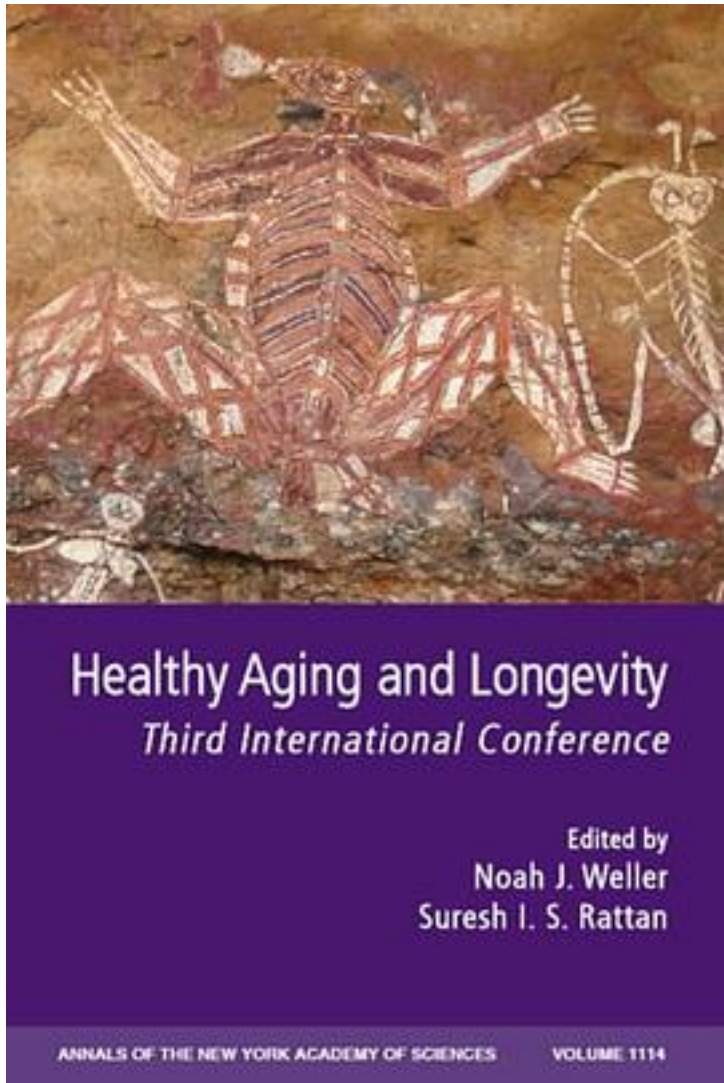


Healthy Aging and Longevity



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In a climate where many unsubstantiated claims are made, it is essential to have access to the best evidence-based knowledge on how to extend healthy life expectancy. Researchers, healthcare practitioners, and policy makers come together annually at the International Research Center for Healthy Ageing and Longevity to discuss, debate, and exchange ideas, and the proceedings of the most recent conference is contained in the chapters of this volume. Now, more than ever, a critical need exists for the development of appropriate policies so that aging is seen as a resource and not as an isolating and segregating experience. Solid research elucidating the processes of aging must be translated into strategies for clinical practice in order to respond to the needs of an aging population. The full spectrum of proven and potential aging interventions including pharmaceutical, nutritional, clinical, educational, policy, complementary, preventive, and restorative means were explored at this international meeting. The topics covered in this volume include the following: (1) Nutritional interventions in aging and age-associated disease, both diet and supplements; (2) dementia in an aging population; (3) the new caring -- financial and asset management and substitute decision-making by and for older people; (4) how we improve the quality of research into healthy aging; (5) promoting balance and preventing falls in an aging population; (6) population aging in developing countries; (7) promoting health and well-being of the older community; (8) hormone and metabolic interventions in aging; (9) community attitudes and approaches towards human life extension; (10) respecting the elders in our care; (11) the biology of healthy aging and longevity; (12) basic science and mechanisms of aging and longevity; (13) sustaining optimal aging -- inner strength and mutual support; (14) wellbeing, retirement planning and expectations of the baby-boomer generation; (15) natural and complementary approaches to age-associated disorders; (16) psychosocial predictors of healthy aging and longevity -- lessons from longitudinal studies; (17) healthy longevity -- lessons learned from the world's longest-lived people; (18) the aging brain; (19) baby-boomer work force participation; (20) quality of care and quality of life for the elderly; (21) frontiers of knowledge in biogerontology; (22) behavioural and social interventions for healthy aging and longevity. NOTE: Annals volumes are available for sale as individual books or as a journal. For information on institutional journal subscriptions, please visit www.blackwellpublishing.com/nyas. ACADEMY MEMBERS: Please contact the New York Academy of Sciences directly to place your order (www.nyas.org). Members of the New York Academy of Science receive full-text access to the Annals online and discounts on print volumes. Please visit <http://www.nyas.org/MemberCenter/Join.aspx> for more information about becoming a member

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