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Silver Shades Of Grey: Memos For Successful Ageing In The 21st Century

Brocklehurst's Textbook of Geriatric Medicine and Gerontology E-Book

Productive Aging Around the World : Hearing Before the Special Committee on Aging, United States Senate, One Hundred Fifth Congress, Second Session, Washington, DC, June 8, 1998

Workshop Summary

Viscoelasticity

The Biology of Senescence

Providing Healthy and Safe Foods As We Age

Nutrition, Aging, and Artificial Organs

The Essential Guide to Middle Age and Beyond
Physical Change and Aging, Sixth Edition
Stem Cells in Clinical Practice and Tissue Engineering
Tendon Injuries
Mechanical Properties of Aging Soft Tissues
Modulating Aging and Longevity
Basic Science and Clinical Medicine
Theory and Practice
Survey Report on the Aging Nervous System
Brain Aging
The Anatomy of Aging in Man and Animals
Human Aging
Is This Normal?
The Gerontology Nurse's Guide to the Community-Based Health Network

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WINTERS CAMACHO

Pharmacological Considerations in Gerontology National Academies Press
During the last 40 years, the study of the biological basis of aging has progressed tremendously, and it has now become an independent and respectable field of study and research. This volume on "Aging of Organs and Systems", is an attempt to bring understanding to both the aging

process and the disease processes of old age. Bringing together contributions from an international team of authors, it will be of interest to graduates and postgraduates in the fields of medicine and nursing, researchers of different aspects of biogerontology and those in the pharmaceutical, cosmeceutical, nutraceutical and health-care industry.

Nutrition and Aging Springer

A collection of vital information that answers readers' most pressing questions about how age impacts their bodies. Many people are embarrassed to bring their

everyday health anxieties to their physicians or even to ask for advice from family and friends. They might think that depression, failing eyesight, memory loss, and other difficulties that change their quality of life are normal because of their age. This is where *Is This Normal?* steps in and lets readers know whether or not these changes should be a concern or an expected part of aging. With compassion, reassurance, and friendly guidance, Dr. John Whyte, chief medical expert at the Discovery Channel, provides the essential tools for dealing with the common health

issues that arise as we get older, proving that you can stay active and healthy at any age. "Using soothing language and a gentle sense of humor, Whyte...tries to separate fact from rumor." —The Washington Post "All your embarrassing aging questions answered—finally!"—Vital Juice

Anatomy and Physiology Springer Encyclopedia of Biomedical Gerontology presents a wide range of topics, ranging from what happens in the body during aging, the reasons and mechanisms relating to those age-related changes, and their clinical, psychological and social modulators and determinants. The book covers the biological and medical aspects of gerontology within the general framework of the biological basis of assessing age, biological mechanisms of aging, age-related changes in biological systems, human age-related diseases, the biomedical practicality and impracticality of interventions, and finally, the ethics of intervention. Provides a 'one-stop' resource to information written by world-leading scholars in the field of biomedical gerontology Fills a critical gap of information in a field that has seen

significant progress in the last 10 years Physiological Basis of Aging and Geriatrics Springer Science & Business Media People in developed countries are living longer and, just as the aged population around the world is steadily growing, the number of adults eighty-five and older in the United States is projected to quadruple to twenty-one million people by 2050. The aging of our population has huge implications for baby boomers and their children, and has generated a greater interest in the causes and effects of aging. Our Aging Bodies provides a clear, scientifically based explanation of what happens to all the major organ systems and bodily processes—such as the cardiovascular and digestive systems—as people age. The first section is an overview of secondary aging—changes that occur with age that are related to disease and the environment—and include the effect of such things as diet, humor, and exercise. Readers will also learn about primary aging—intrinsic changes that occur with the aging of specific organs and body systems (including the prostate, the heart, the digestive system, and the brain). Throughout the book, Gary F.

Merrill weaves in personal anecdotes and stories that help clarify and reinforce the facts and principles of the underlying scientific processes and explanations. Our Aging Bodies is accessible to a general reader interested in the aging phenomenon, or baby boomers wanting to be more informed when seeing their doctor and discussing changes to their bodies as they age.

