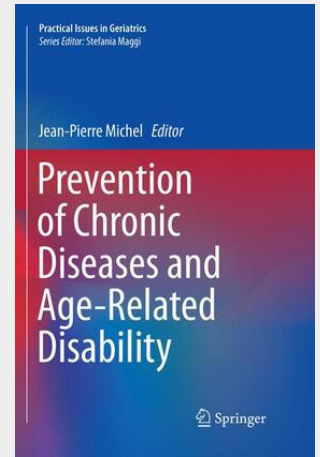


Michel

Prevention of Chronic Diseases and Age-Related Disability

This book explains how to promote and prolong "healthy ageing," which constitutes maintaining daily functioning and well-being until the end of life. In this context, the editor of the book and the international team of authors, all of whom are experts on the various aspects of ageing, demonstrate the value of this new approach in clinical practice. The systematic integration of a functional assessment, if not a complete and comprehensive geriatric assessment, is fundamental in daily clinical practice. Identifying risk factors at midlife will help to promote health at any age. Moreover, randomized control trials are making it increasingly clear that interventions could help ageing and elderly adults enjoy their remaining years without disability. Indeed, wellbeing will also increase, allowing elderly adults to stay independent until a very advanced age. The book also shows how considerable societal benefits can be easily forecast when more lifetime is spent without disability, followed by a dignified end of life. This book will be of interest to all medical doctors, general practitioners and organ specialists as well as geriatricians who want to have a complete overview of what healthy ageing means.

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