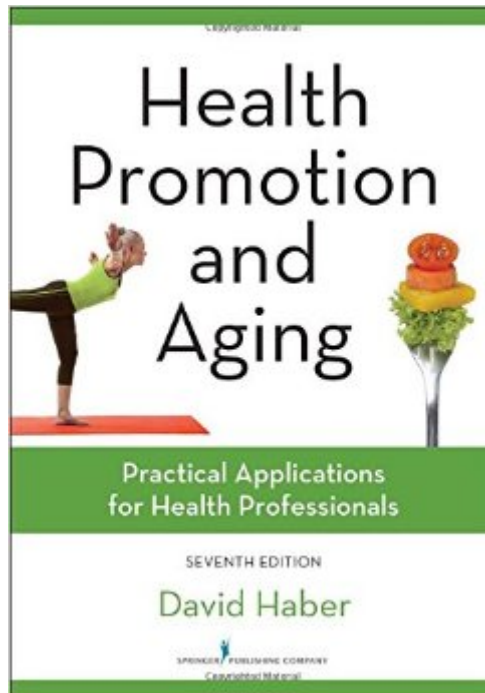


The book was found

Health Promotion And Aging: Practical Applications For Health Professionals



Synopsis

The seventh edition of this classic text champions healthy aging by demonstrating how to prevent or manage disease and make large-scale improvements toward health and wellness in the older adult population. The text synthesizes state-of-the-art research findings—providing convincing evidence that health promotion truly works—with practical, effective strategies. Encompassing important research results that supplant prior recommendations, this new edition provides updated best practices and strategies to ensure the active participation of older adults in all aspects of life. Completely reorganized for ease of use, this textbook features updated demographics and rankings for leading causes of death, new blood pressure screening guidelines and data on obesity and diabetes, updated exercise regimens, older-driver statistics and innovations such as the driverless car, cautions regarding ineffective brain-training programs, and more. Highly practical, the text includes health-promoting tools, resource lists, assessment tools, illustrations, checklists, and tables. Additionally, the book includes key terms and learning objectives at the start of each chapter, along with thought-provoking questions and reflection boxes. An Instructor's Manual and PowerPoint slides are available to facilitate teaching.

New to the Seventh Edition:

- Provides updated blood pressure, cholesterol, Ductal Carcinoma In Situ (DCIS), and lung cancer screening guidelines
- Presents updates on exercise regimens ranging from yoga to the tango
- Expands and updates section on emotional regulation and conflict resolution skills with aging
- Discusses Boomer Entrepreneurism
- Provides new policy recommendations including student loan debt among older adults
- Expands gerotechnology and smart home innovations
- Updates on
- Obamacare and health care delivery recommendations
- Addresses Buyer Beware regarding brain-training programs
- Expands global aging and LGBT aging content

Book Information

Paperback: 504 pages

Publisher: Springer Publishing Company; 7 edition (March 21, 2016)

Language: English

ISBN-10: 0826131883

ISBN-13: 978-0826131881

Product Dimensions: 7 x 1.1 x 9.9 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars— See all reviews— (1 customer review)

Best Sellers Rank: #379,601 in Books (See Top 100 in Books) #23 in Books > Textbooks >

Medicine & Health Sciences > Medicine > Clinical > Preventive Medicine #78 inÂ Books > Medical Books > Medicine > Preventive Medicine #116 inÂ Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Geriatrics

Customer Reviews

I love this book

[Download to continue reading...](#)

Health Promotion and Aging: Practical Applications for Health Professionals Health Promotion and Disease Prevention in Clinical Practice (Health Promotion & Disease Prevention in Clin Practice) Health Promotion Throughout the Life Span, 7e (Health Promotion Throughout the Lifespan (Edelman)) iPhone for Work: Increasing Productivity for Busy Professionals (Books for Professionals by Professionals) Aging Backwards: Reverse the Aging Process and Look 10 Years Younger in 30 Minutes a Day Ending Aging: The Rejuvenation Breakthroughs That Could Reverse Human Aging in Our Lifetime Introduction To Research And Medical Literature For Health Professionals (Blessing, Introduction to Research and Medical Literature for Health Professionals wi) Aromatherapy for Health Professionals, 4e (Price, Aromatherapy for Health Professionals) Practical Android Projects (Books for Professionals by Professionals) Health Promotion For Nurses: A Practical Guide Cultural Competence in Health Education and Health Promotion Beginning Nokia Apps Development: Qt and HTML5 for Symbian and MeeGo (Books for Professionals by Professionals) Law, Liability, and Ethics for Medical Office Professionals (Law, Liability, and Ethics Fior Medical Office Professionals) Ethical and Legal Issues for Imaging Professionals, 2e (Towsley-Cook, Ethical and Legal Issues for Imaging Professionals) Pro Visual C++/CLI and the .NET 3.5 Platform (Books for Professionals by Professionals) Beginning Python Visualization: Crafting Visual Transformation Scripts (Books for Professionals by Professionals) ColdFusion Web Development with Macromedia Dreamweaver MX 2004 (Books for Professionals by Professionals) Microsoft SharePoint 2010: Building Solutions for SharePoint 2010 (Books for Professionals by Professionals) The Low Vision Handbook for Eyecare Professionals (Basic Bookshelf for Eyecare Professionals) This Business of Concert Promotion and Touring: "A Practical Guide to Creating, Selling, Organizing, and Staging Concerts"

[Dmca](#)