion; Acknowledgment; References; Chapter Five: Exercise, Nutrition, and Aging; Sarcopenia; Exercise and Older Adults; Resistive Exercise and Strength Development; Power Training; Endurance Exercise and Aging; Endurance Versus Resistive Training for Older Persons  
Benefits of Exercise Training  
Exercise Training and the Risk of Falls; Exercise and Insulin Sensitivity; Exercise and the Aging Immune System; Aging and Inflammation-Can Exercise Help Put Out the Fire?; Anti-Inflammatory Drugs and Muscle Hypertrophy/Function; Exercise and Cognitive Function; Practical Considerations for Exercise Among Older Adults; Barriers to Exercise; Supervised Versus Home-Based Exercise-Does it Matter where?; Age-Related Dietary Implications; Malnutrition; Macronutrient Recommendations; Selected Vitamin and Minerals Most Related to Physical Activity  
Vitamin and Supplement Use

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Sommario/riassunto

This newest edition of a core graduate level textbook has added six new chapters to further enrich the "gerontological imagination," and encourage an interdisciplinary approach to the study of aging. Academically rigorous yet clear and accessible, the text provides the most current findings from leading gerontological researchers and practitioners. New and updated chapters examine biology, exercise science/nutrition, communication science, geriatric medicine and nursing, demography, anthropology, economics, human development, psychology, political science, sociology, social work, and law, to

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