Skin Aging CRC Press

The life of a human being is finite, and all humans age (see Fries 1980). It is difficult to separate the effects of disease on organs and tissues from those expected of aging. This is particularly true for vascular and degenerative processes, for which there are no clear boundaries between aging and disease. Morbidity and mortality from heart disease and stroke are probably due both to disease and to changes of aging. For cancer, the second leading cause of death in America, the situation is quite different; cancer is clearly a disease and is not a change expected with aging. Cancer incidence increases almost logarithmically after age 40. In the United States about one-half of all cases of cancer are diagnosed after age

65, although those over 65 comprise less than one-eighth of the population. Thus, cancer is very much a disease of the elderly. There are at least two reasons for this: first, the prolonged exposure to cancer-inducing agents, and second, the waning power of immune defenses against cancer.

From Cellular Mechanisms to Therapeutic Strategies Academic Press

Endocrinology of Aging: Clinical Aspects in Diagrams and Images presents chapters in a way that allows the reader to incorporate concepts and complex facts in a visual way. As the global population becomes older, the need for a deeper understanding of geriatric pathology increases, and with it, there becomes a greater need to access educational resources on the endocrinology and metabolism of aging. According to the United Nations, the number of people aged 60 years or over in the world is projected to be 1.4 billion in 2030 and 2.1 billion in 2050, hence this is a timely resource. Divided according to specific endocrine and metabolic systems, providing evidence-based content Addresses physiological changes that alter

the pathophysiology of the clinical picture Considers the patient transitioning from young adult to elderly, discussing endocrinological challenges to discern physiology from pathology Focuses on age as an essential factor for diagnostic and endocrine management

Aging and Cancer BoD – Books on Demand

Recognition that aging is not the accumulation of disease, but rather comprises fundamental biological processes that are amenable to experimental study, is the basis for the recent growth of experimental biogerontology. As increasingly sophisticated studies provide greater understanding of what occurs in the aging brain and how these changes occur *Aging of the Organs and Systems* Nutrition Across the Lifespan for Healthy Aging Proceedings of a Workshop Respiratory Muscle Training: theory and practice is the world's first book to provide an "everything-you-need-to-know" guide to respiratory muscle training (RMT). Authored by an internationally-acclaimed expert, it is an evidence-based resource, built upon current scientific knowledge, as

well as experience at the cutting-edge of respiratory training in a wide range of settings. The aim of the book is to give readers: 1) an introduction to respiratory physiology and exercise physiology, as well as training theory; 2) an understanding of how disease affects the respiratory muscles and the mechanics of breathing; 3) an insight into the disease-specific, evidence-based benefits of RMT; 4) advice on the application of RMT as a standalone treatment, and as part of a rehabilitation programme; and finally, 5) guidance on the application of functional training techniques to RMT. The book is divided into two parts – theory and practice. Part I provides readers with access to the theoretical building blocks that support practice. It explores the evidence base for RMT as well as the different methods of training respiratory muscles and their respective efficacy. Part II guides the reader through the practical implementation of the most widely validated form of RMT, namely inspiratory muscle resistance training. Finally, over 150 "Functional" RMT exercises are described, which incorporate a stability and/or postural challenge – and address

specific movements that provoke dyspnoea. Respiratory Muscle Training: theory and practice is supported by a dedicated website (www.physiobreathe.com), which provides access to the latest information on RMT, as well as video clips of all exercises described in the book. Purchasers will also receive a three-month free trial of the Physiotec software platform (via www.physiotec.ca), which allows clinicians to create bespoke training programmes (including video clips) that can be printed or emailed to patients. Introductory overviews of respiratory and exercise physiology, as well as training theory Comprehensive, up-to-date review of respiratory muscle function, breathing mechanics and RMT Analysis of the interaction between disease and respiratory mechanics, as well as their independent and combined influence upon exercise tolerance Analysis of the rationale and application of RMT to over 20 clinical conditions, e.g., COPD, heart failure, obesity, mechanical ventilation Evidence-based guidance on the implementation of inspiratory muscle resistance training Over 150 functional

exercises that incorporate a breathing challenge www.physiobreathe.com - access up-to-date information, video clips of exercises and a three-month free trial of Physiotec's RMT exercise module (via www.physiotec.ca) *Models, Methods, and Mechanisms* Academic Press Could our deepest hurts reveal the key to a powerful form of prayer that was lost 17 centuries ago? What can we learn today from the great secret of our most cherished traditions? "There are beautiful and wild forces within us." With these words, the mystic St. Francis described what ancient traditions believed was the most powerful force in the universe - the power of prayer. For more than 20 years, Gregg Braden has searched for evidence of a forgotten form of prayer that was lost to the West following the biblical edits of the early Christian Church. In the 1990s, he found and documented this form of prayer still being used in the remote monasteries of central Tibet. He also found it practiced in sacred rites throughout the high deserts of the American Southwest. In this book, Braden describes this ancient form of prayer that has no words or

