

1. Record Nr.	UNINA9910455827903321
Titolo	City lives and city forms : critical research and Canadian urbanism // edited by Jon Caulfield and Linda Peake
Pubbl/distr/stampa	Toronto, [Ontario] ; ; Buffalo, [New York] ; ; London, [England] : , : University of Toronto Press, , 1996 ©1996
ISBN	1-282-00294-5 9786612002946 1-4426-7298-6
Descrizione fisica	1 online resource (358 p.)
Disciplina	307.760971
Soggetti	Cities and towns - Canada Sociology, Urban - Canada Electronic books.
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 at the end of each chapters.
Nota di contenuto	Frontmatter -- Contents -- Acknowledgments -- Contributors -- Introduction -- 1. The New Middle Class in Canadian Central Cities -- 2. Monster Homes: Hong Kong Immigration to Canada, Urban Conflicts, and Contested Representations of Space -- 3. 'Urban' and 'Aboriginal': An Impossible Contradiction? -- 4. Excavating Toronto's Underground Streets: In Search of Equitable Rights, Rules, and Revenue -- 5. Feel Good Here? Relationships between Bodies and Urban Environments -- 6. Metropolis Unbound: Legislators and Interpreters of Urban Form -- 7. Economic Restructuring and the Diversification of Gentrification in the 1980s: A View from a Marginal Metropolis -- 8. Restructuring the Local State: Economic Development and Local Public Enterprise in Toronto -- 9. The Impact of Global Finance in Urban Structural Change: The International Banking Centre Controversy -- 10. Women and Work in a Canadian Community -- 11. Unemployment and Labour Markets in Hamilton during the Great Depression -- 12. New Social Movements and Women's Urban Activism -- 13. Anti-Racism Organizing and Resistance: Blacks in Urban Canada, 1940s-1970s -- 14. Challenging

Spatial Control of the City: Capitalism, Ecological Crisis, and the Environmental Movement -- 15. Victoria Regina: Social Movements and Political Space

Sommario/riassunto

Focusing on a series of pivotal issues confronting Canadian cities and city-dwellers today, this volume address key themes in urban studies: the interaction between social relations and urban landscape, the status of the city in the new world economy, and the sociocultural complexity of urban populations. The fifteen essays presented here reflect the current preoccupations and perspectives of critically oriented urban researchers in Canada. The essays in Part 1, 'People, Places, Cultures,' examine the nature of urban space and the links between this space and social relations, illustrating the fundamental principle that urban spaces are 'built values' and 'built politics' - physical expressions of social process. Part 2, 'The Economy of Cities,' explores recent fundamental shifts in the economic character of Canadian cities, whose effect on the social and physical landscapes has been as dramatic as the explosive onset of industrialism was in the last century. Part 3, 'Urban Social Movements,' focuses on the practices of social movements, including those oriented to gender, race, and the environment. Consisting largely of applied case studies, rather than broad thematic essays, *City Lives and City Forms* presents an overall argument for focused critical research in the urban field and suggests possible directions for the future.

2. Record Nr.	UNINA9910527155103321
Autore	Haber David <1944->
Titolo	Health promotion and aging : practical applications for health professionals / / David Haber, PhD
Pubbl/distr/stampa	New York : , : Springer Publishing Company, , 2016 ©2016
ISBN	0-8261-3189-1
Edizione	[Seventh edition.]
Descrizione fisica	1 online resource (484 pages)
Disciplina	362.19897/00973
Soggetti	Preventive health services for older people - United States Health promotion - United States Older people - Health and hygiene Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover -- Title -- Copyright -- Contents -- List of Figures -- List of Tables -- Foreword -- Preface -- Acknowledgments -- Share Health Promotion and Aging: Practical Applications for Health Professionals, Seventh Edition -- Chapter 1: Introduction -- Healthy People Initiatives -- Aging, Health, Social, and Medical Trends -- Definitions of Healthy Aging -- The Federal Government -- Extraordinary Accomplishments -- Prevention -- Wellness -- Antioxidant and Antiaging -- Compression of Morbidity -- Health Perspectives and Aging -- Health Expectancy Versus Life Expectancy -- Physical Versus Emotional Aspects of Aging -- Intergenerational Conflict Over Health Care? -- Legislation -- Medicare -- Medicaid -- Social Security -- Health Care, Medical Care, Quality Care -- Health Care Versus Medical Care -- Chapter 2: Clinical Preventive Services -- Medical Screenings and Prophylaxis: Considerable Controversy -- Annual Physical -- Accuracy, Reliability, and Effectiveness of Medical Screenings -- Cancer Deaths -- Lung Cancer -- Breast Cancer -- Ductal Carcinoma In Situ -- Mammography Controversies -- Mammography Update -- Prostate Cancer -- Treatment Options -- Colorectal Cancer -- Innovative Colorectal Cancer Screenings -- Other Cancers -- Skin Cancer -- Cervical Cancer

