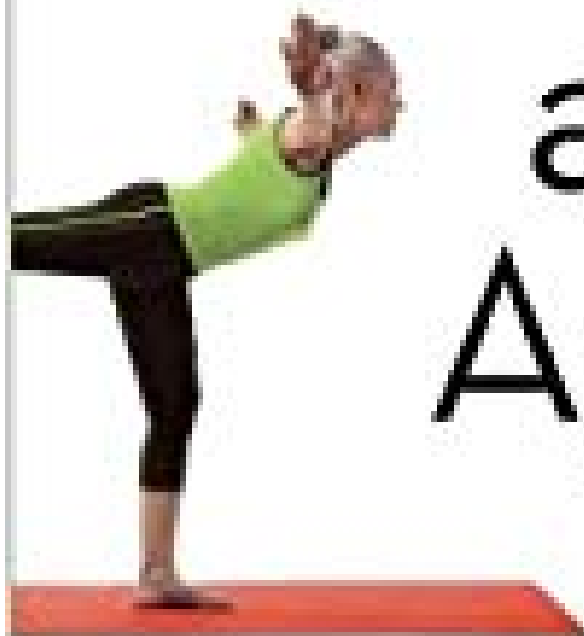


Health Promotion and Aging



Practical Applications
for Health Professionals

SEVENTH EDITION

David Haber

 SPRINGER PUBLISHING COMPANY

David Haber PhD

Health Promotion and Aging, Seventh Edition: Practical Applications for Health Professionals



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The seventh edition of this classic text champions healthy aging by demonstrating how to prevent or manage disease and produce large-scale improvements toward health and wellness in the older adult population. An Instructor's Manual and PowerPoint slides are available to facilitate teaching. Encompassing essential research results that supplant prior suggestions, this brand-new edition provides updated best practices and ways of ensure the active participation of old adults in all respects of life. Additionally, the book includes terms and learning goals at the start of every chapter, along with thought-provoking queries and reflection boxes. Highly practical, the written text includes health-promoting equipment, resource lists, assessment tools, illustrations, checklists, and tables. Completely reorganized for simplicity, this textbook features updated demographics and search positions for leading factors behind death, new blood pressure screening recommendations and data on weight problems and diabetes, updated exercise regimens, older-driver figures and innovations such as the driverless car, cautions regarding ineffective brain-training programs, and more. The written text synthesizes state-of-the-art research findings -- providing convincing proof that health promotion really works -- with practical, effective strategies. Not used to the Seventh Edition: Provides updated blood circulation pressure, cholesterol, Ductal Carcinoma In Situ (DCIS), and lung cancer screening recommendations Presents updates on exercise regimens ranging from yoga exercises to the tango Expands and updates section on emotional regulation and conflict resolution skills with aging Discusses Boomer Entrepreneurism Provides brand-new policy recommendations including student loan debt among old adults Expands gerotechnology and intelligent home innovations Improvements on "Obamacare" and healthcare delivery recommendations Addresses "Customer Beware" regarding brain-training applications Expands global ageing and LGBT aging content



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Five Stars I've actually kept the book as a reference post schooling due to the quality information Good information Had to understand this reserve for a Health and Aging class I was in, and although it's not the current edition, it had lots of useful information in it! Wonderful Extremely informative and enjoyable to read. I utilized this to product my gerontology class. Would Order Again Came quickly by DHL delivery - it had been just as described and what I expected. The book is definitely interesting and filled with positive understanding of aging. Right on time I received this book directly on time for school.. Three Stars Reads like a dictionary. Five Stars We thoroughly enjoyed this textbook! covered the facts. Four Stars Just a text book for an aging class; Four Stars Extensive compilation of information about aging..



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