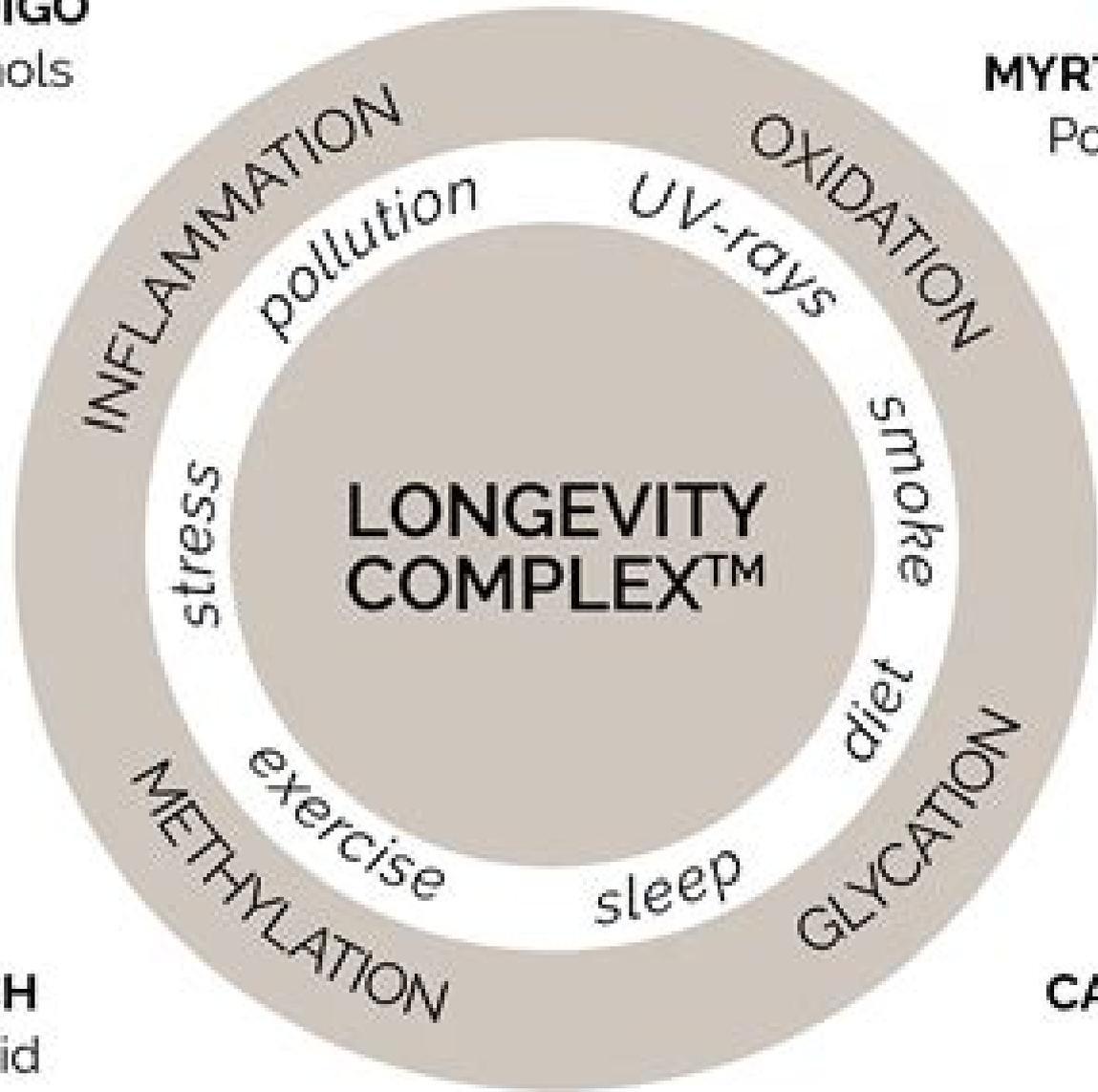


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Skin, Sex and Longevity Peter T. Pugliese, 1998-08 *Women's Health Across the Lifespan* Laura Marie Borgelt, 2010
Factors influencing women's health care Sex and gender differences Menstrual and ovarian conditions Contraceptive methods
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Intimacy, Sex and Relationship Challenges Laid Bare Across the Lifespan Judy Bennis, Sue Burrige, Jean Penman, 2021-07-12 This accessible book uses case studies to explore issues around intimacy sexual function and sexual development over the lifespan introducing applied principles and practices when working with sexuality related issues Introducing an easy to use Reflect and Respond model as a framework for interactions this book discusses a broad selection of topics and life stages including hidden loss gender identity disability early years experiences and older age Exposing anonymized real life experiences of intimacy sexual function and sexual development from birth to end of life this book develops the reader's insight into sexual wellbeing and confidence in communicating about it The experiential learning and research based content in readable style will educate and inspire readers with an interest in sexual wellbeing and how this impacts on physical and mental health Demonstrating how being open to talk about sex and intimacy can change lives this guide is suitable for a wide range of health and social care professionals including nurses doctors occupational therapists social workers psychologists and counsellors

Non-Mammalian Models for Research on Aging F. A. Lints, 1985-11-26

Modulating Aging and Longevity S.I. Rattan, 2003-09-30 After decades of systematic collection of data describing age related changes in organisms organs tissues cells and macromolecules biogerontologists are now in a position to construct general principles of ageing and explore various possibilities of intervention using rational approaches While not giving serious consideration to the claims made by charlatans it cannot be ignored that several researchers are making genuine attempts to test and develop various means of intervention for the prevention and treatment of age related diseases for regaining the functional abilities and for prolonging the lifespan of experimental organisms This book provides the most up to date information and a critical evaluation of a variety of approaches being tried for modulating aging and longevity including dietary supplementation with antioxidants vitamins and hormones genetic engineering life style alterations and hormesis through mild stress The goal of research on ageing is not to increase human longevity regardless of the consequences but to increase active longevity free from disability and functional dependence

