

Health Reference Series

First Edition

Healthy Aging SOURCEBOOK



Basic Consumer Health Information about Maintaining Health through the Aging Process, Including Advice on Nutrition, Exercise, and Sleep, Help in Making Decisions about Midlife Issues and Retirement, and Guidance Concerning Practical and Informed Choices in Health Consumerism; Along with Data Concerning the Theories of Aging, Different Experiences in Aging by Minority Groups, and Facts about Aging Now and Aging in the Future; and Featuring a Glossary, a Guide to Consumer Help, Additional Suggested Reading, and Practical Resource Directory



*Edited by
Jennifer Swanson*

Healthy Aging Sourcebook Basic Consumer Health Information About Maintaining

Dawn D. Matthews



Healthy Aging Sourcebook Basic Consumer Health Information About Maintaining:

Healthy Aging Sourcebook Jenifer Swanson,1999 This sourcebook provides information to help the elderly soon to be elderly others understand the aging process the choices that must be made pursued to maintain health A glossary suggested reading list references resource directory are also provided **Adult Health Concerns Sourcebook** Sandra J. Judd,2008 Provides information for adults who need to make health related choices **Vegetarian Sourcebook** Chad T. Kimball,2002 This book describes various types of vegetarian diets and gives practical advice for safely incorporating them into everyday life Among the topics covered are creating a vegetarian pantry and obtaining sufficient amounts of various nutrients vitamins minerals and food groups Other sections of the book discuss the advantages and disadvantages of eating vegetarian

Childhood Diseases and Disorders Sourcebook Chad T. Kimball,2003 Parents and caregivers can find non technical information about some of the most commonly encountered childhood infectious diseases and inflammatory diseases including asthma influenza bronchitis ear infections sore throats urinary tract infections and hernias Short articles from government and private documents discuss body systems such as *Cancer Sourcebook* ,2000 **Women's Health Concerns Sourcebook** Amy L. Sutton,2004 Basic Consumer Health Information about the Medical and Mental Concerns of Women Including Maintaining Health and Wellness Gynecological Concerns Breast Health Sexuality and Reproductive Issues Menopause Cancer in Women Leading Causes of Death and Disability among Women Physical Concerns of Special Significance to Women and Women s Mental and Emotional Health Along with a Glossary of Related Terms and Directories of Resources for Additional Help and Information *Rehabilitation Sourcebook* Dawn D. Matthews,2000 Resource added for the Physical Therapist Assistant program 105241 **Death and Dying Sourcebook** Annemarie Muth,2000 This book provides the reader with timely information on the medical legal and ethical issues related to death and dying in the United States Documents selected from a wide variety of government and private organizations that offer advice on such topics as selecting the right health care facility Medicare and Medicaid patients rights advance directives innovations in hospice care pain management physician assisted suicide funeral costs and the grieving process are included A glossary and resource directory offer additional help and information BOOK JACKET Title Summary field provided by Blackwell North America Inc All Rights Reserved **Gastrointestinal Diseases and Disorders Sourcebook** Sandra J. Judd,2006 Provides basic consumer health information about the upper and lower gastrointestinal GI tract **Heart Diseases and Disorders Sourcebook** Karen Bellenir,2000 With information collected from a range of government agencies nonprofit organizations and periodicals this volume supplies information about heart health including basic information about the anatomy of the human heart and how it works information and tips on disease prevention facts about common heart disorders and treatment options Includes statistical data reports on current research initiatives a glossary of cardiovascular terms and a resource directory Includes a booklet listing the contents of the full series Annotation copyrighted by Book News Inc Portland OR *Domestic Violence*

and Child Abuse Sourcebook Helene Henderson, 2000 Basic consumer health information about spousal partner child sibling parent and elder abuse covering physical emotional and sexual abuse teen dating violence and stalking includes information about hotlines safe houses safety plans and other resources for support and assistance community initiatives and reports on current directions in research and treatment along with a glossary sources for further reading and governmental and non governmental organizations contact information

Infant and Toddler Health Sourcebook Jenifer Swanson, 2000 This Sourcebook presents information for parents about the health and development of newborns infants and toddlers up to the age of three It includes neonatal concerns nutrition recommendations immunization schedules common pediatric disorders developmental assessments and milestones and safety tips

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Disabilities Sourcebook Dawn D. Matthews, 2000 In addition a glossary and chapters about various resources offer for further help and information

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Medical Tests Sourcebook Joyce Brennfleck Shannon, 2004 Basic Consumer Health Information about Medical Tests Including Age Specific Health Tests Important Health Screenings and Exams Home Use Tests Blood and Specimen Tests Electrical Tests Electrical Tests Scope Tests Genetic Testing and Imaging Tests Such as X Rays Ultrasound Computed Tomography Magnetic Resonance Imaging Angiography and Nuclear Medicine Along with a Glossary and Directory of Additional Resources

Men's Health Concerns Sourcebook Robert Aquinas McNally, 2004 Basic Consumer Health Information about the Medical and Mental Concerns of Men Including Theories about the Shorter Male Lifespan the Leading Causes of Death and Disability Physical Concerns of Special Significance to Men Reproductive and Sexual Concerns Sexually Transmitted Diseases Men's Mental and Emotional Health and Lifestyle Choices That Affect Wellness Such as Nutrition Fitness and Substance Use Along with a Glossary of Related Terms and a Directory of Organizational Resources in Men's Health

Sexually Transmitted Diseases Dawn D. Matthews, 2001 Basic Consumer Health Information about Sexually Transmitted Diseases Including Information on the Diagnosis and Treatment of Chlamydia Gonorrhea Hepatitis Herpes HIV Mononucleosis Syphilis and Others Along with Information on Prevention Such as Condom Use Vaccines and STD Education And Featuring a Section on Issues Related to Youth and Adolescents a Glossary and Resources for Additional Help and Information

Environmental Health Sourcebook Laura Larsen, 2010 Provides updated information about the effects of the environment on human health

Fitness and Exercise Sourcebook Kristen M. Gledhill, 2001 Basic consumer health information about the fundamentals of fitness and exercise including how to begin and maintain a fitness program fitness as a lifestyle the link between fitness and diet advice for specific groups of people exercise as it relates to specific medical conditions and recent research in fitness and exercise along with a glossary of important terms and resources for additional help and information

Prostate and Urological Disorders Sourcebook Karen Bellenir, 2006 Provides information about prostate cancer and other prostate problems such as prostatitis and benign prostatic hyperplasia

Women's Health Concerns Sourcebook Sandra J.

Judd, 2009 Women's Health Sourcebook Third Edition provides up to date information on the issues and trends in women's health and health conditions of special concern to women including breast and gynecological concerns sexual and reproductive concerns ovarian cancer and other cancers affecting women and chronic conditions such as autoimmune disease diabetes cardiovascular disorders mental health concerns and thyroid disorders Guidelines for maintaining wellness and information about the screenings checkups and vaccinations recommended for women are also included along with a glossary of re

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