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Titolo	Long Life Strategy : A Guide for Living a Longer, Healthier, and More Fulfilling life // by Ronald M. Caplan
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ISBN	9783031445187 303144518X
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Descrizione fisica	1 online resource (331 pages)
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Nota di contenuto	Preface: The Central Message of the Book -- Living Longer -- Aging: Can it be Delayed... Can it be Reversed? -- Disease Prevention -- Diseases of Aging and their Prevention -- Life Expectancy -- The Reproductive Organs -- Sexuality and Sexual Dysfunction -- Conditions related to Childbearing -- Menopause, Osteoporosis -- Heart Disease and Hypertension -- Diabetes -- Cancer -- Diseases of the Joints, Arthritis -- Diseases of the Central Nervous System, Migraine -- Anxiety, Depression -- Diet -- Exercise and Sleep -- Cosmetic Surgery -- Parenting and Grandparenting -- How much money do you need? -- Sickness and Loss of a Life Partner -- Recreating Social Relationships -- The Politics of Age -- Our Aging Society: How Society Can Adapt to Accommodate Large Numbers of Healthy Older Persons -- Glossary: Medical Terms and Their Meaning.
Sommario/riassunto	The second edition of Long Life Strategy builds upon the practical tips and knowledge in the first edition by providing readers with an outline to living a longer, healthier, more enjoyable life and late life. The book elaborates on three major areas, which include what you can do to live a long life, what your doctor should be doing to help you achieve this goal, and what society, of which we are all part, should be doing to better accommodate a growing number of older people in the coming

decades. Dr. Caplan begins by introducing what it means to live a longer life and explaining the current research on delaying, preventing, and reversing aging in our cells. The next chapters detail how to prevent diseases and conditions commonly associated with aging, including diabetes, cancer, osteoporosis, mental health decline, sexual dysfunction, and heart disease. The author provides instruction for good diet and exercise choices. The concluding chapters provide useful advice for managing a fixed income, becoming a grandparent, dealing with the sickness and loss of a life partner, and how to maintain social relationships into late life. No matter where you are on life's journey, Long Life Strategy can provide a roadmap to living a longer, healthier, and more fulfilling life. .

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