The Science of Stress Management Amitava Dasgupta, 2018-04-12 Stress is an inevitable part of everyday life Sometimes we manage it well Other times not so much But understanding the role of stress in our overall health and wellness is essential to taking it head on It's not just that stress can take over our thoughts it can take over our bodies From the flight or fight response to inflammation from feeling anxious to feeling sick it can deteriorate our bodies and our minds from the inside out While many books promise tips on managing stress this book takes it one step further to consider the science behind stress and how it affects our minds and bodies

offering evidence based approaches to managing stress for optimum results Amitava Dasgupta guides readers to a greater understanding of the mechanisms at work when stress is present and provides guidance for dealing with those physical and mental responses While grounded in the science of stress this work also helps readers employ those strategies that will best manage stress for better overall health

Longevity, Senescence, and the Genome Caleb E. Finch,1994-05-16 Featuring extensive references updated for this paperback edition Longevity Senescence and the Genome constitutes a landmark contribution to biomedicine and the evolutionary biology of aging To enhance gerontology s focus on human age related dysfunctions Caleb E Finch provides a comparative review of all the phyla of organisms broadening gerontology to intersect with behavioral developmental evolutionary and molecular biology By comparing species that have different developmental and life spans Finch proposes an original typology of senescence from rapid to gradual to negligible and he provides the first multiphyletic calculations of mortality rate constants

Research Grants Index National Institutes of Health (U.S.). Division of Research Grants,1967

Self-Esteem Across the Lifespan Mary H. Guindon,2009-10-27 As long as clinicians write increase self esteem on treatment plans without knowing precisely what that means there is a need for information on the construct of self esteem and how its many components can have an effect on outcomes This text defines self esteem describes its history and evolution discusses its controversies and presents information on intervention strategies that can make a difference when it receives clinical attention Principles and concepts are applied to various clinical concerns faced by clients in each of the five developmental life stages childhood adolescence young adulthood midlife and late life Book chapters discuss a variety of specific issues such as child trauma and abuse ADHD body image and eating disorders at risk adolescents African American youth sexuality in young adulthood alcohol and other drugs issues lesbians and gay men at midlife career development intergenerational conflict in Asian Americans and loss in late life and offer detailed strategies for the development and enhancement of self esteem Also included is an example of an 8 week self esteem enhancement program

