

Nutritional Intervention in the Aging Process

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Nutritional Intervention In The Aging Process

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Nutritional Intervention In The Aging Process:

Nutritional Intervention in the Aging Process H.J. Armbrecht, J.M. Prendergast, R.M. Coe, 2012-12-06 There has been much popular and scientific interest in the fields of nutrition and aging in recent years. As the importance of proper nutrition in children and young adults becomes more fully understood, it is natural to wonder if proper nutrition could play a similar role in later life. Recent research has indicated that nutrition can potentially intervene in the aging process in at least two ways. First, studies in animals and humans have shown that nutrition can be used to improve functional status, which in turn is related to perceived quality of life. Second, nutritional manipulation has been used to extend maximal life span in laboratory animals. How these interesting findings apply to the human situation remains to be explored. The purpose of this book is twofold. The first is to present recent advances in our basic knowledge of how nutrition and aging interact with each other. The second is to discuss some applications of this knowledge to the care of the elderly patient. The interaction between aging and nutrition is complex because each may act on the other in either a synergistic or antagonistic fashion. Aging may alter the nutritional status of the elderly by affecting the way nutrients are absorbed and utilized by the body. Aging may also influence food intake and therefore nutritional status by decreasing the palatability of food. The environment of the elderly may change so they are less likely to eat well-balanced meals.

Nutritional Interventions on Age-Related Neurodegenerative Diseases Tiantian Zhang, Zhigang Liu, Yashi Mi, 2023-10-16 As the population grows older, strategies that can promote healthy aging and offset the development of age-related neurodegenerative diseases are becoming increasingly relevant. Consuming a balanced nutritious diet is important for maintaining health, especially as individuals age. The brain has a high demand for nutrients, and nutritional imbalances dampen the structural and functional integrity of the brain, critically impacting our cognitive capacities. Indeed, several lines of evidence suggest that nutritional strategies can reduce the risk of age-related neurodegenerative diseases and exhibit potential beneficial effects in delaying the onset of brain diseases and slowing down the progression of some conditions. Some studies have shown that nutritional interventions improve cognitive function in patients with AD. However, the research linking the role of nutritional interventions with age-related neurodegenerative diseases is still in the initial stage and has made little progress. It is still currently unclear if dietary ingredients can impact and modulate brain aging and neurodegeneration, especially the molecular mechanism of nutritional interventions promoting brain health, which are not yet clear. The development of effective nutritional interventions for promoting healthy aging is becoming an emerging and challenging area.

Nutritional Intervention and the Elderly Bruno J. Vellas, 1995 *Molecular Basis of Nutrition and Aging* Marco Malavolta, Eugenio Mocchegiani, 2016-04-15 *Molecular Basis of Nutrition and Aging* A Volume in the Molecular Nutrition Series focuses on the nutritional issues associated with aging and the important metabolic consequences of diet, nutrition, and health. The book is subdivided into four parts that reflect the impact of nutrition from a biomolecular level to individual health. In Part One, chapters explore the general aspects of aging

aging phenotypes and relevant aspects of nutrition related to the elderly and healthy aging Part Two includes molecular and cellular targets of nutrition in aging with chapters exploring lipid peroxidation inflammaging anabolic and catabolic signaling epigenetics DNA damage and repair redox homeostasis and insulin sensitivity among others Part Three looks at system level and organ targets of nutrition in aging including a variety of tissues systems and diseases such as immune function the cardiovascular system the brain and dementia muscle bone lung and many others Finally Part Four focuses on the health effects of specific dietary compounds and dietary interventions in aging including vitamin D retinol curcumin folate iron potassium calcium magnesium zinc copper selenium iodine vitamin B fish oil vitamin E resveratrol polyphenols vegetables and fruit as well as the current nutritional recommendations Offers updated information and a perspectives on important future developments to different professionals involved in the basic and clinical research on all major nutritional aspects of aging Explores how nutritional factors are involved in the pathogenesis of aging across body systems Investigates the molecular and genetic basis of aging and cellular senescence through the lens of the rapidly evolving field of molecular nutrition

Nutrition, Aging, and the Elderly D.E. Danford,H.N. Munro,1989-01-31 The proportion of the population over 65 years of age is increasing steadily in most industrialized countries In the United States the proportion of elderly people has risen from four percent in 1900 to 11 % in 1978 and is projected to be 14% by the year 2000 The occurrence of debilitating chronic diseases in the elderly increases with each additional year These diseases along with the natural loss of tissue function that occurs throughout adult life impose a heavy burden on the health care system Nutri tion plays an important etiologic role in many of these degenerative changes Conse quently the aging segment of the population presents a challenge to the nutrition scientist who should be able to recommend optimal intakes of nutrients to minimize the functional losses associated with aging and to optimize the health of those already elderly This sixth volume in the series Human Nutrition A Comprehensive Treatise provides a conspectus of the various interactions of nutrition with the aging process and a comprehensive survey of current knowledge of the amounts of individual nutrients needed by the elderly The volume begins with a general survey of the multifaceted relationship of nutrition to aging followed by four chapters on how nutrition can affect age related changes in selected body functions The next six chapters cover the avail able evidence regarding the needs of the elderly for dietary energy protein calcium trace elements vitamins and fiber

