

Table of Contents

Chapter 1 Common Denominators of Aging Well

Chapter 2 Biology of Aging

Chapter 3 Common Geriatric Syndromes

Chapter 4 Cognitive Impairment, Dementia & Declining Nutritional Status

Chapter 5 Frailty, Disability & Declining Nutritional Status

Chapter 6 Sarcopenia, Cachexia & Declining Nutritional Status

Chapter 7 Malnutrition Screening & Assessment

Chapter 8 Malnutrition: Hydration Status

Chapter 9 Malnutrition: Vitamin & Mineral Deficiencies

Chapter 10 Dysphagia

Chapter 11 Homeostenosis & Chronic Inflammation

Chapter 12 Healthcare for 21st Century Consumers