

# Ageing

## Main Physiological effects of ageing

- Effects on skin (collagenase produced, collagen\* structure altered). There is a loss of elasticity due to x-links in elastin + collagen.
- Faulty copying of DNA and a lifetime of exposure to mutagens leads to accumulated genetic changes/mutations. So faulty proteins may be made.
- Degeneration of tissues – due to 'wear & tear'. Organ function, metabolic rate and lung capacities all decrease.
- Immune system, efficiency decreases + incidence of autoimmune diseases increases.

# The Physiological Effects Of Ageing

**Shasha Hu**

## **The Physiological Effects Of Ageing:**

The Physiological Effects of Ageing Alistair Farley,Ella McLafferty,Charles Hendry,2011-11-23 The Physiological Effects of Ageing is a comprehensive resource for all nurses working with older people enabling them to apply their knowledge of the ageing process to their practice and in doing so enhance care delivery This book emphasizes the normal ageing changes before considering possible effects of ageing on body systems using as its framework Roper Logan and Tierney s activities of living Although problems associated with ageing are identified nursing assessment and interventions are considered which can help reduce the impact these changes have on a person s functional ability Special Features Explores current theories of ageing Makes use of reflective points and points of practice Looks at key topics of maintaining a safe environment and communication Discusses error theory free radical theory and the immune theory A highly accessible text which encourages holistic patient centred care

The Aging Body Susan Krauss Whitbourne,2012-12-06 The objective of this book is to provide information that will be useful to people in a variety of disciplines who wish to learn more about normal aging processes in the human body Although gerontologists in the biological sciences are making great strides in research on human aging and documenting this work in mono graphs texts and review chapters this information is generally not easily accessible nor is it comprehensible to nonprofessionals in these fields This book is intended to provide a summary of this work along with its implications for psychological functioning of the aging individual The majority of the book is devoted to describing the results of research on the physiological changes in the human body with aging and to seeking explanations for these age effects This description has been approached in such a way as to make it readable for the nonspecialist but also to focus on research issues that will be useful reading for those who are currently working in these particular areas In addition throughout the book I have tried to develop some themes regarding physiological and psychological adaptation during adulthood

The Psychology of Ageing Ian Stuart-Hamilton,2006-08-15 This well established and accessible text has now been completely revised in an expanded fourth edition Each chapter has been updated to reflect current thinking The chapters about personality and lifestyle have been significantly expanded This new edition is essential reading for all those working with older people as well as a key text for students This new edition replaces The Psychology of Ageing An Introduction 3rd Edition ISBN 1 85302 771 5 published by Jessica Kingsley Publishers in 2000

**Physiology of Exercise and Healthy Aging** Albert W. Taylor,2022 Examine the effects of the aging process on the major physiological systems then apply basic assessment and exercise principles to safely administer exercise programs that contribute to improved health and quality of life for older adults

**Progressive Age** ,1907    British Chemical and Physiological Abstracts ,1928    The Rubber Age ,1925    The Medical Age ,1902    A Study of the Influence of Physical Defects Upon Intelligence and Achievement Edward Joseph Westenberger,1927    A Text-book of Physiology for Medical Students and Physicians William Henry Howell,1913    **Effects of hookworm disease on the mental and physical development of children** Edward

Kellogg Strong,1916 **Kirkes' Handbook of Physiology** William Senhouse Kirkes,William Morrant Baker,Vincent Dormer Harris,1883 *Journal of Physical Education and School Hygiene* ,1921 **Iowa State College Journal of Science** Iowa State College,1929 **The Living Age** ,1909 Comparative Psychology Monographs Irene Case Sherman,Maud Amanda Merrill,1925 Contains studies of animal behavior in addition to studies in human psychology conducted from the comparative point of view Changes in Mental Traits with Age Determined by Annual Re-tests Fowler Dell Brooks,1921 *Effect of Age and Experience on Tests of Intelligence* Vernon Augustus Jones,1926 **The Promise of Productive Aging** Robert N. Butler,Mia R. Oberlink,1990 **Iron Age** ,1908

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