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Autore	Moak Gary S.
Titolo	Beat depression to stay healthier and live longer : a guide for older adults and their families // Gary S. Moak, MD
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Nota di contenuto	Contents; Preface; Depression Is a Life and Death Matter; Part I: Depression in Late Life: What It Is and What It Is Not; 1 Old Age Is Not Depressing; 2 What Causes Depression?; 3 Depression in Other Brain Diseases; 4 What's in a Name?; Part II: Depression Is Bad for You: How Depression Can Wreck Your Health and Shorten Your Life; 5 "What You Don't Know Won't Hurt You"; 6 When Heartache Causes Heart "Ache"; 7 Treatment of Depression May Be a Stroke of Luck; 8 Depression and Diabetes; 9 Breathe Easier; 10 Depression and Chronic Kidney Disease; 11 Depression and Cancer 12 Depression and Arthritis 13 Depression and Parkinson's Disease; 14 Depression and Alzheimer's Disease; 15 Depression Can Be a Real Pain: Depression and Pain; 16 Don't Take the Fall for Depression: Depression and Falling; Part III: How to Beat Depression to Stay Healthier and Live Longer; 17 "You Can Lead a Horse to Water . . ."; 18 You're Never Too Old; 19 When Life Gives You Lemons, Make Lemonade; 20 Lifestyle Practices, Herbal Treatments, and Nutritional Supplements; 21 There Is No Magic Pill; 22 The Shocking Facts about Shock Treatment; 23 Getting the Treatment You Need; Notes Bibliography Index
Sommario/riassunto	Written for patients and family members, this book deals with the toll depression takes on physical health, essentially accelerating the aging process, bringing on or worsening age-related health problems such as

stroke, arthritis, heart disease, diabetes, cancer, and Alzheimer's. It offers readers practical guidance for prevention and treatment.