outward expressions. Then, for the first time in print, he leads us on a journey exploring what our most intimate experiences tell us about our deepest beliefs. Through case histories and personal accounts, Braden explores the wisdom of these timeless secrets, and the power that awaits each of us . . . just beyond our deepest hurt! Springer *Methods of Animal Experimentation, Volume V: Nutrition, Aging, and Artificial Organs* is a collection of papers that deals with methods to be used in animal experiments to achieve cost effectiveness in their use. This collection discusses laboratory animals used in different experiments such as in nutritional research, aging studies, and artificial organ research. The papers describe the species of animals appropriate for the kind of experiment to be conducted and the criteria that should be followed in choosing a certain species. These criteria include their growth rate, stage of development, as well as existing performance variations. In determining test animals for aging experiments, the book recommends that complete data be available on the

genetics of the species, strain, diet history, environmental factors, breeding, and spontaneous diseases to approximate the best test results. The book addresses that the aged are more susceptible to inputs than the young in terms of morphological and functional age. In selecting test animals for artificial organ research, the book notes the importance of animal selection that will be determined, for example, by 1) the size of the prosthesis; 2) the amount of blood flow needed for the device differs in animals and man; and 3) the surgical techniques that will be employed. This book will prove helpful for laboratory workers, veterinarians, and technicians working with laboratory animals. This collection will also be appreciated by researchers designing medical and scientific tests.

Secrets of the Lost Mode of Prayer

Butterworth-Heinemann

Comprehensive and organized for quick access to information, this clinical guide encompasses the broad network of community health resources available and describes how to access them on behalf of geriatric patients and clients.

Rehabilitation Medicine for Elderly Patients

Hay House, Inc

Senescence is a biological process that causes a progressive deterioration of structure and function of all organs chronologically. Recent studies have revealed the detailed molecular mechanisms of senescence using cell culture system and experimental organisms. It is thought that senescence is a potential cause for the development of various age-related disorders such as cancer, cardiovascular and neurodegenerative disorders. This book discusses in detail senescence and its related diseases by distinguished researchers and practicing clinicians. The cumulative knowledge from the studies could lead to developing new approaches for anti-senescence interventions.

Proceedings of a Workshop BoD - Books on Demand

The Anatomy of Aging in Man & Animals presents a critical review of the characteristics of invertebrates. It discusses the physical features and parts of fishes, amphibians, reptiles, and birds. It also addresses the characteristics and physiology of mammals as well as the organization of the nervous system. Some

of the topics covered in the book are the descriptions and species of protozoa; description of porifera, coelenterate, and kinds of rotifer; parts and functions of mollusca; description and reproduction of annelida; types of crustacea; studies on drosophila; analysis of nutrition, temperature, and aging; and development of the nervous system of a bee. The structures of flatworms and the development of roundworms and echinodermata are discussed. An in-depth analysis of the classes of echinoidea is provided. The characteristics of thymus in an adult amphibian are also presented. A chapter is devoted to the description of changing appearance of human skin. The book can provide useful information to scientists, biologists, students, and researchers.

Epigenetics of Aging Elsevier

Tendon ailments are a significant cause of morbidity among athletes of all levels and are increasing in prevalence. Their management is often empirical, and para-scientific, only looking at the biological aspects of tendon ailments. This book conveys a comprehensive and concise body of knowledge on the management of

tendon problems in sportspeople with practical details of clinical protocols. *Tendon Injuries: Basic Science and Clinical Medicine* is specifically dedicated to the clinical aspects of tendinopathy and provides the required knowledge and scientific basis for the sports medicine practitioner, orthopedic specialist and student facing upper and lower limb tendon ailments in athletes. A comprehensive review of tendon disorders is given and modern criteria of management outlined to form the basis of effective clinical management of this group of patients.