-- Thyroid Cancer -- Menopause -- Hormone Replacement Therapy -- HRT Update -- High Blood Pressure -- Blood Pressure Threshold -- Treatment -- Osteoporosis -- Treatment -- Cholesterol -- Statins -- Low-Density Lipoprotein -- 2013 Cholesterol Guidelines -- Statin Concerns -- Diabetes -- Hearing -- Vision -- Oral Health -- Hepatitis C -- Are Screenings Going to the Dogs (and Cats)? -- Immunizations -- Influenza -- Pneumonia -- Tetanus -- Shingles -- Aspirin Prophylaxis -- The Polypill -- Medicare Prevention -- A Final Word -- Chapter 3: Empowering Older Adults -- Empowering Older Clients.

Community Health Promotion Programs -- Empowering Older Patients -- Communication -- Personality Characteristics of an Effective Health Educator -- How Effectively Do You Communicate? -- Cruising the Internet -- Case Study in Web Deception: drkoop.com -- Websites -- Electronic Resources -- Selected Communication Barriers -- Cross-Cultural Communication -- Communication With Older Patients -- Jargon -- Elderspeak -- Health Behavior Change -- Assessments and Interventions -- Health Risk Appraisals -- A Reflective Health Assessment -- Stages of Change -- Health Contracts -- 10 Tips for Changing Health Behaviors -- Health Behavior Theories -- Behavioral and Cognitive Management -- Healthy Pleasures -- Social Cognitive Theory -- Self-Efficacy -- Health Locus of Control -- Health Belief Model -- Other Theories -- Theories Versus Concepts -- Chapter 4: Exercise -- Surgeon General's Report on Physical Activity and Health -- The Most Popular Activity: Walking -- Walking in the Neighborhood -- Pedometers -- The Most Popular Inactivity: Sitting -- Exercise for Disease Prevention and Functional Improvement -- Cardiovascular Disease -- Cancer -- Diabetes -- Depression -- Cognition -- Bone Density -- Fall Prevention -- Osteoarthritis -- Sleep -- Other Conditions -- Caution -- Exercise for Weight Management -- The Four Components of My Exercise Class -- The Aerobics Component -- The Muscular Strength or Endurance Component -- The Flexibility and Balance Component -- Yoga and Tai Chi -- Dance and Other Balance Exercises -- The Health Education Component -- Less Conventional Exercises -- Different Strokes for Different Folks -- The Activity Pyramid -- Arthritis: A Barrier to Exercise and Activity -- Other Barriers and Cautions -- Selected Topics -- How to Respond to an Excuse -- Benefits -- Health Club, Home, or Religious Setting -- Personal Trainer. Wii-Hab for Degenerative Diseases -- Absence of the Health Educator in the Medical Clinic -- A Farewell to Jack -- Chapter 5: Nutrition and Weight Management -- The Food Guide Pyramid and Variations -- Modified Food Guide Pyramids -- MyPyramid -- The Personalized Nutrition Bull's Eye -- Good Nutritional Habits -- Basic Nutrients -- Nutritionism Versus Food -- Fat -- Trans Fat -- The Mediterranean Diet -- Not All Fats Are Created Equal -- Carbohydrates and Fiber -- Sugar -- Protein -- Water -- Vitamins and Minerals -- Sodium -- Nutrition Labels -- Malnutrition -- Selected Nutrition Topics -- Organic Foods -- Coffee -- Sensory Decline -- Food Films -- Advocacy -- Disney and Woody -- Trends in Weight Gain -- Measuring Overweight and Obesity -- Genetics, Lifestyle, and Environment -- Genetics -- Lifestyle -- Environment -- Environmental Change to Accommodate Obese Americans -- Should We Gain Weight With Age? -- Body Composition -- Diets -- Ridiculous Diets -- Happy Holiday! -- Bariatric Surgery -- Medicare Coverage for Weight-Loss Counseling -- 10 Tips for Weight Loss or Maintenance -- Diet Drugs -- Competitive Eating and Implications for Advocacy -- The End of Overeating -- Chapter 6: Complementary and Alternative Medicine -- National Center for Complementary and Integrative Medicine -- Prevalence of CAM -- Communication Barrier Between CAM and Allopathic Medicine -- Types

