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Descrizione fisica	1 online resource (515 pages)
Collana	Healthy Ageing and Longevity, , 2199-9015 ; ; 21
Disciplina	612.82
Soggetti	Mental health Aging Medicine - Research Biology - Research Quality of life Neuropsychology Mental Health Ageing Biomedical Research Quality of Life Research Translational Research
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	Part-1: Concepts, definitions and historical perspectives -- Chapter-01: Defining, re-defining, and understanding the brain and mental health during ageing -- Chapter-02: Social, historical and anthropological aspects of research on the brain and ental health in aging -- Chapter-03: Understanding hormesis for optimizing brain health -- Part-2: Biological modulators of the ageing brain -- Chapter-04: Dietary constituents for mental health promotion and healthy ageing -- Chapter-05: Physical activity and dietary interventions for mental health in ageing and longevity -- Chapter-06: Immunity, immunosenescence, brain and cognitive/mental health -- Chapter-07 Neurovirology and Brain Health – A Microglial Perspective -- Chapter-08: Gut microbiota-brain axis in healthy aging -- Chapter-09:

Connexin-mediated nuroglial gap Junction communication: Unravelling its significance in brain health and aging -- Chapter-10: Maintenance of mitochondrial dynamics for healthy brain aging -- Part-3: Brain health maintenance, promotion and recovery in ageing -- Chapter-11: Phytochemicals and vitagenes for a healthy brain -- Chapter-12: Infection, neuroinflammation and interventions for healthy brain and longevity -- Chapter-13: Nutraceuticals as an intervention for healthy brain aging -- Chapter-14: Pharmacological interventions for maintaining brain health in ageing -- Chapter-15: Sleep and circadian rhythms as modulators of mental health in Ageing -- Part-4: Mental health maintenance, promotion and recovery in ageing -- Chapter-16: The impact of psychopathology and psychological well-being on cognitive health -- Chapter-17: The neuroscience of positive emotions and gratitude in healthy ageing and longevity -- Chapter-18: Cognitive profiles across normal and unhealthy ageing -- Chapter-19: Sleep and Mental Health in the Aging Population -- Chapter-20: Brain health of women beyond middle age: hormonal and non-hormonal perspective -- Chapter-21: Psychobiotics: a restorative intervention for lifestyle-induced deteriorations of mental health -- Chapter-22: Autism and ADHD in old age -- Chapter-23: Epigenetic regulation of age-associated neuropsychiatric disorders.

Sommario/riassunto

This volume in the book series Healthy Ageing and Longevity focuses on the interaction and co-dependence of the brain and mental health during ageing. A wide-range of topics discussed here include conceptual and historical understanding, descriptive analyses, and evidence-based interventions for the maintenance, enhancement and recovery of the brain and mental health, especially in old age. The emphasis is on the effective biological and psycho-social lifestyle factors, and complementary medicine and traditional cultural practices that could be health beneficial. Potential readership includes the early stage- and experienced researchers in biogerontology and cognitive sciences, and college/university teachers, medical practitioners, health care personnel, and public educationists. .
