



Gérontologie préventive: Eléments de prévention du vieillissement pathologique (French Edition)

Christophe Trivalle

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En réponse à l'exceptionnel accroissement de la longévité, il est nécessaire de **prévenir le vieillissement pathologique** des personnes à partir de 50 ans.

Selon les mots du Pr Bruno Vellas, chef du gérontopôle de Toulouse, « *Maintenir les fonctions (cognitives, mobilité, visuelles, auditives...) avec l'avance en âge : tel est le grand challenge de la gérontologie. Il est temps maintenant que l'on*

puisse travailler à un stade plus précoce comme l'ont fait avant nous de nombreuses spécialités telles que la cancérologie ou la cardiologie. »

Cette 3e édition a été **totale**ment revue de façon à être beaucoup plus facile à utiliser et plus complète.

Elle est enrichie de 20 chapitres entièrement inédits.

Parmi les **nouveaux thèmes** abordés, on peut citer : l'alimentation, la fragilité, les gérontechnologies, les centenaires et les supercentenaires.

Les **outils de dépistage développés ces dernières années**, en particulier dans le cadre de l'évaluation gérontologique standardisée, sont également inclus.

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