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Why study human aging? Why study older people? One might also ask why study children, history, poetry, or why study at all? A simple answer is that we study things so that we can know more about them.

**An Introduction to Human Aging | Human Aging | Taylor -**

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This text offers a readable and friendly presentation of the important methods, findings, and theories of human aging, while actively involving the reader in meaningful exercises and critical thinking. Students are repeatedly challenged to apply information in the text to the older adults in their own lives. Specifically, suggestions for enhancing the lives of their older relatives are offered and encouraged. These include guidelines for discussions they might have regarding social, emotional, and environmental changes as well encouraging intellectual and social interaction. In this Edition: Emphasis on the science of the study of aging and why questions in aging are difficult to answer, how social scientists attempt to handle such difficulties, and the successes and failures social scientists have had thus far in answering those questions. The text also demonstrates how current research findings are now being applied in the real world and/or how they might be applied in the future. Cross-cultural comparisons and ethnic group comparisons are included wherever possible. Each chapter begins with "Senior View," which introduces students to a real person and gives them a chance to hear what older adults think and say about important issues related to the chapter and a chance to compare those opinions to the research findings. Each chapter ends with "Making Choices," emphasizing the important behavioral, emotional, and social choices that students can make now to prolong a healthy, happy life. "Chapter Projects" offer the opportunity for active learning, as students investigate for themselves an issue related to the chapter. Instructors can expand these projects for students who want to learn more, or for independent study. "Focus on Aging" boxes compliment the material in the text, providing additional insight and examples, and encouraging critical thinking. Every chapter includes discussion questions, study questions, chapter exercises, and related online resources.

Provides a general overview of the aging process and sufficient background on biological aspects.

The Handbook of Models for Human Aging is designed as the only comprehensive work available that covers the diversity of aging models currently available. For each animal model, it presents key aspects of biology, nutrition, factors affecting life span, methods of age determination, use in research, and disadvantages/advantes of use. Chapters on comparative models take a broad sweep of age-related diseases, from Alzheimer's to joint disease, cataracts, cancer, and obesity. In addition, there is an historical overview and discussion of model availability, key methods, and ethical issues. Utilizes a multidisciplinary approach Shows tricks and approaches not available in primary publications First volume of its kind to combine both methods of study for human aging and animal models Over 200 illustrations

Biology of Aging, Second Edition presents the biological principles that have led to a new understanding of the causes of aging and describes how these basic principles help one to understand the human experience of biological aging, longevity, and age-related disease. Intended for undergraduate biology students, it describes how the rate of biological aging is measured; explores the mechanisms underlying cellular aging; discusses the genetic pathways that affect longevity in various organisms; outlines the normal age-related changes and the functional decline that occurs in physiological systems over the lifespan; and considers the implications of modulating the rate of aging and longevity. The book also includes end-of-chapter discussion questions to help students assess their knowledge of the material. Roger McDonald received his Ph.D. from the University of Southern California and is Professor Emeritus in the Department of Nutrition at the University of California, Davis. Dr. McDonald's research focused on mechanisms of cellular aging and the interaction between nutrition and aging. His research addressed two key topics in the field: the relationship between dietary restriction and lifespan, and the effect of aging on circadian rhythms and hypothalamic regulation. You can contact Dr. McDonald at rbmcdonald@ucdavis.edu. Related Titles Ahmad, S. I., ed. Aging: Exploring a Complex Phenomenon (ISBN 978-1-1381-9697-1) Moody, H. R. & J. Sasser. Gerontology: The Basics (ISBN 978-1-1387-7582-4) Timiras, P. S. Physiological Basis of Aging and Geriatrics (ISBN 978-0-8493-7305-3)

This book is a major revision and extension of my earlier book, Experimental Psychology and Human Aging, which appeared in 1982. The intervening years have seen a remarkable expansion of psychological research on human aging, especially on topics dealing with cognition. They have also seen research on cognitive aging gain increasing importance within the mainstream of basic cognitive research. As my lecture notes for my course in the psychology of aging grew, so did my apprehension regarding the task ahead of me in revising the first edition. The research explosion in cognitive aging forced several major changes in content from the first to the second edition. Two chapters on learning and memory in the first edition were necessarily expanded to six chapters in the present edition. Similarly, the single prior chapter on perception and attention became two chapters, as did the single prior chapter on thinking. Another change from the first edition is in the addition of some review of the effects of abnormal aging on various cognitive processes, particularly in regard to memory functioning. To keep the revision within a reasonable length, some sacrifices had to be made. The multiple chapters on methodology and theory in the first edition were condensed into the present, single chapter. However, the major topics from the first edition were retained and, in fact, added to by the inclusion of important topics and issues that emerged over the past eight years.

This text provides comprehensive coverage of biological aspects of human aging at a level accessible to students with little or no science background. It is aimed at students pursuing a career working with, or for, the elderly. Each system is covered in its own chapter. Individual chapters present the structure and function of each body system, followed by natural age changes, and conclude with abnormal changes or diseased conditions of the elderly. Homeostasis is a unifying theme throughout the text: systems are presented relative to the body's ability to maintain homeostasis and good health is the main theme.

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The aging of baby boomers, along with the predicted decrease of the available labor pool, will place increased scrutiny and emphasis on issues relating to an aging workforce. Furthermore, future economic downturns will place strong pressure on older workers to remain in the workforce, and on retirees to seek employment again. Aging and Work in the 21st Century reviews, summarizes, and integrates existing literature from various disciplines with regard to aging and work. Chapter authors, all leading experts within their respective areas, provide recommendations for future research, practice, and/or public policy. This definitive source comprehensively reviews: trends and implications regarding the demography, income, and diversity of the aging workforce; the issue of age bias in the workplace; job performance, work-related attitudes, training and development, and career issues of older workers; and topics of age and occupational health, technology, work and family issues, and retirement. The intended audience is advanced undergraduate and graduate students, as well as researchers in the disciplines of industrial and organizational psychology; developmental psychology; gerontology; sociology; economics; and social work. Older worker advocate organizations, like AARP, will also take interest in this edited book.

1. An introduction to aging. 2. Energy, work, and efficiency. 3. Motor control, coordination, and skill. 4. Physical-psychosocial relationships. 5. Physical performance and achievement.

The world's ageing population is increasing and food professionals will have to address the needs of older generations more closely in the future. This unique volume reviews the characteristics of the ageing population as food consumers, the role of nutrition in healthy ageing and the design of food products and services for the elderly. Chapters in part one discuss aspects of the elderly's relationship with food such as appetite and ageing, ageing and sensory perception, food and satisfaction with life, and the social significance of meals. The second part of the book reviews the role of nutrition in extending functionality into later years, with chapters on topics such as undernutrition and conditions such as Alzheimer's disease, bone and joint health and eye-related disorders. Concluding chapters address the issues of food safety and the elderly, designing new foods and beverages for the ageing and nutrition education programmes. With its distinguished editors and contributors, Food for the ageing population is an essential reference for those involved in the research, development and provision of food products for the older generation. A unique review of the characteristics of the ageing population as food consumers Discusses aspects of the elderly's relationship with food, including appetite, ageing and sensory perception and the social significance of meals Examines the role of nutrition in extending functionality in later years, focusing on undernutrition, Alzheimers and bone and joint health

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