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Nancy Hooyman holds the Hooyman Professorship of Gerontology and dean emeritus at the University of Washington School of Social Work. She is author of 12 books and over articles and chapters. She is author of 12 books and over articles and chapters.

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Chapter 2 : Test Bank (Download Only) for Aging Matters: An Introduction to Social Gerontology

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This volume of original chapters is designed to bring attention to a neglected area of feminist scholarship - aging. After several decades of feminist studies we are now well informed of the complex ways that gender shapes the lives of women and men. Similarly, we know more about how gendered power relations interface with race and ethnicity, class and sexual orientation. Serious theorizing of old age and age relations to gender represents the next frontier of feminist scholarship. In this volume, leading national and international feminist scholars of aging take first steps in this direction, illuminating how age relations interact with other social inequalities, particularly gender. In doing so, the authors challenge and transform feminist scholarship and many taken for granted concepts in gender studies. Page Publishing Inc Format Available: The first part of this book will help the reader better understand the biology of aging; including changes in the heart, blood vessels, skeleton, muscle and the nervous and immune systems. Four chapters are devoted to what we put in our mouths each day; food, liquid including alcohol and tobacco products, and how this affects our susceptibility to major chronic diseases, such as heart attack, stroke, diabetes, hypertension, and selected cancers. This association between food and disease requires that consumers learn how to interpret the Food Facts Label on retail containers so they can control how much sugar, fats, cholesterol, and total calories they ingest as a result of their food choices. Another major section of the book scrutinizes the multi-billion dollar food supplement industry vitamins, minerals and a myriad of other dietary supplements designed to supposedly slow aging, regrow hair, reduce wrinkles and even enhance your sex life. Practical guidelines are provided so that the consumer understands the importance of prior discussion with your primary physician prior to initiating. Beyond nutrition, there is no more important factor than your exercise habits or lack thereof that determine the quality of your health and life throughout the aging cycle. Today, exercise is considered a fundamental part of preventive medicine disease intervention. A significant part of chapter six will enlighten the reader about the broad spectrum of significant health benefits that accrue from a regular and balanced exercise regimen, including effects on brain and cognitive function, avoidance of obesity and the myriad of diseases associated with the syndrome. One of the paramount objectives of your PAL will be to protect the integrity of your skeletal and muscular systems so that you can maintain an independent lifestyle. Thus, you will be able to take care of your own physical needs Activities of Daily Living or ADL without the help of others Assisted Living , even as you move into advanced old age. An extensive list of science based exercise training principles are outlined to promote your own Functional Fitness FF , which promotes the elements of: Core strength, flexibility and balance. These elements of FF are the keys to maintaining your physical independence and avoidance of falls, fractures and disability, the nemesis of older age. The very last chapter 8 integrates all the major concepts regarding aging physiology, and the latest applications of nutritional and physical activity interventions, that will assist you in planning for an enduring and qualitative life journey. Find Your eBooks Hereâ€¦.

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