NUTRITIONAL ASPECTS OF AGING Linda H. Chen,1986-02-28 Nutrient metabolism requirements nutritional imbalances and deficiencies of nutrients and energy metabolism and obesity as a factor in the pathogenesis of diseases In volume II toxicological factors affecting nutritional status are discussed specifically medications and alcohol nutrient interactions Other topics are nutrition related diseases which occur more frequently among the elderly particularly cardiovascular diseases cancer diabetes mellitus osteoporosis periodontal diseases hypertension diverticular disease and anemias Graphs charts and references are included in each volume

Biomedical Index to PHS-supported Research ,1991 *Nutrition of the Elderly* Hamish Nisbet

Munro, Günter Schlierf, 1992 This volume examines the relationship between nutrition and the aging process and offers nutritional guidelines for promoting and sustaining the health and function of elderly people. Leading international investigators shed new light on the role of diet in age-related physiological changes, the significance of nutritional factors in the etiology of geriatric diseases, the specific nutrient requirements of healthy elderly people and geriatric patients, and the pathological and environmental factors leading to malnutrition among the elderly. In addition to formulating recommendations for optimal nutrition during later life, the contributors stress the importance of nutrition during earlier adult life in preventing chronic diseases prevalent among the elderly, such as cardiovascular diseases, osteoporosis, muscular atrophy, disorders of immune function, and Alzheimer's disease. The book begins with overviews of the health statistics and eating habits of older people. The contributors then describe age-related changes in renal, endocrine, and gastrointestinal function, energy metabolism, taste, and odor perception, and immune responses, and relate these physiological changes to nutritional status. Noted experts establish energy, protein, vitamin, and trace element requirements for elderly persons and examine the key issues concerning dietary fat. An extensive section of the book is devoted to the prevention and treatment of osteoporosis, Alzheimer's disease. This section includes discussions on hip fracture, femoral bone mineral density, and protein supply in elderly patients; estrogens in the prevention and treatment of osteoporosis; exercise in the prevention of osteoporosis; fluoride therapy for vertebral osteoporosis; and the relationship of brain mineral metabolism to Alzheimer's disease. The concluding section addresses the practical problems involved in nutrition of the elderly in the home and the institutional setting. *Nutrition of the Elderly* is an essential resource for nutritionists, geriatricians, internists, family practitioners, professionals working in nursing homes, and specialists treating disorders that appear in later life. It offers invaluable guidance on assessing the nutritional status both of elderly people and of younger adults, improving the nutrient intake of the elderly, and designing programs for prevention of the adverse physical and mental changes associated with aging.

BOOK JACKET Title Summary field provided by Blackwell North America, Inc. All Rights Reserved **Journal of the American Dietetic Association**, 2003 Canadian Journal of Physiology and Pharmacology, 2005-10 **Therapeutics in the Elderly** Jeffrey C. Delafuente, Ronald B. Stewart, 1988 Nutrition Intervention in the United States James E.

Austin, Christopher Hitt, 1979 Abstract Even though the United States food production is adequate, many people are under or malnourished. Case studies on women, infants, and children, the elderly, the rural poor, national dietary goals, and child nutrition legislation are discussed in terms of federal and local programs designed to help attain better nutrition for all United States citizens. The problems occurring in implementing nutrition programs are noted, and the large nutrition policy goals are discussed.

Handbook of Physiology, 1977 **The American Journal of Clinical Nutrition**, 1997-10 **Aging** Edward J. Masoro, 1995 *Nutrition and the Elderly* Barbara E. Millen, 1979 Abstract The nutritional needs of the elderly and federal programs designed to help meet these needs are discussed. Many factors affect the nutritional status of the

elderly including economic medical and environmental conditions Many of the elderly have insufficient incomes to fulfill their nutritional needs Many have chronic illnesses affecting the intake and utilization of nutrients Others are prohibited from obtaining help because of distance ignorance or fear Many elderly have protein and vitamin deficient diets while ingesting large amounts of fat and carbohydrates To correct these inequities the Title VII Nutrition Program for the Aged was funded beginning in 1973 While the initial program was limited in scope in 1975 it was expanded to more sites and served more of the elderly

Handbook of Physiology Edward J. Masoro, 1995 The aims of this new section of the Handbook of Physiology are two One is to present a source of basic knowledge about aging including research approaches for use by physiologists as well as other biologists not directly involved in aging research The other is to provide comprehensive information for gerontologists on the physiological characteristics of aging in mammals particularly humans The principles of biological gerontology are presented in Part I which includes discussions of approaches to the measurement of the rate of aging of populations the difficulty of assessing aging of the individual theoretical concepts regarding the nature of aging and conceptual issues concerning the relationship between aging and disease Methodological issues unique to aging research are presented in Part II The focus is on study design and analysis and on cell culture models animal models and human subject use Part III provides a detailed description of the cellular and noncellular aspects of aging This part also discusses the metabolic characteristics of aging In Part IV twelve chapters provide comprehensive coverage of the influence of age on the physiology of the nervous systems and the organism Interventions of aging processes proposed and established are the subject of Part V

Proceedings of the Society for Experimental Biology and Medicine Society for Experimental Biology and Medicine (New York, N.Y.), 1994 List of members in each volume

Food and Agricultural Research Opportunities to Improve Human Nutrition, 1986 And 5 the development of information from agricultural and marine research food processing and preservation studies and studies of nutritional relationships to health maintenance that will be of significant value to producers processors and consumers Figures tables references and recommendations are given throughout the text

The Psychology of Human Aging Marguerite D. Kermis, 1984

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