

## International Law Studies Volume 58



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### ***Reviews***

*Extensive manual! Its such a great read. It really is loaded with knowledge and wisdom You wont really feel monotony at at any time of your time (that's what catalogs are for regarding if you ask me).*

***(Myrl Hintz)***

## INTERNATIONAL LAW STUDIES VOLUME 58



RareBooksClub. Paperback. Book Condition: New. This item is printed on demand. Paperback. 50 pages. Original publisher: Bethesda, MD : National Institutes of Health, National Institute on Aging, 2001 OCLC Number: (OCoLC)52873840 Subject: Aging -- United States. Excerpt: . . . N A T I O N A L I N S T I T U T E O N A G I N G 1970s, just a few years after the Institutes founding in 1974. He was among a new gen-eration of physicians specializing in aging research and he recalls how disease and dis-ability were widely thought to be inevitable consequences of aging. I remember that many people were surprised by early studies showing that strength in the very old, even in people who were in their nineties, improved dramatically after strength training exer-cises, he notes. Attitudes are only now beginning to change. We still see, although perhaps less so, the old stereotypes that aches and pains and functional decline are just aging and that noth-ing can be done about them. Thats just not so. We now have powerful evidence that we can intervene for the better, says Dr. Hadley. Chronic diseases and conditions like dia-betes, cardiovascular disease, osteoporosis, and arthritis are major causes of frailty and Reducing disability in late life. Risks for disease and dis-ability increase with age and can be made worse by our own lifestyle choices or by other Disease behavioral and social factors. Scientists have and come to believe, that, with age, certain changes in the body or the mind, such as hor-monal or other shifts, could play a role in how we function in later life. While not character-Disability ized as disease, these previously unappreci-NIA ated changes, as one scientist calls them, can also affect cells or body systems in a way that leads...



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