of CAM -- Popular CAM Techniques -- Diaphragmatic Breathing -- Progressive Muscle Relaxation -- Visualization -- Relaxation Response, Meditation, Mindfulness -- Acupuncture -- Therapeutic Massage -- Chiropractic -- Hypnosis -- Biofeedback -- Magnet Therapy -- Aromatherapy -- Laughter -- CAM and Medical Education -- Naturopathic Medical Colleges -- Selected CAM Topics and Resources -- CAM Insurance -- Weil and Chopra -- CAM Organizations -- CAM Journals -- Dietary Supplements.

Cautions -- Dietary Supplement Health and Education Act -- Vitamin and Mineral Supplements -- Multivitamins -- Calcium and Vitamin D -- Vitamin E -- Vitamin C -- Antioxidant Cocktail -- Vitamin B12 -- Herbs -- Ginkgo Biloba -- The Other Gs -- St. John's Wort -- Saw Palmetto -- Echinacea -- Black Cohosh and Other Herbs for Menopausal Symptoms -- Hormone Supplements -- Human Growth Hormone -- Testosterone -- Melatonin -- Other Dietary Supplements -- Glucosamine and Chondroitin -- Nutritional Drinks -- ConsumerLab.com and the Dietary Supplement Verification Program -- Nutraceuticals, or Functional Foods and Drinks -- Chapter 7: Selected Health Education Topics -- Smoking -- Prevalence -- Associated Diseases and Mortality -- Quit Ratio and Benefit -- Age -- Gender -- Education -- Smoking Cessation Legislation -- Bloody Mouths -- Medicare Smoking Cessation Coverage -- Smoking Cessation: Physicians and Nurses -- Nicotine Replacement -- The E-Cigarette Debate -- Other Interventions -- History of Government Interventions -- Taxes -- Secondhand Smoke and Public Bans -- Alcohol -- Definition -- Types -- Assessment -- Prevalence -- Associated Diseases and Problems -- Intervention and Referral -- Positive Effects -- Resources -- Medication Usage -- A Physician's Experience -- Misuse -- Patient-Related Drug Misuse Factors -- Physician-Related Drug Misuse Factors -- Prevention -- Advice From Pharmacists -- Advertising -- Resources -- Injury Prevention -- Fall Prevention -- Motor Vehicle Safety -- Sexuality and Intimacy -- Sleep -- Sleep Changes With Age -- Sleep-Related Medical Disorders -- Sleep Resources -- Chapter 8: Mental Health -- Mental Health -- Mental Illness -- Depression -- Depression Screening -- Depression Diagnosis -- Treatment for Depression -- Life Review -- Alzheimer's Disease -- Preclinical Alzheimer's -- Characteristics and Stages of AD.

