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Nota di contenuto	Diet and nutrition issues relevant to older adults / Brigid McKevith -- The basic biology of ageing / Thomas B.L. Kirkwood and John C. Mathers -- Healthy ageing : teeth and the oral cavity / Angus Walls -- Healthy ageing : bone health / Nigel Loveridge and Susan A. Lanham-New -- Healthy ageing : the joints / Paul Dieppe -- Healthy ageing : skeletal muscle / Emilie A. Wilkes and Michael J. Rennie -- Healthy ageing : the skin / Gail Jenkins, Linda J. Wainwright, and Martin R. Green -- Healthy ageing : the brain / Robert Clarke -- Healthy ageing : the eyes / Astrid E. Fletcher -- Healthy ageing : the cardiovascular system / Sara Stanner -- Healthy ageing : the immune system / Rosalyn J. Forsey ... [et al.] -- Healthy ageing : the gastrointestinal tract / Ian Rowland and John C. Mathers -- Healthy ageing : the endocrine

system / Brigid McKevith -- Taking the science forward : public health implications / Judith L. Buttriss -- Conclusions of the task force -- Recommendations of the task force -- Healthy ageing : answers to common questions.

Sommario/riassunto

Year on year, countries across the world continue to see an increase in life expectancy, largely attributed to the impact of modern medicine and disease eradication. There is now increasing evidence that environmental factors such as diet and lifestyle also have a significant role to play. However with this increase in years there often comes an unfortunate rise in chronic morbidity, with the quality of later life severely compromised by ill health. With age being the single greatest risk factor for a large proportion of common medical conditions, this latest report from the British Nutriti
