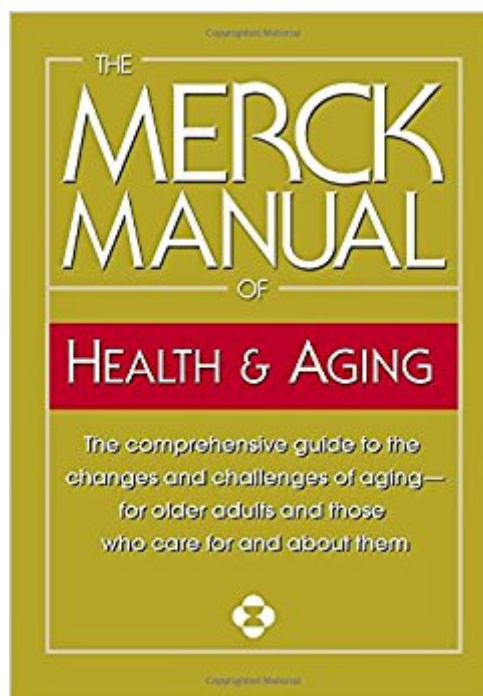




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# The Merck Manual Of Health & Aging: The Comprehensive Guide To The Changes And Challenges Of Aging—for Older Adults And Those Who Care For And About Them



## Synopsis

"A VALUABLE RESOURCE FOR ANYONE WHO SEEKS A HEALTHIER OLD AGE FOR THEMSELVES OR THEIR LOVED ONES." —William D. Novelli, CEO, AARP  
If aging were an open book, it would be *The Merck Manual of Health & Aging*. From one of the most trusted names in medical reference 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. This comprehensive book also explains the health care system and the disorders seniors are most likely to experience. 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, how the body ages, safe, easy-to-follow cardio exercises, the social, legal, and ethical issues of aging. 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.

## Book Information

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## Customer Reviews

Merck Pharmaceuticals have edited a clear and comprehensive reference for older adults. Dr. Mark Beers begins with the age-old questions: when does a person become old and why does the body change? The remainder of this guide is divided into preventive and active care for self and others.

The list of topics is a virtual everything you want to know about aging: nutritional needs, finding a doctor, understanding tests, surgery and rehabilitation, and long term care. More than one hundred specific medical conditions including fractures, constipation, tinnitus, dental disease, and dementia are explained and cross referenced with useful details. Although a clinical explanatory model prevails, non-traditional methods such as acupuncture and homeopathy receive honorable mention. The guide takes an unflinching look at sexuality, end of life decisions, and mistreatment of elderly adults. Other practical chapters are devoted to driving dilemmas and navigating the Byzantine financing of health care. This information is punctuated with essays from older adults--including a cheeky Max Sendak cartoon. The essays, along with charts, photos, and illustrations help to lessen the book's encyclopedic tone. Many older adults and the people who care for them will welcome the well-organized format and richly detailed information of this guide. --Barbara Mackoff --This text refers to an out of print or unavailable edition of this title.

This mammoth reference book begins with the premise that "[t]he need for good, unbiased health care information runs deep, whether people are seeking to become more active in caring for themselves or others." It then goes on to provide for that need, covering all aspects of health changes through the process of aging, and explaining how to prevent or manage those changes. The book is easy to navigate and cross-reference, and includes simple but useful drawings to explain such conditions as aneurysms, heart valve disorders and pressure sores (aka bedsores). The first two sections address "the fundamentals of aging" (why aging occurs, how it affects the body and how it's changing the U.S.) and "caring for self and others," including preventive care, nutrition, appropriate use of drugs and other topics. The authors then go through an in-depth discussion of medical conditions that can affect the elderly, explaining symptoms, treatment and aftercare. This chapter supplies sound information to enhance interaction with health care providers and enable continuity of care, for both patients and caregivers. The final section covers social, legal and ethical issues and includes a guide to paying for health care and a useful reference table for prescription drugs. Twenty-five inspiring essays by seniors are sprinkled throughout the text, giving this encyclopedic text a human aspect. This excellent handbook is an essential resource for mature people, their families and caregivers. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

I bought this Merck Manual when it was first published in 2004. It has been my companion from then

till now at 75. I'm a retired minister who has worked as a chaplain in health care, senior communities and an inpatient hospice center as well as the pastor of churches. Now that I am old and living in a senior community I need a reference manual to help me understand aging and health from my own perspective and continue to work with the aging population in my community. It answers most of the questions that come my way, and my own questions. I would recommend it to anyone 50 or over.

This is the first time I ever purchased a "lay edition," and I must say I prefer the physicians edition.

My father has stayed remarkably healthy all his life but, at age 94, he is starting to have some medical issues. He is also remarkably dumb about how the human body actually works (sorry, Dad!) so I went looking for some type of a guidebook to help him better understand the changes he is going through. When I saw the review that said this book was "dumbed down", I immediately bought him a copy hoping it would be something he could use. He just adores this book and asked me to buy a second copy for a friend. To be honest, I still haven't actually seen it, although I did read through some sections on the Merck interactive website and found them to be simple, concise, and written in a very positive tone. My Dad now feels more in control over the challenges he is facing. Perhaps it will work well for your loved one.

Nice reference source as are just about all Merck Manuals.

Gives great additional information for the patient who is looking for answers!

Just what I wanted.

Not much useful information for this Senior citizen

Great Book. I re-bought since my mom used it so much the pages were falling out. Must buy and read. Enjoy- it is very helpful

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