

Human Aging 2nd Edition

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Physical Dimensions of Aging , 2nd edition. By Waneen W. Spirduso, Karen L. Francis, and Priscilla G. MacRae. x + 374 pp. Champaign, IL: Human Kinetics. 2005. \$69.00 (cloth). John C. Young. Department of Kinesiology University of Nevada, Las Vegas Las Vegas, Nevada. Search for more papers by this author.

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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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Physical Dimensions of Aging, 2nd edition, By Waneen W —

Human Aging, Second Edition, 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.

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 thescience 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.

For one-semester introductory-level courses in the Biology of Human Aging, for non-majors. A general — yet substantive — overview of the aging process, this text explores age-related changes and age-related dysfunctions common to each body system. Scientific terminology is kept to a minimum.

This text provides comprehensive coverage of biological aspects of human ageing 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.

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)

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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.

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

Conn's Handbook of Models for Human Aging, Second Edition, presents key aspects of biology, nutrition, factors affecting lifespan, methods of age determination, use in research and the disadvantages/advantages of use. Using a multidisciplinary approach, this updated edition is designed as the only comprehensive, current work that covers the diversity in aging models. Chapters on comparative models explore age-related diseases, including Alzheimer's, joint disease, cataracts, cancer and obesity. Also included are new tricks and approaches not available in primary publications. This must-have handbook is an indispensable resource for researchers interested in the mechanisms of aging, gerontologists, health professionals, allied health practitioners and students. Combines both the methods of study for human aging and animal models Provides a historical overview and discussion of model availability, key methods and ethical issues Contains over 200 full color illustrations

MUST WE AGE? A long life in a healthy, vigorous, youthful body has always been one of humanity's greatest dreams. Recent progress in genetic manipulations and calorie-restricted diets in laboratory animals hold forth the promise that someday science will enable us to exert total control over our own biological aging. Nearly all scientists who study the biology of aging agree that we will someday be able to substantially slow down the aging process, extending our productive, youthful lives. Dr. Aubrey de Grey is perhaps the most bullish of all such researchers. As has been reported in media outlets ranging from 60 Minutes to The New York Times, Dr. de Grey believes that the key biomedical technology required to eliminate aging-derived debilitation and death entirely—technology that would not only slow but periodically reverse age-related physiological decay, leaving us biologically young into an indefinite future—is now within reach. In Ending Aging, Dr. de Grey and his research assistant Michael Rae describe the details of this biotechnology. They explain that the aging of the human body, just like the aging of man-made machines, results from an accumulation of various types of damage. As with man-made machines, this damage can periodically be repaired, leading to indefinite extension of the machine's fully functional lifetime, just as is routinely done with classic cars. We already know what types of damage accumulate in the human body, and we are moving rapidly toward the comprehensive development of technologies to remove that damage. By demystifying aging and its postponement for the nonspecialist reader, de Grey and Rae systematically dismantle the fatalist presumption that aging will forever defeat the efforts of medical science.