

Aging

Gari Lesnoff-Caravaglia

Successful Aging Daniel J. Levitin, 2020-01-07 INSTANT TOP 10 BESTSELLER • New York Times • USA Today • Washington Post • LA Times “Debunks the idea that aging inevitably brings infirmity and unhappiness and instead offers a trove of practical, evidence-based guidance for living longer and better.”—Daniel H. Pink, author of *When and Drive* **SUCCESSFUL AGING** delivers powerful insights: • Debunking the myth that memory always declines with age • Confirming that health span—not life span—is what matters • Proving that sixty-plus years is a unique and newly recognized developmental stage • Recommending that people look forward to joy, as reminiscing doesn't promote health Levitin looks at the science behind what we all can learn from those who age joyously, as well as how to adapt our culture to take full advantage of older people's wisdom and experience. Throughout his exploration of what aging really means, using research from developmental neuroscience and the psychology of individual differences, Levitin reveals resilience strategies and practical, cognitive enhancing tricks everyone should do as they age. **Successful Aging** inspires a powerful new approach to how readers think about our final decades, and it will revolutionize the way we plan for old age as individuals, family members, and citizens within a society where the average life expectancy continues to rise.

Human Aging Calogero Caruso, Giuseppina Candore, 2021-05-11 **Human Aging: From Cellular Mechanisms to Therapeutic Strategies** offers an exhaustive picture of all the biological aspects of human aging by describing the key mechanisms associated with human aging and covering events that could disrupt the normal course of aging. Each chapter includes a summary of the salient points covered, along with futures prospects. The book provides readers with the information they need to gain or deepen the skills needed to evaluate the mechanisms of aging and age-related diseases and to monitor the effectiveness of therapies aimed at slowing aging. The book encourages PhD and Postdoc students, researchers, health professionals and others interested in the biology of aging to explore the fascinating and challenging questions about why and how we age as well as what can and cannot be done about it. Concentrates on different processes, e.g., oxidative stress, cellular senescence and Inflammaging Offers the ability to access cross-sectional knowledge more easily Written by expert researchers in biogerontology who are actively involved in various fields within aging research

The SAGE Handbook of Aging, Work and Society John Field, Ronald J Burke, Cary L Cooper, 2013-09-19 Aging has emerged as a major and urgent issue for individuals, organisations and governments of our time. In this well-timed and

comprehensive handbook, key international contributors to the field of study come together to create a definitive map of the subject. Framed by an authoritative introductory chapter, the SAGE Handbook of Aging, Work and Society offers a critical overview of the most significant themes and topics, with discussions of current research, theoretical controversies and emerging issues, divided into sections covering: Key Issues and Challenges The Aging Workforce Managing an Aging Workforce Living in an Aging Society Developing Public Policy

Handbook of the Psychology of Aging K Warner Schaie, Sherry L. Willis, 2010-12-21 The Handbook of the Psychology of Aging, Seventh Edition, provides a basic reference source on the behavioral processes of aging for researchers, graduate students, and professionals. It also provides perspectives on the behavioral science of aging for researchers and professionals from other disciplines. The book is organized into four parts. Part 1 reviews key methodological and analytical issues in aging research. It examines some of the major historical influences that might provide explanatory mechanisms for a better understanding of cohort and period differences in psychological aging processes. Part 2 includes chapters that discuss the basics and nuances of executive function; the history of the morphometric research on normal brain aging; and the neural changes that occur in the brain with aging. Part 3 deals with the social and health aspects of aging. It covers the beliefs that individuals have about how much they can control various outcomes in their life; the impact of stress on health and aging; and the interrelationships between health disparities, social class, and aging. Part 4 discusses the emotional aspects of aging; family caregiving; and mental disorders and legal capacities in older adults. Contains all the main areas of psychological gerontological research in one volume Entire section on neuroscience and aging Begins with a section on theory and methods Edited by one of the father of gerontology (Schaie) and contributors represent top scholars in gerontology

Aging as a Social Process Barry D. McPherson, 1998

Leisure and Aging Heather Julie Gibson, Jerome F. Singleton, 2012 Leisure and Aging: Theory and Practice provides students and professionals with a balanced perspective of current knowledge as it presents cutting-edge research in both fields. Supplemented by online ancillaries, this text offers a wealth of knowledge on various aspects of life for older people and the role of leisure in their lives.

