



## The Merck Manual of Health Aging (Paperback)

By Merck Co Inc

Random House USA Inc, United States, 2005. Paperback. Condition: New. Language: English . Brand New Book. From one of the most trusted names in medical references comes an accessible, all-inclusive guide for older adults that shares what measures to take to optimize the aging process, prevent disease, and improve your overall health. Inside you ll discover clear, authoritative information on - preventive medical care and good nutrition - common medical disorders in older adults - strategies for coping with disease - steps for finding the best in medical care - how to communicate with health care practitioners - the role of alternative and complementary medicine - the benefits and risks of medical tests - the challenges of caregiving and rehabilitation - safe, easy-to-follow cardio exercises Also featuring candid essays by seniors who share their insights and personal experiences on growing older, The Merck Manual of Health Aging is an essential home reference for making your later years truly golden. Merck Co., Inc., is a pharmaceutical company and trusted contributor to world health. Merck produces numerous clinically relevant, scientifically accurate, and affordable medical reference books. The Merck Manual of Health Aging was edited by an outstanding staff of experienced editors. The...



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