Late-Stage Consequences of AD -- Drug Treatment -- Non-Drug Treatments -- Cognitive and Physical Stimulation -- Brain Games -- Other Mental Disorders -- Insurance Coverage Change -- Chronic Stress -- Measurement -- Perspectives -- Psychoneuroimmunology -- Stress Management -- A Positive Attitude -- An Opposing View -- The Placebo Effect -- Proaging -- Mental Health and Aging Resources -- Creativity and Aging Resources -- Social/Emotional Support -- Family, Friends, Church, and Others -- Online Support -- Pet Support -- Pet Support Programs -- Religious or Spiritual Support -- And Now for the Rest of the Story -- Aging and Spirituality Resources -- Peer Support Groups -- Empowerment Theories -- Age-Related Peer Support Groups -- Intergenerational Support -- Chapter 9: Community Health -- Community Organizations -- The Aging Network -- Area Agencies on Aging -- Senior Centers -- Religious Institutions -- The Shepherd's Centers of America -- Jewish Community Programs and Aging -- Educational Programs -- Shopping Mall-Based Programs -- Computer Education -- Worksite Wellness -- Institutional Change in the Business World -- Boomer Entrepreneurs -- Model Health Promotion Programs -- The NCOA Center for Healthy Aging -- Healthwise -- Chronic Disease Self-Management Program -- Project Enhance (Formerly the Senior Wellness Project) -- Ornish Program for Reversing Heart Disease

-- Benson's Mind Body Medical Institute -- Strong for Life -- The American Geriatrics Society/Foundation for Health in Aging (FHA) -- Community-Oriented Primary Care -- A Model Health Program in a Chinese Community -- Horticulture and Community Gardening -- Professional Associations -- Community Volunteering -- Federal Volunteerism -- AARP -- Community Health Advocacy -- Gray Panthers -- Environmental Advocacy -- Granny Peace Brigade/Occupy Wall Street.

The Long-Term Care Ombudsman Program.

Sommario/riassunto

The seventh edition of this classic text champions healthy aging by demonstrating how to prevent or manage disease and make large-scale improvements toward health and wellness in the older adult population. The text synthesizes state-of-the-art research findings-providing convincing evidence that health promotion truly works-with practical, effective strategies. Encompassing important research results that supplant prior recommendations, this new edition provides updated best practices and strategies to ensure the active participation of older adults in all aspects of life. Completely reorganized for ease of use, this textbook features updated demographics and rankings for leading causes of death, new blood pressure screening guidelines and data on obesity and diabetes, updated exercise regimens, older-driver statistics and innovations such as the driverless car, cautions regarding ineffective brain-training programs, and more. Highly practical, the text includes health-promoting tools, resource lists, assessment tools, illustrations, checklists, and tables. Additionally, the book includes key terms and learning objectives at the start of each chapter, along with thought-provoking questions and reflection boxes. An Instructor's Manual and PowerPoint slides are available to facilitate teaching. New to the Seventh Edition: Provides updated blood pressure, cholesterol, Ductal Carcinoma In Situ (DCIS), and lung cancer screening guidelines Presents updates on exercise regimens ranging from yoga to the tango Expands and updates section on emotional regulation and conflict resolution skills with aging Discusses Boomer Entrepreneurism Provides new policy recommendations including student loan debt among older adults Expands gerotechnology and smart home innovations Updates on "Obamacare" and health care delivery recommendations Addresses "Buyer Beware" regarding brain-training programs Expands global aging and LGBT aging content.

3. Record Nr.	UNINA9910549189003321
Titolo	Attraversando il tempo : centoventi anni dell'Unione femminile nazionale (1899-2019) / a cura di Stefania Bartoloni
Pubbl/distr/stampa	Roma, : Viella, 2019
ISBN	978-88-331-3121-4
Descrizione fisica	217 p. : ill. ; 21 cm
Collana	Collana dell'Unione femminile nazionale ; 1
Disciplina	305.4206045
Locazione	FSPBC
Collocazione	COLLEZ. 2852 (1)
Lingua di pubblicazione	Italiano
Formato	Materiale a stampa
Livello bibliografico	Monografia
4. Record Nr.	UNISA996388964803316
Autore	Low Henry <fl. 1554-1574.>
Titolo	1574, an alm[a]nacke and prognostication for the yer[e] of our Lord God M.D.lxxiiii .. [[electronic resource]] / / composed and calculated ... by Maister Henry Lowe .
Pubbl/distr/stampa	[S.l., : R. Watkins and J. Roberts, 1574]
Descrizione fisica	[4+] p
Soggetti	Almanacs, English Ephemerides
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Publishers suggested by STC (2nd ed.). Imperfect: fragment; torn, with some loss of print. Reproduction of original in the Cambridge University Library.