Healthy Aging Patrick P. Coll, 2019-03-29 This book weaves all of these factors together to engage in and promote medical, biomedical and psychosocial interventions, including lifestyle changes, for healthier aging outcomes. The text begins with an introduction to age-related changes that increase in disease and disability commonly associated with old age. Written by experts in healthy aging, the text approaches the principles of disease and disability prevention via specific health issues. Each chapter highlights the challenge of not just increasing life expectancy but also decreasing disease burden and disability in old age. The text then shifts into the whole-person implications for clinicians working with older patients, including the social and cultural considerations that are necessary for improved outcomes as Baby Boomers age and healthcare systems

worldwide adjust. Healthy Aging is an important resource for those working with older patients, including geriatricians, family medicine physicians, nurses, gerontologists, students, public health administrators, and all other medical professionals.

Handbook of Aging and the Social Sciences Robert H. Binstock, Linda K. George, 2001 This handbook is organised into four sections on theory and methods, aging and the social structure, social factors and social institutions and aging and social intervention.

Microbiology and Aging Steven L. Percival, 2008-12-11 This edited volume contains a collection of reviews that highlight the significance of, and the crucial role, that microorganisms play in the human life cycle and considers the microbiology of the host in different regions of the body during the aging process.

Understanding the Discourse of Aging Vicent Salvador, Agnese Sampietro, 2020-11-09 There are a number of books and articles covering particular facets of the topic of aging, such as the image of the elderly in the media, cinema, TV series and commercials, and in literature, which of course provide useful background material and references. However, these studies on aging discourse predominantly focus on a single discipline. This book adds a fresh perspective, by addressing the communicative practices surrounding age, aging and the elderly from a multidisciplinary perspective. The volume addresses several issues related to the discourse on aging, from the problems related to definitions of age to the image of the elderly in literature, cinema, and mass media, and gendered issues surrounding the aging process.

Aging Leslie Morgan, Suzanne Kunkel, 2001 NEW edition! More than any other social gerontology texts available, addresses issues of diversity in aging by race, ethnicity, social class, and gender throughout.

Defy Aging Beth Bennett, 2021-10-15 Many books on aging focus on managing lifestyle approaches to longevity, but few explore the process of aging from the inside out. This book explains what is going on inside cells and organs that result in the outward appearances of aging and how readers can stop—and even reverse—these processes.

The Encyclopedia of Aging Linda S. Noelker, PhD, Kenneth Rockwood, MD, FRCPC, Richard L. Sprott, Ph.D., 2006-03-17 A COMPREHENSIVE RESOURCE ON GERONTOLOGY AND GERIATRICS Since its inception in 1987, The Encyclopedia of Aging has proven to be the definitive resource for scholars and students across the burgeoning and increasingly interdisciplinary fields of gerontology and geriatrics. Like its three esteemed predecessors, the fourth edition contains concise, readable explorations of hundreds of terms, concepts, and issues related to the lives of older adults, as well as timely coverage of the many new programs and services for the elderly. Updated, under the distinguished stewardship of editor-in-chief Richard Schulz to reflect the infusion of new information across the scientific disciplines, this new edition brings readers up-to-the-moment significant advances in biology, physiology, genetics, medicine, psychology, nursing, social services, sociology, economics, technology, and political science. While retaining the format and standard of excellence that

marked the first three editions, the fourth edition encompasses a wealth of new information from the social and health sciences. It contains the most current bibliography of an expanding literature, an exhaustive index, and extensive cross references. This much anticipated update of the field's most authoritative resource will take its place as an indispensable reference for specialists and non-specialists across a broad range of disciplines that now comprise the field of aging.

