



## International Law Studies Volume 58

By -

RareBooksClub. Paperback. Book Condition: New. This item is printed on demand. Paperback. 50 pages. Original publisher: Bethesda, MD : National Institutes of Health, National Institute on Aging, 2001 OCLC Number: (OCoLC)52873840 Subject: Aging -- United States. Excerpt: . . . N A T I O N A L I N S T I T U T E O N A G I N G 1970s, just a few years after the Institutes founding in 1974. He was among a new gen-eration of physicians specializing in aging research and he recalls how disease and dis-ability were widely thought to be inevitable consequences of aging. I remember that many people were surprised by early studies showing that strength in the very old, even in people who were in their nineties, improved dramatically after strength training exer-cises, he notes. Attitudes are only now beginning to change. We still see, although perhaps less so, the old stereotypes that aches and pains and functional decline are just aging and that noth-ing can be done about them. Thats just not so. We now have powerful evidence that we can intervene for the better, says Dr. Hadley. Chronic diseases and conditions like dia-betes, cardiovascular disease, osteoporosis, and...



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