



The Merck Manual of Health & Aging

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The Merck Manual of Health & Aging

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From one of the most trusted names in medical references 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. 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
- safe, easy-to-follow cardio exercises

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 & Co., Inc., is a pharmaceutical company and trusted contributor to world health. Merck produces numerous clinically relevant, scientifically accurate, and affordable medical reference books.

The Merck Manual of Health & Aging was edited by an outstanding staff of experienced editors. The team was led and all content reviewed by a renowned group of geriatricians.

From one of the most trusted names in medical references comes an accessible, all-inclusive guide to the health care system for older adults, and the disorders they are most likely to experience. Inside you'll discover

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