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**Título:** Youth Prolonged Old Age Postponed

**Autor:** Weale Robert

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**Sinopsis**

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What exactly is human ageing? Can it be slowed down? These questions have puzzled scientists and laymen alike for generations, and continue to do so today. The author addresses these thought-provoking issues by challenging pre-conceived notions of age-perception, age-acceptance and inter-age relations. Pertinent matters of age-related communication are dealt with, and the reader is treated to a grand tour of the latest theories of ageing, age-related biological changes and age-related diseases, such as Alzheimer's Disease. Here, the author's expertise in age-related eye diseases truly comes into its own.

Weale's unique work not only underlines important genetic and avoidable risk factors but gives ample consideration to possible consequences stemming from different early lifestyles. Readers will re-consider their ideas of what it means to age, and gain a better understanding of what can and cannot slow down the process of ageing.

What's the Problem?

Language as a Barrier

Dress and Appearance

Digging Up the Past, or, Where Do We Come From?

Ageing Factors

Guessing by Experts

More About the Skin, Posture and Bones

Biomarkers, or, The Countdown to the End -- Men and Women, Life Expectancy

The Eyes Have It

Thought for Food

Why Do We Age? Is It a Matter of Biological Economics?

Elements

Some Age-Related Diseases: Risk Factors

The End of Ageing

What Can We Do About All This?

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Summary of Chapters 1 15

Old Age

Biomarkers

The Menopause

Age is the Distant Past

How Does Human Ageing Fit Into the Animal Scheme?

From End to Start