Contents

Preface xiii
Acknowledgments xv

1 Perspectives on Aging 1
   Basic Concepts in Physical Aging 2
   Patterns of Disease 4

2 Theories of Aging 7
   Stochastic Theories 7
   Nonstochastic Theories 9
   Psychosocial Theories of Aging 11

3 The Skin, Hair, and Nails 17
   The Skin 17
   Psychosocial Implications 17
   Components of the Skin 19
   Functions of the Skin 20
   The Hair 20
   The Nails 21
   Age-Related Changes in the Skin 21
   Age-Related Changes in the Hair 24
   Age-Related Changes in the Nails 24
   Age-Related Disorders of the Skin 24
   Prevention of Skin Cancer 32
   Tips for Maintaining Healthy Skin 32
## CONTENTS

### 4 The Musculoskeletal System
- The Skeletal System
- Age-Related Changes in the Skeletal System
- Age-Related Skeletal System Disorders
- The Muscles
- Specific Age-Related Changes in Muscles
- Specific Age-Related Disorders in Muscles

### 5 The Nervous System
- The Central Nervous System
- The Peripheral Nervous System
- Age-Related Changes in the Nervous System
- Age-Related Nervous System Disorders
- Learning and Memory

### 6 Dementia and Delirium
- Changes in Categorizing Dementias and Delirium
- Delirium
- Mild Neurocognitive Disorder
- Major Neurocognitive Disorder
- Primary Dementias
- Secondary Dementias

### 7 The Sensory Systems
- Vision
- Age-Related Changes in Vision
- Age-Related Disorders of the Visual System
- Audition (Hearing)
- Age-Related Changes in Hearing
- Age-Related Disorders of Hearing
- Vestibular System
- Age-Related Changes in the Vestibular System
- Age-Related Disorders of the Vestibular System
- Taste (Gustation)
- Age-Related Changes in Taste
- Smell (Olfaction)
- Age-Related Changes in Smell
- Age-Related Disorders in Taste and Smell
- Skin (Cutaneous) Senses
- Age-Related Changes in Skin Senses
- The Importance of Sensory Changes in Aging
### CONTENTS

<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>The Cardiovascular System</td>
<td>127</td>
</tr>
<tr>
<td></td>
<td>Anatomy and Physiology of the Cardiovascular System</td>
<td>127</td>
</tr>
<tr>
<td></td>
<td>Age-Related Cardiovascular Changes</td>
<td>134</td>
</tr>
<tr>
<td></td>
<td>Age-Related Disorders of the Cardiovascular System</td>
<td>136</td>
</tr>
<tr>
<td></td>
<td>Vascular Disorders</td>
<td>149</td>
</tr>
<tr>
<td>9</td>
<td>The Respiratory System</td>
<td>153</td>
</tr>
<tr>
<td></td>
<td>Structures of the Respiratory System</td>
<td>153</td>
</tr>
<tr>
<td></td>
<td>Functions of the Respiratory System</td>
<td>156</td>
</tr>
<tr>
<td></td>
<td>Age-Related Changes in the Respiratory System</td>
<td>157</td>
</tr>
<tr>
<td></td>
<td>Age-Related Disorders of the Respiratory System</td>
<td>159</td>
</tr>
<tr>
<td></td>
<td>Prevention of Respiratory Disease</td>
<td>163</td>
</tr>
<tr>
<td>10</td>
<td>The Gastrointestinal System</td>
<td>167</td>
</tr>
<tr>
<td></td>
<td>Components and Functions of the Gastrointestinal System</td>
<td>168</td>
</tr>
<tr>
<td></td>
<td>Age-Related Changes in the Gastrointestinal System</td>
<td>173</td>
</tr>
<tr>
<td></td>
<td>Age-Related Disorders of the Gastrointestinal System</td>
<td>175</td>
</tr>
<tr>
<td>11</td>
<td>The Urinary System</td>
<td>189</td>
</tr>
<tr>
<td></td>
<td>Structure of the Kidneys</td>
<td>190</td>
</tr>
<tr>
<td></td>
<td>Functions of the Urinary System</td>
<td>192</td>
</tr>
<tr>
<td></td>
<td>Age-Related Changes in the Urinary System</td>
<td>194</td>
</tr>
<tr>
<td></td>
<td>Age-Related Disorders of the Urinary System</td>
<td>196</td>
</tr>
<tr>
<td>12</td>
<td>The Reproductive System</td>
<td>207</td>
</tr>
<tr>
<td></td>
<td>Components and Functions of the Female Reproductive System</td>
<td>207</td>
</tr>
<tr>
<td></td>
<td>Age-Related Changes in the Female Reproductive System</td>
<td>208</td>
</tr>
<tr>
<td></td>
<td>Age-Related Disorders of the Female Reproductive System</td>
<td>210</td>
</tr>
<tr>
<td></td>
<td>Components and Functions of the Male Reproductive System</td>
<td>214</td>
</tr>
<tr>
<td></td>
<td>Age-Related Changes in the Male Reproductive System</td>
<td>215</td>
</tr>
<tr>
<td></td>
<td>Age-Related Disorders of the Male Reproductive System</td>
<td>216</td>
</tr>
<tr>
<td></td>
<td>Sexuality</td>
<td>217</td>
</tr>
<tr>
<td>13</td>
<td>The Endocrine System</td>
<td>223</td>
</tr>
<tr>
<td></td>
<td>Structure of the Endocrine System</td>
<td>223</td>
</tr>
<tr>
<td></td>
<td>Age-Related Changes and Disorders of the Endocrine System</td>
<td>228</td>
</tr>
<tr>
<td>14</td>
<td>The Immune System</td>
<td>239</td>
</tr>
<tr>
<td></td>
<td>Structure of the Immune System</td>
<td>239</td>
</tr>
<tr>
<td></td>
<td>Age-Related Changes in the Immune System</td>
<td>242</td>
</tr>
<tr>
<td></td>
<td>Age-Related Disorders of the Immune System</td>
<td>242</td>
</tr>
</tbody>
</table>
CONTENTS

