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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 15. Social Connectedness, Support through Caregiving, and Spirituality16. 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