Annual Review of Gerontology and Geriatrics, Volume 21, 2001 Vincent J. Cristofalo, PhD,Richard Adelman, PhD,2001-11-14 Presenting the latest research in the biology of aging this volume addresses important theoretical issues focusing on the basis for why humans live as long as they do Expert authors combine three general paradigms of aging research demographic studies evolutionary studies and studies of biological mechanisms Topics explored include Why does aging occur Cellular aging Models in aging research Modern approaches to the mechanisms of aging The genetics of behavioral aging

Experiencing the Lifespan Janet Belsky,2009-10-23 This book explores the lifespan by combining research with a practicing psychologist s understanding of human development from infancy to old age

Men's Reproductive and Sexual Health Throughout the Lifespan Douglas T. Carrell,Alexander W. Pastuszak,James M. Hotaling,2023-11-16 Approximately one in twenty men have sperm counts low enough to impair fertility but little progress has been made in answering fundamental questions in andrology or in developing new diagnostic tools or management

strategies in infertile men Many of these problems increase with age leading to a growing population of men seeking help To address this there is a strong movement towards integrating male reproductive and sexual healthcare involving clinicians such as andrologists urologists endocrinologists and counselors This book will emphasize this integrated approach to male reproductive and sexual health throughout the lifespan Practical advice on how to perform both clinical and laboratory evaluations of infertile men is given as well as a variety of methods for medically and surgically managing common issues This text ties together the three major pillars of clinical andrology clinical care the andrology laboratory and translational research

Dimensions of Human Behavior Elizabeth D. Hutchison, Leanne Wood, 2024-02-16 Dimensions of Human Behavior The Changing Life Course presents a current and comprehensive examination of human behavior across time using a multidimensional framework The Seventh Edition offers fresh insights into concepts like gender and anti racism how intergenerational experiences influence development and recent research and conceptual frameworks

Unleash the Power of the Female Brain Daniel G. Amen, M.D., 2013-02-12 From one of the world's leading experts on how the brain works a step by step practical program for women to achieve greater health energy and lasting happiness by harnessing the power of the female brain For the first time bestselling author and brain expert Dr Daniel G Amen offers insight on the unique characteristics and needs of the female brain and a practical prescriptive program targeted specifically for women to help them thrive In this breakthrough guide based on research from his clinical practice Dr Amen addresses the issues women ask about the most including fertility pregnancy menopause weight stress anxiety insomnia and relationships

The SAGE Encyclopedia of Lifespan Human Development Marc H. Bornstein, 2018-01-15 Lifespan human development is the study of all aspects of biological physical cognitive socioemotional and contextual development from conception to the end of life In approximately 800 signed articles by experts from a wide diversity of fields The SAGE Encyclopedia of Lifespan Human Development explores all individual and situational factors related to human development across the lifespan Some of the broad thematic areas will include Adolescence and Emerging Adulthood Aging Behavioral and Developmental Disorders Cognitive Development Community and Culture Early and Middle Childhood Education through the Lifespan Genetics and Biology Gender and Sexuality Life Events Mental Health through the Lifespan Research Methods in Lifespan Development Speech and Language Across the Lifespan Theories and Models of Development This five volume encyclopedia promises to be an authoritative discipline defining work for students and researchers seeking to become familiar with various approaches theories and empirical findings about human development broadly construed as well as past and current research

