

INTRODUCTION

The Gale Encyclopedia of Senior Health: A Guide for Seniors and Their Caregivers is a unique and invaluable source of information. This collection of over 600 entries provides in-depth coverage of cover various issues related to one's aging body, how diseases affect it, and treatment options, including medications, for seniors. The set will cover every major body system, focusing on issues specific to the aging body. These entries constitute over fifty percent of the work, and follow a standard format, including a definition, description, symptoms, treatment options, "questions to ask your doctor," and more. Topics specific to the aging population, but beyond descriptions of medical diagnoses round out the set. Examples of this coverage include use of various adaptive devices and equipment, transportation issues, housing options, maintaining mental acuity, definitions and descriptions of the roles of different care givers (i.e. physical therapist, social worker, hospital discharge planner), nutrition and exercise guidelines, definitions of different types of medical insurance (i.e., private PPOs or HMOs vs. Medicare) and more.

SCOPE

The Gale Encyclopedia of Senior Health covers a wide variety of topics relevant to the user. Entries follow a standardized format that provides information at a glance. Rubrics include:

Disease and conditions

- Definition
- Description
- Demographics
- Causes and symptoms
- Diagnosis
- Treatment
- Nutrition/Dietetic concerns
- Therapy

- Prognosis
- Prevention
- Caregiver concerns
- "Questions to ask the doctor"
- Resources
- Key Terms

Tests and procedures

- Definition
- Purpose
- Description
- Precautions
- Preparation
- Aftercare
- Complications
- Results
- Care team roles
- "Questions to ask the doctor"
- Resources
- Key Terms

Drugs, herbs, vitamins

- Definition
- Description
- Recommended dosage
- Precautions
- Side effects
- Interactions
- Caregiver concerns
- "Questions to ask the doctor"
- Resources
- Key Terms

Nutrition, exercise, diet

- Definition
- Description
- Demographics
- Purpose
- Challenges
- Risks
- Results
- Resources
- Key Terms

Recovery and rehabilitation

- Definition
- Purpose
- Precautions
- Steps of recovery
- Challenges
- Risks
- Results
- Resources
- Key Terms

Professions

- Definition
- Description
- Work settings
- Care team role
- Education/training
- Family teaching
- Resources
- Key Terms

Devices/tools

- Definition
- Description
- Purpose
- Operation
- Maintenance
- Training
- Resources
- Key Terms

Aging and senior issues

- Definition

- Description
- Viewpoints
- Resources
- Key Terms

INCLUSION CRITERIA

A preliminary list of topics was compiled from a wide variety of sources, including senior health books, general medical encyclopedias, and consumer health guides. The advisory board, composed of medical doctors, registered nurses, health educators, and nutritionists, evaluated the topics and made suggestions for inclusion. Final selection of topics to include was made by the advisory board in conjunction with the editor.

ABOUT THE CONTRIBUTORS

The essays were compiled by experienced medical writers, including medical doctors, pharmacists, and registered nurses. The advisers reviewed the completed essays to ensure that they are appropriate, up-to-date, and accurate.

HOW TO USE THIS BOOK

The *Gale Encyclopedia of Senior Health* has been designed with ready reference in mind.

- Straight **alphabetical arrangement** of topics allows users to locate information quickly.
- **Bold-faced terms** within entries direct the reader to related articles.
- **Cross-references** placed throughout the encyclopedia direct readers from alternate names and related topics to entries.
- A list of **Key terms** is provided where appropriate to define terms or concepts that may be unfamiliar to the user. A **glossary** of key terms in the back matter contains a concise list of terms arranged alphabetically.
- The **Resources** section directs readers to additional sources of information on a topic.
- Valuable **contact information** for health organizations is included with each entry. An **appendix of organizations** in the back matter contains an extensive list of organizations arranged alphabetically.
- A comprehensive **general index** guides readers to significant topics mentioned in the text.

GRAPHICS

The *Gale Encyclopedia of Senior Health* is also enhanced by over 370 color photographs, illustrations, and tables.