SPRINGER--SERVING THE HEALTHCARE AND HELPING PROFESSIONS FOR MORE THAN 55 YEARS

Ethics, Health Policy and (Anti-) Aging: Mixed Blessings Maartje Schermer, Wim Pinxten, 2014-07-08 This volume focuses on the ethical and philosophical issues that arise in an aging society, and the implications of these issues for healthcare and social policy. After a brief overview of biomedicine's changing approach of ageing and longevity and of the new expectations that these changes generate, various ethical, social, and policy issues that surround aging and longevity are discussed. First, the images and social meanings of aging and old age in our society are explored, including their normative dimensions and implications for policy. Next, ethical issues in the care for frail elderly are discussed, as well as notion of good care and end-of-life decisions. Finally, the ethical and social implications of emerging possibilities for anti-aging and lifespan extension are considered. The book concludes with an overview of the relevance of the issues discussed for policy making on professional, national and international levels.

Health Aspects of Aging Gari Lesnoff-Caravaglia, 2007 This second edition of *Health Aspects of Aging* serves to broaden the perspectives of societal change due to increases in life expectancy, as well as the effects of age-related changes as they impinge upon the provision of health care for older persons. The growing presence of a large number of persons aged 65 and older worldwide has propelled a re-evaluation of the nature of life that is protracted to 100 years and beyond. The emphasis in this second edition is to replace the prevailing problem approach to aging by a problem-solving approach. The problem-solving approach of this volume has allowed for the incorporation of the concept of new social structures and the development of intervention and prevention strategies along with new technologies. Such new products and health care measures include those that are deliberately aimed to offset debilities due to normal age changes, the onslaught of diseases, incongruous environments, and altered social states. Such a multi-disciplinary perspective underscores the fact that aging permeates not only biological systems, but clinical medicine, economics, ethics, and the very fabric of society. The chapters in this volume address these issues from the standpoints of diverse disciplines and professional positions. Since biological changes are primary issues, the aging process is largely described from the perspective of biological changes related to age and to particular dysfunctions. The environmental features and the potential introduction of technological interventions are interspersed within chapters, as well as finding primary focus in particular chapters. The maturity of the technology described in the chapters varies, from devices and systems that are nearly ready to be marketed to concepts and prototypes that are still in the design and developmental stages in the laboratory. The relationship between the provision of appropriate

health care and the responsible utilization of technologies as described in this volume will serve to enhance the nature of life extension.

Aging and the Life Course Deborah Lowry,2022-01-10 Aging & the Life Course: Social & Cultural Contexts provides an accessible, up-to-date introduction to the study of aging and the life course from a distinctly sociological perspective. It explores the sociocultural dimensions of aging while encouraging critical thinking about the diversity of aging experiences, societal attitudes toward older adults, the politics and economics of growing old, and end-of-life resources. Throughout the text, Deborah Lowry emphasizes the relevance of the material for working with older populations, understanding social policy and policy debates, improving communities, relating to others, and understanding ourselves. Organized into four major sections, Part I introduces students to fundamental demographic, sociological, and life course concepts; part II explores the experiences and conditions of aging, especially in particular groups; and part III presents current research on older adults' engagement in work, family, social networks, and sex. Finally, Part IV addresses themes of aging and social change.

Communication and Aging Jon F. Nussbaum,Loretta L. Pecchioni,James D. Robinson,Teresa L. Thompson,2013-05-13 This text employs a communication perspective to examine the aging process and the ability of individuals to adapt successfully to aging. It continues the groundbreaking work of the first edition, emphasizing a life-span approach toward understanding the social interaction that occurs during later life. The edition provides a comprehensive update on the existing and emerging research within communication and aging studies and considers such topics as notions of successful aging, positive and negative stereotypes toward older adults, and health communication issues. It raises awareness of the barriers facing elderly people in conversation and the importance such conversations have in elderly people's lives. The impact of nonrelational processes, such as hearing loss, are considered as they impact relationships with others and affect the ability to age successfully. The book is organized into 14 chapters. Each chapter is written so that the reader is presented with an exhaustive review of the pertinent and recent literature from the social sciences. As in the first edition, when the literature is empirically based, the communicative ramifications are then discussed. Readers of this volume will gain greater understanding of the importance of their communicative relationships and how significant they remain across the life span. Developed for students in communication, psychology, nursing, social gerontology, sociology, and related areas, Communication and Aging provides important insights on communication to all who are affected by the aging process.