Evolution of Longevity in Animals Avril Woodhead, 2013-03-07 The analysis of intra group correlations between LS and BW at representative intervals yields no consistent support for the hypothesis that lower BW is associated with longer LS Indeed among male Wistar rats and C57BL 6J and A J mice followed since weaning on AL diets the data suggested that relatively higher BW across the adult LS was generally associated with longer life Even when the diet was restricted by EOD

or RES regimens this pattern of positive correlations between LS and BW persisted for the C57BL 6J and A J strains when relative ages were analyzed However when BW at absolute ages were correlated with LS support for the positive relationship between BW and LS was not as forthcoming When AL groups were assessed beginning at later ages 10 months the pattern of positive correlations was very evident for the Wistar rats heavier rats tended to live longer This pattern was also evident among AL fed C57BL 6J mice followed since 6 months but was lost in the 10 month group in this strain Among A J mice on AL diets the pattern became somewhat negative when followed at 6 and 10 months of age However among both C57BL 6J and A J mice placed on EOD diets at 6 and 10 months of age the pattern clearly tended toward the positive

Human Growth and Development Across the Lifespan David Capuzzi, Mark D. Stauffer, 2016-02-10 A practically focused guide to effective counseling of all clients Human Development Across the Life Span is a practical guide to human growth and development moving beyond theory to include real world applications for counselors who work with clients Written by recognized authorities in mental health counseling and counselor education this book is fully aligned with the American Counseling Association's accreditation standards and includes contributions by well known and respected academics and practitioners Based on an extensive review of course syllabi across CACREP accredited programs this book is organized to follow the way courses are typically taught and follows a consistent structure including pedagogical elements that help students learn After a thorough examination of essential concepts and theories of life span development the book moves through each stage of human growth and development to provide expert insight short case studies and practical applications to counseling The full Instructor's package provides a useful set of tools including a Respondus test bank PowerPoint slides and an Instructor's Manual This book is the only text on human growth and development that emphasizes the key implications and applications for counselors providing useful information and the insights of real experts in each subject area Understand the developmental milestones at each life stage Appreciate clients perspectives to better facilitate appropriate interventions Work more effectively with clients of any age from toddlers to seniors Tailor your approach to meet the unique needs and abilities of each life stage As a counselor you cannot approach a child's therapy the same way you approach an adult's Even within each major category each developmental stage includes a nuanced set of characteristics that considered appropriately will inform a more effective treatment plan Human Development Across the Life Span is a comprehensive guide to understanding all of your clients and providing the type of counseling that facilitates more positive outcomes

The Science of Hormesis in Health and Longevity Suresh Rattan, Marios Kyriazi, 2018-10-23 The Science of Hormesis in Health and Longevity provides a comprehensive review of mild stress induced physiological hormesis and its role in the maintenance and promotion of health Coverage includes the underlying mechanisms of hormesis including details of stress response signaling an enriched environment positive challenges and dose response mechanisms amongst others Research from top experts is presented to provide suggestions for developing novel therapeutic strategies along with lifestyle

interventions to promote health and homeostasis Researchers in aging and physiology gerontologists clinicians and medical students will find this a valuable addition for their work Provides a comprehensive scholarly review of the current state of hormesis in physiology health disease and aging Includes multiple perspectives and in depth analysis by top experts involved in cutting edge research to provide developing novel therapeutic strategies as well as lifestyle interventions Offers a clear understanding of hormesis underlying mechanisms including details of stress response signaling an enriched environment positive challenges dose response mechanisms and more

Essentials of Human Behavior Elizabeth D.

Hutchison, Leanne Wood, 2025-07-08 Essentials of Human Behavior by Elizabeth D Hutchison and Leanne Wood integrates the key framework of time person and environment into a single streamlined text The Fourth Edition is updated to address equity and inclusion trauma and resilience environmental justice and gender identity and expression

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Development in Context Tara L. Kuther, 2023-02-24 Award winning author Tara Kuther presents Lifespan Development in Context Second Edition a topically oriented edition of her bestselling text that provides a panoramic view of the many influences that shape human development Kuther s student friendly narrative illustrates how the places sociocultural environments and ways in which we are raised influence who we become and how we grow and change throughout our lives Three core themes resonate throughout each chapter and across each developmental domain and topic the centrality of context the importance of research and the applied value of developmental science Foundational theories and classic studies are woven together with contemporary research and culturally diverse perspectives for a full updated introduction to the field that is both comprehensive and concise Case studies real world applications and video examples ignite critical thinking and class discussion ensuring students have the tools they need to apply course concepts to their lives and future careers

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