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A Self-Care Manual for You

Third Edition



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Healthwise For Life Medical Selfcare For People Age 50 And Better

Raymond T. Coward

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the sociological and physiological aspects of ageing and the manner in which they affect the nutritional needs of individuals The coverage of the theories of ageing is updated and so provides a sound basis for understanding the process of ageing as a natural one New findings in geriatric nutrition are discussed ensuring that students have a current basis for their studies The chapter on food selection patterns discusses how ethnic social and cultural patterns affect the likely response to dietary intervention and provides students with a quide as to how to approach future clients in order to ensure the greatest likelihood of a successful interaction The updated chapter on drugs and nutrition provides a background to drug nutrient interactions and polypharmacy Toward Healthy Aging Priscilla Ebersole, Patricia A. Hess, Ann Schmidt Luggen, 2004 Toward Healthy Aging is a definitive comprehensive source for health promotion and health maintenance in gerontologic nursing education Noted for its use of Maslow's hierarchy of needs this resource and its author team have been praised for the text's wellness based and holistic approach comprehensive coverage of common as well as not so common conditions in the older adult accuracy of content and pedagogic aids that promote student understanding This popular resource provides a solid understanding of how to effectively provide holistic care promote healthy lives and address end of life issues and concerns Instructor resources are available please contact your Elsevier sales representative for details Health Services for Rural Elders Raymond T. Coward, 1994 This collection of original contributions reviews and critiques the current state of knowledge about the delivery of health care to rural elders **Healthwise Handbook** Donald W. Kemper, Steven L. Schneider, 2001

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