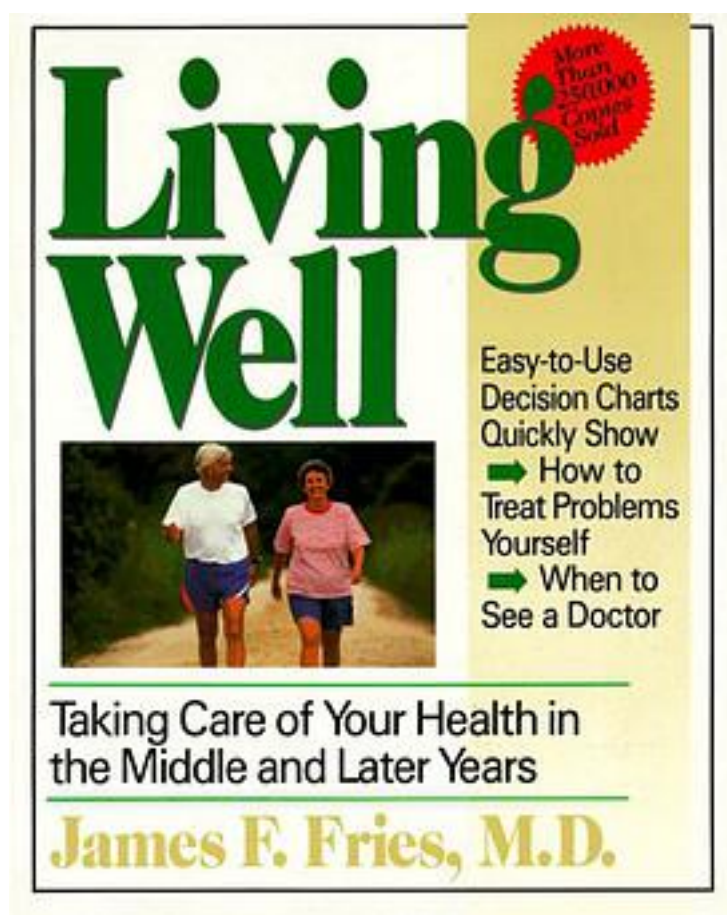


Living Well



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著者:James F., M.D. Fries

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Book Description Completely revised and updated, the best-selling and comprehensive guide to healthy aging. Advances in medical care allow us to live longer, but to enjoy life we need to stay healthy. Completely revised and updated, Living Well presents a thorough but manageable program for keeping in good mental

and physical shape as we grow older. In Part I, Dr. James Fries includes the most up-to-date medical information about how many diseases associated with aging--such as osteoarthritis, diabetes, and atherosclerosis--can be avoided or put off with the latest medication and alternative treatment options. Part II addresses many other challenges that people in their middle and later years face--from planning for retirement, to keeping your mind active, to maintaining a healthy sex life, to writing a will. Finally, Part III provides easy-to-use decision charts- on everything from hip pain to incontinence to diet and exercise-that quickly help determine whether professional intervention is necessary or whether home treatment will suffice. Comprehensive and accessible, Living Well is the essential reference for promoting a long, happy, and healthy life. --This text refers to the Paperback edition. Book Info (Perseus Publishing) Stamford Univ., CT. Consumer text presents a program for keeping in good mental and physical condition while aging. Discusses what diseases are associated with aging and the health challenges people face in their middle and later years. Softcover. --This text refers to an out of print or unavailable edition of this title. See all Editorial Reviews

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