Exercise in Older Adults Elsevier

Recent studies have indicated that epigenetic processes may play a major role in both cellular and organismal aging. These epigenetic processes include not only DNA methylation and histone modifications, but also extend to many other epigenetic mediators such as the polycomb group proteins, chromosomal position effects, and noncoding RNA. The topics of this book range from fundamental changes in DNA methylation in aging to the most recent research on intervention into epigenetic modifications

to modulate the aging process. The major topics of epigenetics and aging covered in this book are: 1) DNA methylation and histone modifications in aging; 2) Other epigenetic processes and aging; 3) Impact of epigenetics on aging; 4) Epigenetics of age-related diseases; 5) Epigenetic interventions and aging; and 6) Future directions in epigenetic aging research. The most studied of epigenetic processes, DNA methylation, has been associated with cellular aging and aging of organisms for many years. It is now apparent that both global and gene-specific alterations occur not only in DNA methylation during aging, but also in several histone alterations. Many epigenetic alterations can have an impact on aging processes such as stem cell aging, control of telomerase, modifications of telomeres, and epigenetic drift can impact the aging process as evident in the recent studies of aging monozygotic twins. Numerous age-related diseases are affected by epigenetic mechanisms. For example, recent studies have shown that DNA methylation is altered in Alzheimer's disease and autoimmunity. Other prevalent diseases that have been

associated with age-related epigenetic changes include cancer and diabetes. Paternal age and epigenetic changes appear to have an effect on schizophrenia and epigenetic silencing has been associated with several of the progeroid syndromes of premature aging. Moreover, the impact of dietary or drug intervention into epigenetic processes as they affect normal aging or age-related diseases is becoming increasingly feasible.

Anatomy & Physiology Cooper Publishing Group

A version of the OpenStax text

A Guide for the Helping Professions
Hassell Street Press

This book contains a wealth of useful information on current research on viscoelasticity. By covering a broad variety of rheology, non-Newtonian fluid mechanics and viscoelasticity-related topics, this book is addressed to a wide spectrum of academic and applied researchers and scientists but it could also prove useful to industry specialists. The subject areas include, theory, simulations, biological materials and food products among others.

Fractal Physiology Rodale Books

Underscores the complexity of prescribing drugs for older adults while providing state-of-the-art guidelines for safe patient care. An evidence-based, quick-access reference for adult gerontology nurse practitioners and related healthcare providers, this text describes a holistic, patient-centered approach to prescribing drugs to older adults. Comprehensive yet concise writing distills timely guidance on the complexities of safely prescribing to this unique population. This book opens with physiologic changes and assessment considerations for older adults, followed by a discussion of pharmacokinetics and pharmacodynamics, then a final section on guidelines for drug selection, drug interactions, and multimorbidities. Each chapter presents information in a consistent, easy-to-read template. Patient Care Pearls alert readers to crucial information and relevant case studies with examples of inappropriate medical prescribing provide context for drug delivery. Key points and chapter summaries help reinforce information. Additional features include the provision of guidelines for psychotropic medications in LTC facilities, special considerations for

frail older adults, and the role of pharmacists as a resource for other practitioners. Key Features: Decision-making guidance on prescribing practices in varied settings. Discusses in depth physiological considerations including multimorbidity and polypharmacy. Presents Beer's Criteria and its implications. Guidelines for psychotropic medications in LTC facilities. Special considerations for frail older adults. Patient Care Pearls, case studies, key points, and chapter summaries.

Silver Shades Of Grey: Memos For Successful Ageing In The 21st Century
Academic Press

Does a longer life mean a healthier life? The number of adults over 65 in the United States is growing, but many may not be aware that they are at greater risk from foodborne diseases and their nutritional needs change as they age. The IOM's Food Forum held a workshop October 29-30, 2009, to discuss food safety and nutrition concerns for older adults.

Brocklehurst's Textbook of Geriatric Medicine and Gerontology E-Book
Springer Science & Business Media

After decades of systematic collection of data describing age-related changes in organisms, organs, tissues, cells and macromolecules, biogerontologists are now in a position to construct general principles of ageing and explore various possibilities of intervention using rational approaches. While not giving serious consideration to the claims made by charlatans, it cannot be ignored that several researchers are making genuine attempts to test and develop various means of intervention for the prevention and treatment of age-related diseases, for regaining the functional abilities and for prolonging the lifespan of experimental organisms. This book provides the most up-to-date information and a critical evaluation of a variety of approaches being tried for modulating aging and longevity, including dietary supplementation with antioxidants, vitamins and hormones, genetic engineering, life-style alterations, and hormesis through mild stress. The goal of research on ageing is not to increase human longevity regardless of the consequences, but to increase active longevity free from disability and

functional dependence.

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