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## Healthy Aging: Principles and Clinical Practice for Clinicians

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Meet the challenges of caring for today's fastest-growing health care population!

Older adults are among the fastest growing age groups, and according to the U.S. Department of Health and Human Services, it is anticipated that more than 37 million people in this group will manage more than 1 chronic condition or related disability by 2030, including diabetes mellitus, arthritis, congestive heart failure, and dementia.

Healthy Aging: Principles and Clinical Practice for Clinicians, provides a fresh perspective and evidence-based approach for helping older adults maintain healthy lifestyles, adapt to normal age-related changes, and manage acute and chronic illnesses. This brand new text, divided into chronic illness both physical and emotional, covers only the most common illnesses of older adults and incorporates the holistic framework that comprises geriatric care in partnership with physicians, gerontologists and nurses while addressing the Healthy People 2020 objectives that all practitioners must incorporate into their practice.

With so many factors affecting the health, function, and quality of life of older adults, the goal of this text is to provide clinicians with the tools they need to improve the health, function, and quality of life of older adults. Taking a cross-functional approach to the graying of America, Healthy Aging covers important topics clinicians regularly encounter including promoting a healthy lifestyle, preventative care, assessment, nutrition, medication, sexuality, caregiving, abuse, and end-of-life care.

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