

HEALTHY AGEING IN A CHANGING WORLD

**A
Practical and Clinical Guide
for
Awakened Ageing**

Editors

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About the book

Healthy Ageing in a changing world: A practical and clinical guide to Awakened ageing is a blend of Preventive and Clinical Geriatrics with an intent, for better understanding of the health issues, that an Indian elderly has to go through. Medical and paramedical students can get a better understanding of the updated information related to the Pharmacological and Non-Pharmacological interventions for various health issues related to Geriatric Care in India. This book would also be a reference, to the Medical practioners treating senior citizens, care givers and a guide for senior citizens themselves.

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TOPICS

Part I

01. Active ageing: Good health adds life to years
02. Demographic transition and ageing
03. Self-Care in Diabetes Mellitus in Elderly
04. Management of care givers burden and burn out
05. Stress and its management in Elderly
06. Management of Loneliness in Elderly Persons
07. Healthy life styles in senior citizens
08. Music in our lives: Benefits of Engaging with Music and Music Based interventions
09. Life beyond 100 years: Myth or reality?
10. Polypharmacy and Managing Pill Burden
11. Adult Immunization
12. Government Initiatives in Geriatric Care in India
13. Importance of Financial Planning and Social Security Schemes for Elderly
14. Intergenerational engagement programs
15. Role of Non-Government Organisations in Elder Care
16. Elder Abuse – facts, Reality and Hope
17. Alcohol and Smoking Cessation
18. Cognitive Stimulation Exercises
19. The State of art of living: To know the unknown - A Non Medico's views.
20. End of Life Care and Advance Directives in Elderly.
21. Body Donation
22. Role of Alternative Medicine in Geriatric Care
23. Pharmacoeconomics in Geriatrics

Part II

01. Oral cavity: A reflection of systemic illnesses
02. Geriatric Eye Care
03. Ear nose throat manifestations
04. Electrolyte Imbalances
05. Skin Disorders
06. Stroke
07. Parkinson Disease
08. Movement Disorders
09. Dementia
10. Aging Urinary Tract
11. Urinary Incontinence
12. Endocrine Disease
13. Airway Diseases in Elderly
14. COVID-19 in Elderly
15. Musculoskeletal Disorders
16. Degenerative diseases of the spine
17. Sarcopaenia
18. Geriatric Physiotherapy
19. Surgical emergencies in elderly
20. Osteoporosis

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