15 Aging With Lifelong Disabilities 247
   Congenital Versus Acquired Disability 248
   The Complexity of Aging With Disabilities 249
   Developmental and Intellectual Disabilities 250

16 Special Topics (Alcoholism, Falls, Foot Care, Pain) 267
   Alcoholism 267
   Falls 270
   Foot Care 274
   Pain 277

17 Health Promotion and Exercise 285
   Health Promotion 286
   Disease Prevention 286
   Strategies for Change 290
   The Patient Protection and Affordable Care Act 291
   Barriers to Health Promotion 292
   Exercise 292
   Age-Related Changes Modified by Exercise 293
   Exercise Programs 295
   General Recommendations for Exercise Programs for Older Adults 297

18 Complementary, Alternative, and Integrative Medicine 303
   History 305
   Complementary and Alternative Therapies 307

19 Nutrition 321
   Psychosocial and Cultural Aspects of Nutrition 323
   Physiological Aspects of Nutrition 324
   Water and Body Fluids 326
   Protein 327
   Carbohydrates and Fiber 328
   Fats 329
   Vitamins and Minerals (Micronutrients) 330
   Water-Soluble Vitamins 331
   Fat-Soluble Vitamins 333
   Minerals 335
   Malnutrition 338
   Undernutrition 339
   Overnutrition 340
   Anorexia of Aging 342
   Failure to Thrive 342
   Food Labels 343
## CONTENTS

Older Adults and Institutional Diets 344  
MyPlate 345  
Nutritional Recommendations for Older Adults 347  
Education 348  
Supplemental Nutrition 349  
Community-Based Nutrition Programs for Older Adults 350  

### Chapter 20: Medications 355
- Cultural Responses to Drugs 356  
- Older Adults’ Responses to Drugs 357  
- Over-the-Counter Drugs 361  
- Generic Drugs 362  
- Adverse Drug Reactions 363  
- Laboratory Values 367  
- Promoting Adherence 367  
- Drug Therapy 370  
- Commonly Prescribed Drugs for Older Adults 370  
- Attitudes Toward “Pill Popping” 386  
- Prevention of Drug Accidents 386  
- Medicaid Part D 387  

### Chapter 21: Teaching Older Adults 391
- Factors Influencing Learning in Older Adults and Useful Approaches for Enhancing Learning 392  
- Summary of Teaching Approaches 402  

### Chapter 22: Caregiving 407
- What Do Caregivers Do? 408  
- Who Becomes a Caregiver? 408  
- Caregiving Diversity 409  
- Influence of Caregiving on Physical, Psychological, Social, and Financial Well-Being 409  
- Benefits of Caregiving 411  
- How Health Care Professionals Can Support Caregivers 412  

### Chapter 23: Death and Grief in the Later Years 415
- Dying and Death 416  
- Hospice Care 424  
- Palliative Care 426  
- Therapeutic Approaches With Dying Persons and Significant Others 427  
- Bereavement, Grief, and Mourning 428  
- Death and Loss in the Later Years 435
Older Adult Suicide  439
Physician-Assisted Suicide  441
Advance Directives  442
Ethical Will  446
Body Internment   446
Therapeutic Approaches With the Bereaved  447

Appendix A: Practical Hints for the Safety of Older Adults  455
Appendix B: Resources  459
Glossary  461
Index  473