

1. Record Nr.	UNINA9910781140603321
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 9786612963681 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 Aging - Physiological aspects Older people - Health and hygiene
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 15. Social Connectedness, Support through Caregiving, and Spirituality 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
