



# Physical Change and Aging: A Guide for the Helping Professions

By Sue V. Saxon PhD

Springer Publishing Co Inc. Paperback. Book Condition: New. Paperback. 520 pages. Dimensions: 0.0in. x 0.0in. x 0.0in. This book has been honed into an elegant compendium. This outstanding work should be widely read -- it is perhaps the best example of an integrative approach to gerontology. Score: 94, 4 stars --Doodys This sixth edition of a classic multidisciplinary text for students of gerontology continues to offer practical, reader-friendly information about the physical changes and common pathologies associated with the aging process. It places special emphasis on the psychological and social implications of these changes in the lives of older adults. The book is distinguished by its thorough focus on anatomy and physiology and common health problems pertaining to each body system. This latest edition has been thoroughly updated to present new research findings that differentiate normal aging from actual pathology. It provides new data and guidelines on risk factors, nutrition, preventive measures, interventions, and commonly prescribed medications, and includes expanded treatment of complementary and alternative therapies. The book emphasizes the positive aspects of aging and demonstrates how the elderly population can gain greater personal control, through lifestyle changes and preventative health strategies, toward the goal of optimal aging. The book also...



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