This sixth edition of a classic multidisciplinary text for students of gerontology continues to offer practical, reader-friendly information about the physical changes and common pathologies associated with the aging process. It places special emphasis on the psychological and social implications of these changes in the lives of older adults. The book is distinguished by its thorough focus on anatomy and physiology and common health problems pertaining to each body system.

This sixth edition includes new information on:
- Genetic/DNA theories
- Dementia and Parkinson's Disease
- Immunotherapy
- Lifelong health disparities
- Pet-assisted therapy
- Prayer and meditation
- Pharmacogenetics
- Gerogogy (self-directed learning)
- Health as public health issue
- Natural funerals (biodegradable caskets, burial urns, dying at home)

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