

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

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.

Merck Medical Guide

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Ignite the flame of optimism with Get Inspired by is motivational masterpiece, Find Positivity in **Merck Medical Guide** . In a downloadable PDF format (PDF Size: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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