Aging, Society, and the Life Course, Sixth Edition Suzanne R. Kunkel, PhD,Richard Settersten, Jr., PhD,2021-05-07 Newly revised and updated, this classic text examines the impact of social forces on the aging process. It considers aging from personal, family, community, societal, and global perspectives. The sixth edition reflects significant changes in the field of social gerontology. It delves deeply into the life course paradigm to demonstrate how aging experiences are shaped by individuals'; pasts and by a sweeping range of social factors. It uses a diversity, equity, and inclusion lens to underscore how

social and economic advantages and disadvantages can accumulate with aging. Chapters reflect the richness and complexity of family life, work and retirement, health, and community engagement. The book addresses landmark changes in laws and policies and highlights innovative developments to enhance the independence of elders. It emphasizes what an aging society means for people of all ages and generations, and the causes and consequences of pervasive ageism. Provocative essays explore contemporary ethical, legal, and social issues. Especially written for courses in social gerontology and sociology of aging, the book is also valuable for curricula in social work, allied health, and the ever-growing range of disciplines and professions that are affected by individual and population aging. The sixth edition offers several new features to enhance the teaching and learning experiences, including Stop and Think boxes to foster curiosity, critical thinking, and personal connections to the ideas; bullet-point summaries to reinforce chapter takeaways; and an updated and expanded Instructor's Manual. Purchase includes digital access for use on most mobile devices or computers. New to the Sixth Edition: Draws attention to the influence of the life course on aging Discusses how aging impacts people of all ages and generations Explores what the changing behaviors and attitudes of younger cohorts might mean for the future of aging Leverages a diversity, equity, and inclusion lens to understand variability and inequality in aging Provides updated knowledge about family life, work and retirement, health, community engagement, and ageism Highlights landmark changes in laws and policies that affect aging, such as evolving health care policies and laws related to intergenerational obligations Describes innovative models and interventions to enhance the independence and integration of elders in their communities Incorporates new content and provocative essays on contemporary ethical, legal, and social issues Key Features: Presents information in straightforward, engaging prose that seamlessly integrates bodies of evidence Highlights how aging is often a shared experience resulting from interactions with a complex set of social forces Demonstrates how the aging of individuals and entire generations occurs within layers of social context Probes causes of variability and inequality in aging across social categories Reveals the presence and consequences of ageism for individuals and societies Looks in-depth at aging in America with an eye to a global context Introduces and applies contemporary theories of aging to specific topics to demonstrate their utility for aging science and practice

Aging and Aging-Related Diseases Zhao Wang, 2018-09-19 This book provides an overview of recent advances in the study of aging and aging related diseases, discussing the topics at individual, organ, tissue, cell, and molecular levels. It also presents studies on the biomarkers of aging and anti-aging interventions. Aging has been becoming a global health problem. However it was not possible to determine aging as we usually diagnose a disease because there are few biomarkers for age estimation. Since ancient times, people have been seeking anti-aging substances and methods for achieving immortality, while the scientific study of aging has only existed for 100 years. This book appeals to researchers both in institutes and in pharmaceutical companies interested in further studies in this field.

Aging and Human Nature Mark Schweda, Michael Coors, Claudia Bozzaro, 2020-01-11 This book focuses on ageing as a topic of philosophical, theological, and historical anthropology. It provides a systematic inventory of fundamental theoretical questions and assumptions involved in the discussion of ageing and old age. What does it mean for human beings to grow old and become more vulnerable and dependent? How can we understand the manifestations of ageing and old age in the human body? How should we interpret the processes of change in the temporal course of a human life? What impact does old age have on the social dimensions of human existence? In order to tackle these questions, the volume brings together internationally distinguished scholars from the fields of philosophy, theology, cultural studies, social gerontology, and ageing studies. The collection of their original articles makes a twofold contribution to contemporary academic discourse. On one hand, it helps to clarify and deepen our understanding of ageing and old age by examining it from the fundamental point of view of philosophical, theological, and historical anthropology. At the same time, it also enhances and expands the discourses of philosophical, theological, and historical anthropology by systematically taking into account that human beings are essentially ageing creatures.

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