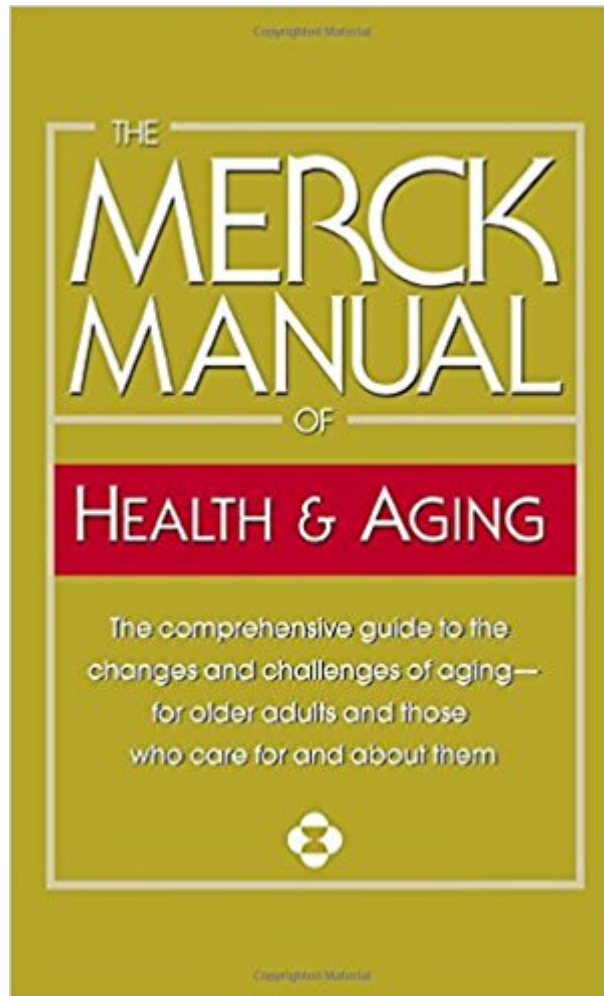




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The Merck Manual Of Health & Aging



Synopsis

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 youâ€™ll discover clear, authoritative information onâ€¢ preventive medical care and good nutritionâ€¢ common medical disorders in older adultsâ€¢ strategies for coping with diseaseâ€¢ steps for finding the best in medical careâ€¢ how to communicate with health care practitionersâ€¢ the role of alternative and complementary medicineâ€¢ the benefits and risks of medical testsâ€¢ the challenges of caregiving and rehabilitationâ€¢ safe, easy-to-follow cardio exercisesAlso 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 team was led and all content reviewed by a renowned group of geriatricians.From one of the most trusted names in medical references comes an accessible, all-inclusive guide to the health care system for older adults, and the disorders they are most likely to experience. Inside youâ€™ll discover

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Customer Reviews

â€œA VALUABLE RESOURCE FOR ANYONE WHO SEEKS A HEALTHIER OLD AGE FOR THEMSELVES OR THEIR LOVED ONES.â€• â€œWilliam D. Novelli, CEO, AARP

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Want to know why and how our bodies age? This is the book that will tell you why and how. Read about the different medical conditions that affect the aged and how to take care of loved ones with medical problems. Overall, an excellent and informative book for anyone to read.

The book came in two pieces and it said it was "USED- in very good condition." I beg to differ. It was ripped in half, and two pages are missing where the book ripped. I was not impressed, especially because it claimed to be in such good condition.

My Mother finds this very helpful!

Merck Manuel on Health and Aging is excellence. Lom March

It arrived in time for the class and met its purpose. It can be used for all of my classes in this masters program so it is really cost effective.

Great condition

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Bought this book as a gift because I already had it and find it a good reference book when you don't/can't go online.

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